

Quick Cooking Substitutions

1 C Self Rising Flour	=	1 C All-Purpose Flour + 1 tsp Baking Powder
1 C Cake Flour	=	1 C All-Purpose Flour + 2 TBSP Corn Starch
1 C Buttermilk	=	1 C Milk + 1 TBSP Vinegar or 1 TBSP Lemon Juice
1 C Heavy Cream	=	3/4 C Milk + 1/4 C Butter
1 C Sour Cream	=	1 Cup Greek Yogurt + 1 tsp Baking Soda
1 C Oil	=	1 C Apple Sauce
1 C Butter	=	1 C Shortening or 1 C Apple Sauce
1 Egg	=	1/2 A Large Banana
1 TBSP Vanilla	=	1 tsp Maple Syrup or 1 1/2 tsp Honey
1 C Honey	=	1 C Maple Syrup or 1/2 C Water + 1 1/2 C Sugar
1 C Brown Sugar	=	1 C Sugar + 2 TBSP Molasses or 1 C Sugar + TBSP Maple Syrup
1 tsp Cream of Tartar	=	2 tsp Lemon Juice or 2 tsp Vinegar
1 tsp Baking Soda	=	4 tsp Baking Powder
1 tsp Baking Powder	=	1/4 tsp Baking Soda + 1/2 tsp Cream of Tartar
1 C Bread Crumbs	=	1 C Rolled Oats or 1 C Crushed Corn Flakes or 1 C Crushed Crackers