

Ingredient Substitutions that Work

Missing this?	Amount	Try This!
Bouillon cube	1	1 tbsp (15ml) soya sauce
Bread crumbs	½ cup (125ml)	½ cup (125ml) cracker crumbs ½ cup (125ml) crushed cornflakes cereal
Brown sugar	1 cup (250ml)	1 cup (250ml) white sugar plus 1 tbsp (15ml) molasses
Butter of margarine	1 cup (250ml)	¾ cup (175ml) canola oil in baking recipes 1 cup (250ml) canola oil in cooking recipes Replace ½ of the butter with applesauce or pureed white beans
Buttermilk	1 cup (250ml)	Regular milk plus 1 tbsp (15ml) vinegar or lemon juice to make 1 cup (250ml) total 1 cup plain yogurt
Cornstarch	1 tbsp (15ml)	2 tbsp (30ml) white flour
Egg	1	¼ cup (50ml) pureed pumpkin or banana plus ½ tsp (2ml) baking powder 3 tbsp (45ml) aquafaba, whipped
Garlic, fresh	1 clove	1/4 tsp (1ml) garlic powder
Herbs, fresh	1 tbsp (15ml)	1 tsp (5ml) dried herbs
Milk	1 cup (250ml)	1 cup (250ml) water plus 1/3 cup (75ml) powdered milk ½ cup (125ml) evaporated milk plus ½ cup (125ml) water
Molasses	1 cup (250ml)	1 cup (250ml) dark corn syrup, honey or maple syrup ¾ cup (175ml) firmly packed brown sugar
Onion, fresh	1 small	1 tbsp (15ml) dry minced onion, rehydrated ½ tbsp (8ml) onion powder
Prepared Mustard	1 tbsp (15ml)	1 tsp (5 ml) dry mustard
Shortening	1 cup (250ml)	1 cup (250ml) canola oil or vegetable oil
Sour cream	1 cup (250ml)	1 cup (250ml) plain yogurt
Sugar	1 cup (250ml)	1 cup (250ml) corn syrup or honey, and decrease liquid in recipe by ¼ cup (50ml)
Tomato sauce	1 13.5oz can (398ml)	1 5.5oz (156ml) can tomato paste plus 1 cup (250ml) water
Tomatoes, canned	1 27oz can (798ml)	5-6 medium sized fresh tomatoes, chopped
Vanilla Extract	1 tsp (5ml)	1 tsp (5ml) maple syrup 1 tsp (5ml) sweet liquor (brandy, bourbon)
Yogurt, plain	1 cup (250ml)	1 cup (250ml) buttermilk Regular milk plus 1 tbsp (15ml) vinegar or lemon juice to make 1 cup (250ml) total