

Common Food Substitutions

Allspice (1 teaspoon)

Substitute: 1/2 teaspoon cinnamon plus 1/2 teaspoon ground cloves

Baking Powder, Double-Acting (1 teaspoon)

Substitute: 1/4 teaspoon baking soda plus 5/8 teaspoon cream of tartar

Baking Soda

There is NO substitution.

Buttermilk (1 cup)

Substitute: 1 tablespoon lemon juice or vinegar plus enough regular milk to make 1 cup (allow to stand 5 minutes)

Chili Sauce (1 cup)

Substitute: 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)

Substitute: 3 tablespoons cocoa plus 1 tablespoon butter, margarine or vegetable oil

Cornstarch (1 tablespoon)

Substitute: 2 tablespoons of flour

Herbs, Fresh (1 tablespoon, finely cut)

Substitute: 1 teaspoon dried leaf herbs or 1/2 teaspoon ground dried herbs

Mayonnaise (for use in salads/salad dressings; 1 cup)

Substitute: 1 cup yogurt, sour cream or cottage cheese (pureed in a blender)

Mustard, Dry (in cooked mixtures; 1 teaspoon)

Substitute: 1 tablespoon prepared mustard

Pumpkin Spice (1 teaspoon)

Substitute: 1/2 teaspoon cinnamon plus 1/4 teaspoon ground ginger plus 1/8 teaspoon ground allspice plus 1/8 teaspoon ground nutmeg.

Wine, Red

Substitute: Same amount of grape juice or cranberry juice.

