

If you need this:	In this amount:	You can substitute:
Baking powder	1 teaspoon	1/2 tsp cream of tartar+1/4 tsp baking soda
Buttermilk	1 cup	1 TBS lemon juice or vinegar plus enough milk to make one cup; let sit 5 minutes. OR 1 cup of plain yogurt
Semisweet Chocolate	1 square (1 oz)	1 square of unsweetened chocolate plus 1 TBS of sugar OR 3 TBS of semisweet chocolate chips
Unsweetened Chocolate	1 square (1 oz)	3 TBS of baking cocoa plus 1 TBS of shortening, vegetable oil or butter
Cornstarch (to thicken)	1 tablespoon	2 TBS of all-purpose flour
Corn syrup (dark)	1 cup	3/4 cup light corn syrup plus 1/4 c. molasses
Corn Syrup (light)	1 cup	1 cup sugar plus 1/4 cup water
Cracker crumbs	1 cup	1 cup dry bread crumbs
Cream, half & half	1 cup	1 TBS melted butter plus enough whole milk to make one cup
Egg	1 whole egg	2 egg whites, 2 egg yolks, 1/4 cup egg substitute or in baked goods, 1 TBS of soy flour
Flour, cake or pastry	1 cup	1 cup all-purpose flour LESS 2 TBS
Flour, self-rising	1 cup	1 cup of all-purpose flour PLUS 1 tsp baking powder 1/2 tsp salt and 1/4 tsp baking soda
Garlic, fresh	1 clove	1/8 tsp of garlic powder
Ginger root, fresh	1 tsp	1/4 tsp ground ginger
Honey	1 cup	1 1/4 cup sugar plus 1/4 cup water
Lemon juice	1 teaspoon	1/4 tsp cider vinegar
Lemon Peel	1 teaspoon	1/2 tsp lemon extract
Milk, whole	1 cup	1/2 cup evaporated milk plus 1/2 cup of water OR 1 cup water plus 1/3 cup nonfat dry milk powder
Molasses	1 cup	1 cup honey
Mustard, prepared	1 TBS	1 teaspoon dry mustard
Oil	1 cup	1/2 pound of butter or margarine

Onion	1 small (1/3 c. chopped)	1 tsp of onion powder OR 1 TBS dried minced onion
Poultry Seasoning	1 teaspoon	3/4 tsp rubbed sage plus 1/4 tsp dried thyme
Sour Cream	1 cup	1 cup plain yogurt
Sugar, white granulated	1 cup	1 cup packed brown sugar OR 2 cups sifted confectioners' sugar OR 1 cup of honey BUT use 1/4 c. less liquid in recipe
Sugar, brown	1 cup	1 cup of granulated
Tomato sauce	2 cups	3/4 cup tomato paste plus 1 cup water