

# Kitchen Ingredient Substitutions

## I need...

## Substitute with...

Baking Powder (1 tsp) .....	1/2 tsp cream of tartar + 1/4 tsp baking soda
Bread Crumbs (1/4 cup) .....	1/4 cup cracker crumbs
Broth, beef or chicken (1 cup) .....	1 tsp of instant beef or chicken bouillon + 1 cup of hot water
Buttermilk (1 cup) .....	1 tbsp lemon juice or vinegar + enough milk to make 1 cup. Let it stand for 5 minutes before using.
	OR
	1 cup of plain yogurt
Cornstarch (1 tbsp) .....	2 tbsp all-purpose flour
Corn Syrup (1 cup) .....	1 cup granulated sugar + 1/4 cup of water
Egg (1 whole) .....	2 egg white
	OR
	2 egg yolks
	OR
	1/4 cup frozen egg product, thawed
Flour, self-rising (1 cup) .....	1 cup all-purpose flour + 1 tsp of baking powder + 1/2 tsp salt + 1/4 tsp baking soda
Garlic (1 clove) .....	1/2 tsp bottled minced garlic
	OR
	1/8 tsp garlic powder
Half-and-half (1 cup) .....	1 tbsp melted butter/margarine + enough whole milk to make 1 cup

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Herbs, fresh (1 tbsp) .....	1/2 — 1 tsp dried herb, crushed
Honey (1 cup) .....	1 1/4 cups granulated sugar plus 1/4 water
	OR
	1 cup of pure maple syrup
Lemon Juice (1 tsp) .....	1/2 tsp vinegar
Milk, whole (1 cup) .....	1/2 cup evaporated milk + 1/2 cup water
	OR
	1 cup water + 1/3 cup nonfat dry milk powder
Onion, chopped (1 small) .....	1 tsp onion powder
	OR
	1 tbsp dried minced onion
Pumpkin Pie Spice (1 tsp) .....	1/2 tsp ground cinnamon + 1/4 tsp ground ginger + 1/4 tsp ground allspice + 1/8 tsp ground nutmeg
Sour Cream (1 cup) .....	1 cup plain yogurt
Sugar, granulated (1 cup) .....	1 cup packed brown sugar
	OR
	2 cups sifted powdered sugar
Tomato Juice (1 cup) .....	1/2 cup tomato sauce + 1/2 cup of water
Tomato Sauce (2 cups) .....	3/4 cup tomato paste + 1 cup of water