

Item	Volume	Substitute
Allspice	1 tsp	1/2 tsp cinnamon + 1/4 tsp ginger + 1/4 tsp cloves
Arrowroot Starch	1 tsp	1 tbsp flour OR 1 tsp cornstarch
Baking Powder	1 tsp	1/4 tsp + 1/2 tsp cream of tartar
Baking Soda	1 tsp	4 tsp baking powder OR 1 tsp potassium bicarbonate
Bread Crumbs	1 cup	1 cup cracker crumbs OR 1 cup ground oats
Brown Sugar	1 cup	1 cup white sugar and 1/4 cup molasses (leave out 1/4 cup liquid from recipe)
Butter	1 cup	1 cup shortening + 1/2 tsp salt OR 1 cup oil + 1/2 tsp salt
Buttermilk	1 cup	1 cup yogurt OR 1 tbsp vinegar or lemon juice + 1 cup milk
Chocolate (Baking)	1 oz	3 tbsp cocoa powder + 1 tbsp vegetable oil or shortening
Corn Syrup	1 cup	1/4 cup sugar + 1/3 cup water OR 1 cup honey
Cream of Tartar	1 tsp	2 tsp lemon juice or vinegar
Egg	1 whole	1/2 a banana + 1/2 tsp baking powder OR 1 tbsp flax powder or chia seeds soaked in 3 tbsp water for 15 minutes
Flour (Bread)	1 cup	1 cup all-purpose flour + 1 tsp wheat germ
Flour (Cake)	1 cup	1 cup all-purpose flour - 2 tbsp
Flour (Self-Rising)	1 cup	7/8 cup all-purpose flour + 1 1/2 tsp baking powder + 1/2 tsp salt
Gelatin	1 tbsp	2 tbsp agar agar
Half & Half	1 cup	7/8 cup milk + 1 tbsp butter
Heavy Cream	1 cup	1 cup evaporated milk OR 3/4 cup + 3 tbsp butter (not this doesn't work for whipped cream)
Herbs (Fresh)	1 tbsp	1 tsp dried herbs
Ketchup	1 cup	1 cup tomato sauce + 1 tsp vinegar + 1/2 cup sugar
Lemon Grass	2 stalks	1 tbsp lemon zest
Mace	1 tsp	1 tsp nutmeg
Mayonnaise	1 cup	1 cup sour cream OR 1 cup plain yogurt
Milk (Whole)	1 cup	1 cup non-dairy milk substitute OR 1/4 cup dry milk + 1 cup water
Molasses	1 cup	3/4 cup brown sugar + 1 tsp cream of tartar
Saffron	1/4 tsp	1/4 tsp turmeric
Sour Cream	1 cup	3/4 cup buttermilk + 1/3 cup butter OR 1 cup plain yogurt
Sweetened Condensed Milk	14 oz	3/4 cup white sugar + 1/2 water + 1/8 cup dry milk, cooked on the stove top for 20 minutes, stirring constantly
Oil for Baking	1 cup	1 cup apple sauce OR 1 cup fruit juice
White Sugar	1 cup	1 1/4 cup confectioners sugar OR 3/4 cup honey