

## Substitutions

<b>Ingredient</b>	<b>Amount</b>	<b>Substitution</b>
Allspice	1 - teaspoon	1/2 teaspoon Cinnamon, 1/2 teaspoon Ground Cloves
Apple Pie Spice	1 - teaspoon	1/2 teaspoon Cinnamon, 1/4 tsp Nutmeg, 1/8 teaspoon Cardamom
Arrowroot	1 - teaspoon	2 Tablespoons All-Purpose Flour
Baking Powder	1 - teaspoon	1/2 teaspoon Cream of Tarter plus 1/4 teaspoon Baking Soda
Bananas	3 Medium	1 cup Mashed Bananas
Buttermilk	1 - Cup	1 Tablespoon Vinegar or Lemon Juice plus Sweet Milk to equal 1 cup
Catsup or Chili Sauce	1 - Cup	1 cup Tomato Sauce plus 1/2 Cup Granulated Sugar and 2 Tablespoons Vinegar
Chocolate, Unsweetened	1 - ounce/ 1 square	3 Tablespoons Cocoa plus 1 Tablespoon Butter or Margarine ( If using in cakes, reduce flour by 3 Tbls)
Cornstarch	1 - teaspoon	2 Tablespoons All-Purpose Flour
Cracker Crumbs	3/4 Cup	1 cup Bread Crumbs
Egg (for cookies)	1 - Large	2 small Egg Yolks plus 1 Tablespoon Water
Egg (for custard)	1 - Large	2 small Egg Yolks
Eggs	2 - Large	3 small Eggs
Flour, All-Purpose	1 - Cup	1 cup plus 2 Tablespoons Cake Flour
Flour, Cake	1 - Cup	1 cup less 2 Tablespoons sifted All-Purpose Flour
Flour, Self-Rising	1 - Cup	1 cup All-Purpose Flour plus 1 teaspoon Baking Powder and 1/2 teaspoon Salt
Garlic	1 small clove	1/8 teaspoon Garlic Powder
Herbs, fresh	1 - Tablespoon	1 teaspoon Dried Herbs OR 1/4 teaspoon Powdered Herbs
Honey	1 - Cup	1 1/4 cups Granulated Sugar plus 1/4 cup Water
Macaroni, cooked	2 - Cups	1 cup uncooked Macaroni
Marshmallows	10 - Miniature	1 Large Marshmellow
Milk, fresh	1 - Cup	1/2 cup Evaporated Milk plus 1/2 cup Water OR 3-5 Tablespoons Nonfat Dry Milk Powder in 1 cup Water
Milk, Sour	1 - Cup	1 Tablespoon Vinegar or Lemon Juice plus Sweet Milk to equal 1 cup
Mustard, dry	1 - teaspoon	1 Tablespoon Prepared Mustard
Onion, fresh	1 Small	1 Tablespoon Instant Minced Onion, rehydrated
Pumpkin Pie Spice	1 - teaspoon	1/2 teaspoon Cinnamon, 1/4 teaspoon Ginger, 1/8 teaspoon Allspice, 1/8 teaspoon Nutmeg
Rice, cooked	3 - Cups	1 cup uncooked Rice
Sour Cream	1 - Cup	1 Tablespoon Lemon Juice plus Evaporated Milk to equal 1 cup
Sugar, Brown	1/2 Cup	2 Tablespoons Molasses in 1/2 Cup Granulated Sugar
Sugar, Brown (Firmly Packed)	1 1/3 Cup	1 cup Granulated Sugar
Sugar, Powdered	1 - Cup	1 cup Granulated Sugar plus 1 teaspoon Cornstarch, blended powdery
Tapioca	1 - Tablespoon	1 1/2 Tablespoons All-Purpose Flour
Tomato Juice	1 - Cup	1/2 cup Tomato Sauce + 1/2 Cup Water
Yogurt	1 - Cup	1 cup Buttermilk or Sour Milk