

Cooking Substitution Guide

A simple, helpful list of ingredient swaps you can use anytime you're missing something in the kitchen.

Dairy Substitutions

Milk

- 1 cup milk → 1 cup plant milk (almond, oat, soy)
- 1 cup milk → 1 cup water + 1 tablespoon butter

Butter

- 1 cup butter → 1 cup margarine
- 1 cup butter → $\frac{3}{4}$ cup oil (canola or vegetable)

Yogurt

- 1 cup yogurt → 1 cup sour cream
- 1 cup yogurt → 1 cup blended silken tofu

Egg Substitutions

For Baking

- 1 egg → $\frac{1}{4}$ cup applesauce
- 1 egg → 1 mashed banana
- 1 egg → 1 tablespoon ground flaxseed + 3 tablespoons water (“flax egg”)

For Binding (meatballs, patties, etc.)

- 1 egg → 2 tablespoons breadcrumbs + 2 tablespoons water
- 1 egg → $\frac{1}{4}$ cup mashed potato

Flour & Thickener Substitutions

All-Purpose Flour

- 1 cup AP flour → 1 cup whole wheat flour (heavier texture)
- 1 cup AP flour → 1 cup gluten-free flour blend

Thickening Sauces

- 1 tablespoon flour → 1 tablespoon cornstarch
- 1 tablespoon flour → 2 teaspoons arrowroot powder

Sugar Substitutions

- 1 cup white sugar → 1 cup brown sugar
- 1 cup sugar → $\frac{3}{4}$ cup honey (reduce liquid slightly)
- 1 cup sugar → 1 cup coconut sugar

Flavor Substitutions

Salt

- 1 teaspoon salt → 1 teaspoon soy sauce (savory dishes)
- 1 teaspoon salt → 1 teaspoon garlic salt (reduce other garlic)

Lemon Juice

- 1 tablespoon lemon juice → 1 tablespoon vinegar

Fresh Herbs

- 1 tablespoon fresh herbs → 1 teaspoon dried herbs

Oil & Fat Substitutions

Cooking Oil

- 1 cup oil → 1 cup melted butter
- 1 cup oil → 1 cup applesauce (baking only)

Shortening

- 1 cup shortening → 1 cup butter

Pantry Substitutions

Tomato Sauce

- 1 cup tomato sauce → $\frac{1}{2}$ cup tomato paste + $\frac{1}{2}$ cup water

Broth

- 1 cup broth → 1 cup water + 1 bouillon cube

Breadcrumbs

- 1 cup breadcrumbs → 1 cup crushed crackers
- 1 cup breadcrumbs → 1 cup oats (great for meatloaf or patties)



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



College of Agricultural, Consumer and Environmental Sciences.

University of Illinois, U.S. Department of Agriculture, Local Extension Councils Cooperating.

University of Illinois Extension provides equal opportunities in programs and employment.