

PRODUCT	AMOUNT	SUBSTITUTE
Allspice	1 teaspoon	1/2 teaspoon cinnamon plus 1/2 teaspoon ground cloves
Apple Pie Spice	1 teaspoon	1/2 teaspoon cinnamon plus 1/4 teaspoon nutmeg plus 1/8 teaspoon cardamom
Baking Powder, Double-Acting	1 teaspoon	1/4 teaspoon baking soda plus 5/8 teaspoon cream of tartar
Baking Soda		There is NO substitute for baking soda
Butter ^{1, 2}	1 cup	1 cup regular margarine; OR 1 cup vegetable shortening (for baking); OR an equal amount of oil can be substituted for a similar portion of MELTED butter if the recipe specifies using MELTED butter.
Buttermilk	1 cup	1 tablespoon lemon juice or vinegar plus enough regular milk to make 1 cup (allow to stand 5 minutes)
Chili Sauce	1 cup	1 cup tomato sauce, 1/4 cup brown sugar, 2 tablespoons vinegar, 1/4 teaspoon cinnamon, dash of ground cloves and dash of allspice
Chocolate, Unsweetened	1 ounce	3 tablespoons cocoa plus 1 tablespoon butter or regular margarine or vegetable oil
Cornstarch ³ (for thickening)	1 tablespoon	2 tablespoons flour
Cream, Whipping	1 cup unwhipped	If you wish to use a commercial pre-whipped whipped cream or whipped cream substitute rather than whip your own cream, use the guideline that 1 cup UNWHIPPED whipping cream expands to 2 cups when WHIPPED. For example, if your recipe called for 1 cup of cream to make whipped cream, you could substitute 2 cups of an already whipped product.
Egg ⁴	1 whole egg	1/4 cup egg substitute (examples include: Egg Beaters, Second Nature, Scramblers); check label for specific directions; OR Reconstituted powdered eggs; follow package directions; OR 2 tablespoons mayonnaise (suitable for use in cake batter). NOTE: If you type "mayonnaise cake recipe" into your favorite Internet search engine, you'll find several recipes for cakes made with mayonnaise and NO eggs. This may help you decide if this substitution will work for your cake. OR 1/2 teaspoon baking powder plus 1 tablespoon vinegar plus 1 tablespoon liquid (for baking use only)
Flour, All-Purpose White Flour ⁵	1 cup	1/2 cup whole wheat flour plus 1/2 cup all-purpose flour.
Flour, Cake	1 cup	1 cup minus 2 tablespoons all-purpose flour
Flour, Self-Rising	1 cup	1 cup minus 2 teaspoons all-purpose flour plus 1 1/2 teaspoons baking powder and 1/2 teaspoon salt
Garlic	1 small clove	1/8 teaspoon garlic powder
Herbs, Fresh	1 tablespoon, finely cut	1 teaspoon dried leaf herbs OR 1/2 teaspoon ground dried herbs
Lemon Zest (fresh grated lemon peel)	1 teaspoon	1/2 teaspoon lemon extract
Marshmallows, Miniature	1 cup	10 large marshmallows



PRODUCT	AMOUNT	SUBSTITUTE
Mayonnaise (for use in salads and salad dressings)	1 cup	1 cup sour cream OR 1 cup yogurt OR 1 cup cottage cheese pureed in a blender OR Use any of the above for part of the mayonnaise
Mustard, Dry (in cooked mixtures)	1 teaspoon	1 tablespoon prepared mustard
Onion ⁶	1 small or 1/4 cup chopped, fresh onion	1 tablespoon instant minced onion
Pasta (substituting one for another)	4 cups COOKED	The National Pasta Association suggests these substitution ratios: 8 ounces of UNCOOKED elbow macaroni, medium shells, rotini, twists, spirals, wagon wheels, bow ties, mostaccioli, penne, radiatore, rigatoni, spaghetti, angel hair, linguine, vermicelli and fettuccine all produce about 4 cups COOKED pasta OR Use about twice as much UNCOOKED egg noodles to provide 4 cups COOKED pasta. Approximately 8 ounces UNCOOKED egg noodles equal 2-1/2 cups COOKED noodles.
Pumpkin Pie Spice	1 teaspoon	1/2 teaspoon cinnamon plus 1/4 ground teaspoon ginger plus 1/8 teaspoon ground allspice plus 1/8 teaspoon ground nutmeg
Rice	Any amount	Most rice products will substitute for each other on a fairly equal basis in recipes; however, their cooking times and the amount of liquid needed may vary. If possible, choose a rice with a comparable grain length for the closest match.
Rum	any amount	1 part rum extract plus 3 parts water. For example: for 1/4 cup rum, substitute 1 tablespoon rum extract plus 3 tablespoons water.
Sugar, Confectioners' or Powdered	1 cup	1 cup granulated sugar plus 1 tablespoon cornstarch; process in a food processor using the metal blade attachment until it's well blended and powdery.
Tomato Juice	1 cup	1/2 cup tomato sauce plus 1/2 cup water
Tomato Soup	10-3/4 ounce can	1 cup tomato sauce plus 1/4 cup water
Wine, Red	Any	The same amount of grape juice or cranberry juice
Wine, White	Any	The same amount of apple juice or white grape juice
Yeast, Compressed	1 cake (3/5 ounce)	1 package (1/4 ounce) active dry yeast OR Scant 2-1/2 teaspoons loose active dry yeast