

Ingredient Substitution Guide

Smart swaps when you're missing something — keep this on the fridge.

Original Ingredient	Substitute 1	Substitute 2	Notes
1 egg (binding)	¼ cup applesauce	1 tbsp flaxseed + 3 tbsp water	Flax: sit 5 min
1 egg (leavening)	¼ cup yogurt	1 tsp baking soda + 1 tbsp vinegar	Works in cakes
1 cup buttermilk	1 cup milk + 1 tbsp lemon juice	1 cup plain yogurt	Sit 5 min first
1 cup sour cream	1 cup Greek yogurt	1 cup crème fraîche	Full-fat best
1 cup whole milk	½ cup evap. milk + ½ cup water	1 cup oat or almond milk	For baking
1 cup heavy cream	¾ cup milk + ¼ cup butter	1 cup coconut cream	Not for whipping
1 cup butter (baking)	¾ cup vegetable oil	1 cup margarine or ghee	Reduce oil slightly
1 cup butter (cooking)	¾ cup olive oil	1 cup coconut oil	Note smoke points
1 cup all-purpose flour	1 cup + 2 tbsp cake flour	½ cup WW + ½ cup AP	Texture varies
1 tsp baking powder	¼ tsp baking soda + ½ tsp cream of tartar	—	Exact swap only
1 cup white sugar	1 cup coconut sugar	¾ cup honey (reduce liquid)	Adjust liquids
1 cup brown sugar	1 cup white + 1 tbsp molasses	1 cup coconut sugar	Molasses adds depth
1 tbsp cornstarch	2 tbsp all-purpose flour	1 tbsp arrowroot powder	For thickening
1 tbsp fresh herbs	1 tsp dried herbs	½ tsp ground (strong herbs)	Dried = stronger
1 clove garlic	¼ tsp garlic powder	½ tsp garlic purée	Powder less bite
1 tsp vanilla extract	1 tsp almond extract (use ½)	1 tbsp vanilla sugar	Almond is stronger
¼ cup wine (cooking)	¼ cup broth + 1 tsp vinegar	¼ cup grape juice	Match flavour
1 cup breadcrumbs	1 cup crushed crackers or oats	1 cup panko	Panko stays crisp

