

Kitchen Substitutions Cheat Sheet

Egg Substitutes

For Leavening (Cakes, cookies, banana bread, etc.)

1 tsp. baking soda + 1 tsp. baking powder + ¼ cup fruit puree

1 tsp. baking soda + ¼ cup fruit puree

1 tsp. baking soda + 1 tsp. vinegar + ¼ cup fruit puree

3 tsp. baking powder + ¼ cup fruit puree

As a Binder (holding meatballs, veggie burgers, etc. together)

“Flax egg” = 1 Tbsp. flaxmeal + 3 Tbsp. warm water; let sit for 5 minutes before using

“Chia egg” = 1 Tbsp. chia seeds + 3 Tbsp. warm water; let sit for 5 minutes before using

Aquafaba = 4 Tbsp. chickpea liquid, blended until frothy

Pancakes

Use one leavening substitute AND one binding substitute

Scrambled Eggs

Crumbled tofu + turmeric for color

Mix equal parts chickpea flour and water, then scramble

Cheese Sauce Substitutes

Cashews + salt + splash of lemon juice or vinegar, blended until smooth

Nutritional yeast + oil, mixed into a sauce

Cooked corn + olive oil + salt, blended until smooth

Other Substitutes

Recipe Calls For	Substitute
White sugar (per 1 cup)	1 cup brown sugar 1 ¼ cup confectioners' sugar ¾ cup honey ¾ cup corn syrup
Brown sugar (per 1 cup)	2 Tbsp. molasses + 1 cup white sugar
Butter	Vegetable oil Unsweetened applesauce Coconut oil
Milk (per 1 cup)	1 Tbsp. oil + enough water to make 1 cup
Buttermilk (per 1 cup)	1 Tbsp. lemon juice or vinegar + enough milk to make 1 cup
Heavy cream (per 1 cup)	1 cup evaporated milk ¾ cup milk + ¼ cup butter or oil
Breadcrumbs	Rolled oats Crushed corn flakes
Ground beef	Rehydrated TVP + oil Beans Lentils Jackfruit Walnuts, chopped Sunflower seeds, chopped Mushrooms + oil Beets + mashed nuts Combination of above substitutes