

SUBSTITUTIONS for Common Ingredients

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 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

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

OTHER WAYS TO REPLACE EGGS

Each replacement equals 1 whole egg:

- 2 egg whites
- ¼ cup commercial egg substitute

MILK



While it may not taste the same as drinking a glass of milk, there are substitutions that work well in cooking and baking.

FOR 1 CUP MILK/BUTTERMILK

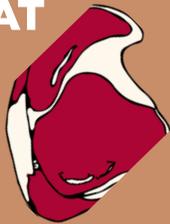
Substitute one of the following:

- **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:** ½ cup water + ½ cup evaporated milk
- **Buttermilk:** 1 Tablespoon lemon juice or vinegar + enough regular milk to make 1 cup (let sit 5 minutes)





MEAT



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

PRODUCE



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



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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

OTHER ITEMS



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)

References

<https://food.unl.edu/article/ingredient-substitutions>

<https://extension.colostate.edu/topic-areas/nutrition-food-safety-health/ingredient-substitutions-9-329/>

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