When you don’t have all the ingredients the recipe calls for, check to see if there is a substitution before making a special trip to the grocery store.

**EGGS**

For every 1 whole egg, substitute one of the following replacements in a baking recipe. Depending upon the recipe and the function of the egg, certain options are better suited than others, as the flavor and texture may be slightly altered.

**EGG SUBSTITUTE FOR BINDING**

Helps hold the shape and stick together, such as in meatloaf:

- 1 Tablespoon flax or chia seed + 3 Tablespoons water (combine and let sit for 5 minutes)
- 1 package plain gelatin + 2 Tablespoons warm water (do not mix until ready to use)

**EGG SUBSTITUTE FOR MOISTURE**

By leaving out the egg altogether and simply adding more moisture, such as in pancakes and quick breads:

- ¼ cup mashed banana, mashed avocado, applesauce, pumpkin puree, sweet potato, mashed beans or silken tofu
- 2 Tablespoons mayonnaise

**EGG SUBSTITUTE FOR LEAVENING**

Gives texture and a lift, such as in cookies:

- 1 Tablespoon flax or chia seed + 3 Tablespoons water + ½ teaspoon baking powder
- ½ teaspoon baking powder + 1 Tablespoon liquid (water) + 1 Tablespoon vinegar
- 1 ½ Tablespoons water + 1 ½ Tablespoons oil + 1 teaspoon baking powder

**FOR 1 CUP MILK/BUTTERMILK**

Substitute one of the following:

- **Instant nonfat dry (powdered) milk:** 1 cup water + 1/3 cup powdered milk
- **Non-instant nonfat dry (powdered) milk:** 1 cup water + 3 Tablespoons powdered milk
- **Evaporated milk:** 1 cup water + 1 cup evaporated milk
- **Buttermilk:** 1 Tablespoon lemon juice or vinegar + enough regular milk to make 1 cup (let sit 5 minutes)

While it may not taste the same as drinking a glass of milk, there are substitutions that work well in cooking and baking.
FRESH OR FROZEN MEAT
To save on costs and room in the freezer, look for plant-based sources of protein, canned meat options, or simply cut the amount of fresh meat in half.

- Use beans, lentils, nuts/seeds, quinoa, tofu, and tempeh
- Choose low-sodium canned meats, such as canned fish or chicken
- Reduce meat by half and replace the remaining amount with beans or vegetables

FRESH PRODUCE
Stock up on canned and frozen fruits and vegetables when fresh produce is not available.

- **Fruit:** canned fruit packed in 100% fruit juice or water or unsweetened frozen fruit
- **Vegetables:** canned no added salt or low sodium vegetables, drained and rinsed or frozen vegetables without seasonings/sauces

CONDIMENTS
To substitute for 1 cup of mayonnaise, ketchup or barbecue sauce, use the following:

**Mayonnaise:**
- 1 cup sour cream
- 1 cup plain regular yogurt or Greek yogurt
- 1 cup cottage cheese puréed in a blender

**Ketchup:** 1 cup tomato sauce + ½ cup sugar + 2 Tablespoons vinegar

**Barbecue sauce:** ¾ cup ketchup + 2 Tablespoons mustard + 2 Tablespoons brown sugar

References
https://food.unl.edu/article/ingredient-substitutions
https://extension.colostate.edu/topic-areas/nutrition-food-safety-health/ingredient-substitutions-9-329/

BAKING POWDER, DOUBLE ACTING:
1 teaspoon = ¼ teaspoon baking soda
5/8 teaspoon cream of tartar

CORNSTARCH, FOR THICKENING:
1 Tablespoon = 2 Tablespoons all-purpose flour

CREAM OF TARTAR:
½ teaspoon = 1 ½ teaspoons lemon juice or vinegar

HALF & HALF:
1 cup = 1 cup evaporated milk, undiluted

HEAVY WHIPPING CREAM:
1 cup = 1/3 cup butter + ¾ cup milk (will not whip; for baking only)