



Ingredient Substitutions

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INGREDIENT

SUBSTITUTION

1 cup Oil (for baking)



1 cup Applesauce

1 cup Yogurt



1 cup Sour Cream or Buttermilk

1 cup Buttermilk



1 cup Milk + 1 tsp Lemon Juice or Vinegar

1 cup Heavy Cream



3/4 cup Milk + 1/3 cup Melted Butter

1 Large Egg



1 tbsp Ground Flaxseed + 3 tbsp Water

1 cup Mayonnaise



1 cup Sour Cream or Plain Yogurt

1 cup Breadcrumbs



1 cup Crushed Crackers or Pretzels

1 tbsp Finely Chopped Fresh Herbs



1/2 tsp Dried Herbs

1 tsp Baking Powder



1/4 tsp Baking Soda + 1/2 tsp Cream of Tartar

1/2 tsp Baking Soda



2 tsp Baking Powder

tsp - teaspoon | tbsp - tablespoon