

BAKING INGREDIENT SUBSTITUTIONS

INGREDIENT (1 UNIT)	BEST SUBSTITUTION
Baking Powder (1 tsp)	1/4 tsp baking soda + 1/2 tsp cream of tartar
Buttermilk (1 cup)	1 cup milk + 1 tbsp lemon juice or white vinegar
Egg (1 whole)	1/4 cup applesauce OR 1 tbsp chia seeds + 3 tbsp water
Butter, Salted (1 cup)	1 cup margarine OR 1 cup vegetable shortening + 1/2 tsp salt
Self-Rising Flour (1 cup)	1 cup all-purpose flour + 1 1/2 tsp baking powder + 1/4 tsp salt
Brown Sugar (1 cup)	1 cup white sugar + 1 tbsp molasses
Sour Cream (1 cup)	1 cup plain Greek yogurt
Whole Milk (1 cup)	1/2 cup evaporated milk + 1/2 cup water
Honey (1 cup)	1 1/4 cups sugar + 1/4 cup liquid (water or juice)