

COMMON BAKING substitutions



INGREDIENT	SUBSTITUTE	MEASUREMENT
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1c. of Butter

Oil
Applesauce
Coconut Oil
Greek Yogurt

¾ cup
1 cup (unsweetened)
1 cup
½ cup



1 Egg



Flax or Chia Seeds
Yogurt
Applesauce
Mashed Banana

1 tbs. seeds + 3 tbs. water
¼ cup
¼ cup
¼ cup

1c of Milk

Plant Milk
Yogurt + Water

1 cup
¾ cup + ¼ cup

1c. Cake Flour

All-Purpose Flour +
Corn Starch

1 cup all-purpose flour –
2 tablespoons + 2
tablespoons cornstarch

1c. Bread Flour

All-Purpose Flour

1 cup (results will be
slightly less chewy)

1c. Self Rising
Flour



All-Purpose Flour
Baking Powder
Salt

1 cup +
1 ½ tsp. +
¼ tsp.

1c. of Sugar

Brown Sugar
Honey
Maple Syrup

1 cup
¾ cup
¾ cup
(see website for add'l info)



COMMON BAKING *substitutions*



INGREDIENT	SUBSTITUTE	MEASUREMENT
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1c. *Brown Sugar*

White Sugar
Molasses

1 cup
1-2 tbs.



1 *tsp. Baking Powder*

Baking Soda
Cream of Tartar

1/4 tsp.
1/2 tsp.



1 *tsp. Baking Soda*

Baking Powder

2-3 tsp. (results may vary)

Pumpkin Pie Spice

Cinnamon
Ginger
Nutmeg
Ground Cloves

1 tsp.
1/4 tsp.
1/4 tsp.
1/8 tsp.

All Spice

Cinnamon
Ground Cloves
Nutmeg

1/2 tsp.
1/8 tsp.
1/8 tsp.

Vanilla

Maple Syrup
Almond Extract
Vanilla Bean Paste

1 tsp.
1/2 tsp.
1 tsp.



ADD YOUR OWN:



ADDITIONAL

substitution notes



Are you gluten free? Here are some great flour alternatives:

Almond Flour, Oat Flour, Rice Flour, and Chickpea Flour

Do you love chocolate as much as I do? Here are some great alternatives if chocolate is missing from your pantry.

Chopped dark chocolate bars

3 tablespoons cocoa powder + 1 tablespoon oil = 1 oz unsweetened chocolate

White chocolate + cocoa powder (for a makeshift milk chocolate)

Need Buttermilk? I've got you!

1 cup milk + 1 tablespoon acid = 1 cup buttermilk

Tips For Successful Substitution:

Start small: When trying a new substitution, test it in a small batch first.

One at a time: Change only one ingredient per recipe until you know how it affects the outcome.

Consider the purpose: Think about what function the original ingredient serves in the recipe (structure, flavor, moisture, etc.) and choose a substitute that fulfills the same role.

Adjust cooking time: Some substitutions may require slightly longer or shorter baking times, so check your baked goods frequently.

Take notes: Write down which substitutions worked well so you'll remember for next time.

Taste test: If possible, taste your batter or dough (when safe) to see if adjustments are needed before baking.

Vegan Baking Substitution:

Eggs: Flax seeds, applesauce, or silken tofu

Butter: Coconut oil, vegetable shortening, or vegan butter

Milk: Plant-based milks like almond, soy, oat, or coconut

Buttermilk: Plant milk + 1 tablespoon vinegar

Honey: Maple syrup or agave nectar

More Gluten Free Substitutions:

All-purpose flour: Commercial gluten-free blend or make your own with rice flour, potato starch, and xanthan gum

Bread flour: Gluten-free bread flour blend

Wheat-based ingredients: Ensure all ingredients are certified gluten-free

To read and learn more visit: <https://www.kimschob.com>

