

# Handy Kitchen Substitutions from Common Sense Home

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## Sweeteners

1 cup brown sugar	1 cup white cane sugar plus 1-2 tablespoons molasses (1 for lighter, 2 for darker)
1 cup granulated sugar	1 cup brown sugar OR 1 $\frac{3}{4}$ cup packed confectioner's sugar
1 cup honey	1 $\frac{1}{4}$ cup cane sugar plus $\frac{1}{4}$ cup liquid (i.e. water)
1 $\frac{1}{2}$ cup corn syrup	1 cup sugar plus $\frac{1}{2}$ cup water
1 cup molasses	1 cup honey
1 cup sugar	18 to 24 stevia sweetener packets OR 1/3 to 1/2 teaspoon of undiluted stevia powder OR 1 teaspoon of a liquid stevia extract
maple sugar, $\frac{1}{2}$ cup packed	1 cup maple syrup (you may need to adjust liquids in the recipe)

## Chocolate and Cocoa

1 square unsweetened chocolate (1 ounce)	3 tablespoons cocoa + 1 tablespoon fat (i.e. butter)
6 ounces semisweet chocolate	6 tablespoons unsweetened cocoa powder PLUS 7 tablespoons sugar PLUS $\frac{1}{4}$ cup fat (butter or coconut oil)
1 ounce baking chocolate	3 tablespoons carob powder + 2 tablespoons water, coconut oil, milk or non-dairy milk

## Milk

1 cup fresh whole milk	$\frac{1}{2}$ cup evaporated milk + $\frac{1}{2}$ cup water
1 cup fresh whole milk	1 cup reconstituted nonfat dry milk PLUS 2 tablespoons melted butter
1 cup fresh whole milk	1 cup sour milk or buttermilk + $\frac{1}{2}$ teaspoon soda
1 cup sour milk or buttermilk	1 tablespoon lemon juice or vinegar PLUS enough fresh whole milk to reach 1 cup
1 cup half and half	1 cup whole milk + 1 tbsp melted unsalted butter OR 1 cup evaporated milk
1 cup sour milk	1 cup plain milk kefir

## Other Dairy

1 cup sour cream	1 cup yogurt (works better in sweet recipes)
1 cup cream, half-and-half	1 $\frac{1}{2}$ tablespoons butter + enough milk to reach 1 cup OR $\frac{1}{2}$ cup light cream + $\frac{1}{2}$ cup milk
1 cup heavy whipping cream	$\frac{1}{3}$ cup butter + about $\frac{2}{3}$ cup whole milk

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<b>Egg Substitutions (per 1 whole egg)</b>	
3 tablespoons water + 1 tablespoon chia seed (combine and let sit 10-15 minutes)	1 tablespoon ground flaxseed + 2-3 tablespoons water (simmer over low heat until it starts to gel)
2 egg yolks + 1 tbsp water – skip water for custards (good use for leftovers from an egg white recipe)	2 ½ tablespoons dried egg + 2 ½ tablespoons water (beat together thoroughly)

<b>Flours, Leavening and Thickeners</b>	
1 tablespoon cornstarch (for thickening)	2 tablespoons flour (approximately)
1 tablespoon flour (for thickening)	½ tablespoon arrowroot OR 2 teaspoons quick cooking tapioca
1 cup self-rising flour	1 cup all-purpose flour PLUS 1 teaspoon baking powder + ¼ teaspoon salt
1 cup cake flour, sifted	¾ cup + 2 tablespoons sifted all-purpose flour
1 teaspoon baking powder	1/3 teaspoon baking soda + ½ teaspoon cream of tartar
1 package dry yeast (1/4 oz)	2 ¼ teaspoons dry yeast OR 1 cake of compressed yeast OR 2 teaspoons SAF-INSTANT yeast OR 2 ¼ teaspoons bread machine yeast

<b>Tomatoes</b>	
1 cup canned tomatoes	~1 ½ cups diced fresh tomatoes, simmered 10 minutes
2 cups tomato sauce	¾ cup tomato paste + 1 cup water
1 cup tomato juice	½ cup tomato sauce + ½ cup water
1 pound fresh tomatoes	6 to 8 sun-dried tomato halves, reconstituted in hot water

<b>Bread Crumbs</b>	
1 cup bread crumbs	¾ cup cracker crumbs
1 cup bread crumbs	1 cup crushed tortilla chips, potato chips, pretzels, or corn flakes
¼ cup DRY bread crumbs	1 slice bread
½ cup SOFT bread crumbs	1 slice bread

<b>Herbs, Spices, and Other Seasonings</b>	
1 tablespoon fresh herbs	1 to 1 ½ teaspoon dried herbs
1 tablespoon mustard	1 teaspoon mustard powder (plus liquid if needed)
Garlic, 1 small clove	1/8 teaspoon garlic powder OR ¼ teaspoon granulated garlic OR ½ teaspoon minced garlic
1 cup chopped onion / 1 medium onion	2 teaspoons onion powder
Juice of one lemon	2 tablespoons bottled lemon juice

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## Gelatin

1/4 ounce envelope	2 ¼ teaspoons gelatin powder OR 4 sheets gelatin (4x9 inches)
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## Broth (per 1 cup)

1 bouillon cube + 1 cup boiling water	1 teaspoon bouillon granules + 1 cup boiling water
Other liquids (water, tomato juice, wine, beer) to taste	

## White Wine Substitutes

Vinegar (apple cider or white wine)	Chicken broth
Apple juice	White grape juice
Ginger ale	Water

## Cooking Oil Options (Medium to High Heat Frying)

Butter	Lard
Tallow	Refined coconut oil
Schmaltz (chicken fat)	Bacon grease

## Baking Fat Options

Butter	Coconut oil (refined or otherwise, to taste)
Olive oil	Avocado oil
Low-fat: swap ½ of fat for applesauce or veggie puree	

Vegetable oils not recommended, as they're typically highly processed.

Cooking spray – substitute coconut oil or lard, applied with paper towel or clean hand.

## Measurement Equivalents

8 fluid ounces (fl oz)	1 cup (c)
240 milliliters (ml)	1 cup
2 cups	1 pint
4 cups	1 quart
7/8 cup	7 ounces (use a liquid cup measure)
1 quart	0.95 liters
3 teaspoons (tsp)	1 tablespoon (tbsp)
15 milliliters	1 tablespoon
5 milliliters	1 teaspoon
¼ cup	4 tablespoons
1/3 cup	5 2/3 tablespoons
1 stick butter	½ cup butter
12 ounces chocolate chips (by weight)	Approx. 2 cups chocolate chips