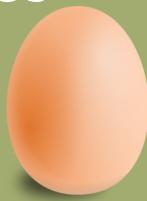


# SUBSTITUTIONS for Common Ingredients

I  
ILLINOIS  
Extension

**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 +  $\frac{1}{2}$  teaspoon baking powder
- $\frac{1}{2}$  teaspoon baking powder + 1 Tablespoon liquid (water) + 1 Tablespoon vinegar
- $1\frac{1}{2}$  Tablespoons water +  $1\frac{1}{2}$  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:

- $\frac{1}{4}$  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
- $\frac{1}{4}$  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

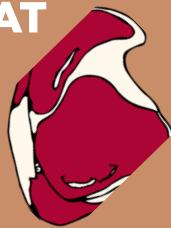
Substitute one of the following:

- **Instant nonfat dry (powdered) milk:** 1 cup water +  $\frac{1}{3}$  cup powdered milk
- **Non-instant nonfat dry (powdered) milk:** 1 cup water + 3 Tablespoons powdered milk
- **Evaporated milk:**  $\frac{1}{2}$  cup water +  $\frac{1}{2}$  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



### 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 +  $\frac{1}{2}$  cup sugar + 2 Tablespoons vinegar

**Barbecue sauce:**  $\frac{3}{4}$  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/>

## OTHER ITEMS



### BAKING POWDER, DOUBLE ACTING:

1 teaspoon =  $\frac{1}{4}$  teaspoon baking soda 5/8 teaspoon cream of tartar

### CORNSTARCH, FOR THICKENING:

1 Tablespoon = 2 Tablespoons all-purpose flour

### CREAM OF TARTAR:

$\frac{1}{2}$  teaspoon = 1  $\frac{1}{2}$  teaspoons lemon juice or vinegar

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

### HEAVY WHIPPING CREAM:

1 cup = 1/3 cup butter +  $\frac{3}{4}$  cup milk (will not whip; for baking only)

# I ILLINOIS

Extension

COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES

Learn More  
[extension.illinois.edu](http://extension.illinois.edu)

University of Illinois | U.S. Department of Agriculture | Local Extension Councils Cooperating  
University of Illinois Extension provides equal opportunities in programs and employment.