

# Baking and Cooking Substitutions

By Chef Jen, RDN/LDN

Sometimes when I start a recipe, I'm halfway into it and I realized that I either don't have enough of an ingredient or I'm out. It's so FRUSTRATING!

Lesson to learn here: read through your recipe ingredients and check your inventory. Of course, that is what would be in a perfect world, so welcome to mine! 😊

For those times that you happen to have a spur of the moment bake-a-thon, then here are some good substitutes for ingredients. Bonus- some of these are "healthier" swaps (*shhh!! Don't tell anyone!*) Scroll down to see a recipe and how to replace some of these ingredients.

Ingredient	Substitute
Oil (canola, vegetable, corn)	Applesauce (1:1 exchange) *
Baking powder (1 tsp)	1 tsp + ¼ tsp baking soda Or ½ tsp cream of tartar + ¼ tsp baking soda
Egg (large)	¼ cup mashed Banana <sup>∨</sup> or ¼ cup unsweetened plain applesauce <sup>∨</sup> or 1 Tbsp ground flaxseed+ 3 Tbsp water (mixed together) <sup>∨</sup> Or 1 Tbsp white vinegar + 1tsp baking soda <sup>∨</sup>
Egg white (1)	2 Tbsp aquafaba <sup>∨</sup>
Brown Sugar (1 cup)	1 scant cup granulated sugar + 1 Tbsp molasses
Buttermilk (1 cup)	1 cup plain, regular yogurt 1 Tbsp white or cider vinegar + 1 cup milk* 1 Tbsp lemon juice + 1 cup milk
Cake flour (1 cup)	2 Tbsp Cornstarch + 1 cup all-purpose flour
Baking Soda (1/4 tsp)	1 tsp baking powder
Butter (½ cup)	¼ cup + 2 Tbsp Olive oil <sup>∨</sup> Or ½ cup avocado <sup>∨</sup> Or ½ cup plain pumpkin puree <sup>∨</sup> (recommend for all of these in baking mixes, not for pie crusts, etc.)

\*Denotes Chef Jen's most used

<sup>∨</sup>Denotes Vegan substitution

Some of you may be familiar with the "Glycemic Index" or GI. For those of you who aren't, the GI ranks how quickly the sugars (aka glucose) from different foods absorb into your bloodstream. For example: table sugar (aka white sugar, granulated sugar, sucrose) is absorbed much more rapidly into your system than the sugar from a raw apple (aka fructose). This is better for diabetics because it slowly will increase over an extended period of time.

Where as sugar is practically absorbed immediately, quickly spiking the sugar in your blood stream. When it happens like that, it also plummets. You may know this as the “Sugar crash”, which is a very real thing.

Using honey and maple syrup as substitutes are a good idea as you get the antioxidants and nutrients that granulated sugar doesn't have, such as magnesium and potassium from maple and antioxidants in honey.

*Sidebar:*

*Did you know that honey has been used as a natural cough suppressant and used on wounds and insect since ancient times? Now for severe wounds hospitals use a product called “Medihoney”, which is a hospital grade, honey based product! Honey can also help to reduce irritation of a sore throat too. Check out the [Honey Board's website](#) for more information on honey and saving our bees.*

Do NOT think of this as it being sugar free, because they are “sugar” and act as “added sugars” for your daily intake. However, they are lower on the glycemic index. Many people use the glycemic index for blood sugar regulation in regards to diabetes. Some people this works for, others it may not. Each body is different, so make sure that you follow what works best for you and your glucose management. Follow this link to the [Mayo Clinic's article](#) for more in-depth information on what the GI is and how it can help.

Stepping off my soapbox now!

To substitute honey and maple syrup in your recipes, there are some added steps than just a 1:1 ratio. Here is a great substitution chart for honey from [BillyBee](#):

SUGAR	HONEY	REDUCED LIQUID	INCREASE BAKING SODA
	2 tsp (10mL)	no need	no need
2 Tbsp (30 mL)	1 Tbsp 1 tsp (25mL)	no need	no need
1/4 Cup (50mL)	2 Tbsp 2 tsp (40mL)	no need	1/8 tsp (0.5mL)
1/3 Cup (75mL)	4 Tbsp (60mL)	no need	1/4 tsp (1mL)
1/2 Cup (125mL)	1/3 Cup (75mL)	2 tsp (10mL)	1/4 tsp (1mL)
2/3 Cup (150mL)	1/2 Cup (125mL)	5 tsp (25mL)	1/4 tsp (1 mL)
3/4 Cup (175mL)	2/3 Cup (150mL)	2 Tbsp (30mL)	1/2 tsp (2mL)
1 Cup (250 mL)	3/4 Cup (175mL)	2 1/2 Tbsp (37mL)	1/2 tsp (2mL)
2 Cups (500mL)	1 1/4 Cup (300mL)	5 Tbsp (70mL)	1 tsp (5mL)

The [State of Vermont Pure Maple Syrup board](#) says that you can sub pure granulated maple sugar as a 1:1 ratio in recipes. For syrup: 1 cup sugar: ¾ cup syrup and decrease all liquids in the recipe by ¼ cup.

Example of adjusting banana bread recipe. Original link [here](#).

## **Banana Bread**

2 cups all-purpose flour

1 ½ teaspoons baking powder

½ teaspoon baking soda

¼ teaspoon salt

¼ teaspoon ground cinnamon

⅛ teaspoon ground nutmeg

2 eggs, beaten (vegan option: 2 Tbsp ground flaxseed+ 6 Tbsp water mixed together NOTE: if doing this, I would suggest leaving the oil as is for texture purposes)

1 ½ cups mashed banana (5 medium)

1 cup sugar

½ cup cooking oil or melted butter or margarine (easy sub- ½ cup unsweetened applesauce)

¼ cup chopped walnuts (easily sub any other nut)

### *Honey Substitution*

2 cups all-purpose flour

1 ½ teaspoons baking powder (increase to 2 tsp)

½ teaspoon baking soda

¼ teaspoon salt

¼ teaspoon ground cinnamon

⅛ teaspoon ground nutmeg

2 eggs, beaten

1 ½ cups mashed banana (5 medium)

1 cup sugar (Sub ¾ cup honey)

½ cup cooking oil or melted butter or margarine (decrease by 2 ½ Tbsp)

¼ cup chopped walnuts

*Maple Syrup Substitution*

2 cups all-purpose flour

1 ½ teaspoons baking powder

½ teaspoon baking soda

¼ teaspoon salt

¼ teaspoon ground cinnamon

⅛ teaspoon ground nutmeg

2 eggs, beaten

1 ½ cups mashed banana (5 medium)

1 cup sugar (sub 1 cup maple syrup)

½ cup cooking oil or melted butter or margarine (sub ¼ cup oil or unsweetened applesauce)

¼ cup chopped walnuts

Here's to wishing you all a healthy and happy 2021!!

~~ Chef Jen, RDN/LDN, RYT-200