

# 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** (1cup)

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.



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