Cooking Substitutions

“A pinch of patience - a dash of kindness - a spoonful of laughter - and a heap of love.”

1 Whole Egg =
3 tbsp water + 1 tsp chia seeds
(allow chia seeds to sit in the water until 'gelly')
3 tbsp water + 1 tsp ground flax
(blend until thick and creamy)
3 tbsp water + 1 tsp soy protein powder
1 tbsp water + 1 tsp agar
1/2 mashed banana
1/4 cup unsweetened applesauce
3 tbsp peanut butter

1 cup Heavy Cream =
3/4 cup warm milk +
1/3 cup melted butter or margarine
1 tsp Allspice =
1/2 tsp cinnamon +
1/4 tsp nutmeg +
1/4 tsp ground clove
1 Onion Minced =
1/2 tsp onion powder
1 tsp baking powder =
1/4 tsp baking soda +
1/2 tsp cream of tartar

1 cup Buttermilk =
Place 1 tbsp white vinegar or lemon juice in a 1 cup measuring cup. Fill the remaining cup with milk. Let stand for 5 minutes.

1 tsp Pumpkin Pie Spice =
1/2 tsp ground cinnamon +
1/4 tsp ground ginger +
1/8 tsp allspice +
1/8 tsp nutmeg

1 cup Half & Half =
1.5 tbsp butter or margarine +
enough milk to equal 1 cup
1 tbsp mustard =
1/2 tsp dry mustard powder +
2 tsp white vinegar
1 tsp Italian Seasoning =
1/2 tsp dried basil +
1/4 tsp dried oregano +
1/4 tsp dried thyme