

Handy Substitutions

Baking Product	Substitution
Arrowroot 1 1/2 tsp	Flour 1 tbsp or 1/2 tbsp cornstarch
Baking powder 1 tsp	1/2 tsp cream of tartar + 1/3 tsp baking soda
Biscuit mix 1 cup	1 cup flour + 1 1/2 tsp baking powder + 1/2 tsp salt + 1/2 cup shortening
Shortening melted 1 cup	1 cup cooking oil shortening, solid 1 cup 1 1/8 cups butter or margarine powdered sugar, 1 cup 1 cup sugar + 1/2 cup cornstarch, processed in food processor
Tapioca granular 1 tbsp	2 tbsp Pearl Tapioca
Dry Yeast 1 package (1/4 oz)	2 1/4 teaspoons dry yeast or 1 cake of compressed yeast or 2 teaspoons SAF-INSTANT yeast or 2 1/4 teaspoons bread machine yeast

Chocolate Substitutions

Baking Product	Substitution
Chocolate chips 1 oz.	1 oz. sweet baking chocolate semisweet
Chocolate - Baking 2 oz	1 oz. unsweetened chocolate + 4 tsp sugar OR 2 tbsp cocoa + 2 tbsp sugar + 2 tbsp shortening
Chocolate Semisweet chips 6 oz	melted 2 oz. Unsweetened Chocolate, 2 tbsp Shortening, 1/2 Sugar
Unsweetened Cocoa 1/4 cup	1 oz. unsweetened chocolate (decrease fat in recipe 1/2 tsp)
Chocolate Sweet 1 oz.	1/4 cup Cocoa + 1/3 cup Sugar + 3 tbsp shortening
Unsweetened Baking Chocolate 1 oz	3 tbsp unsweetened cocoa + 1 tbsp butter, margarine. shortening, or oil

Corn Substitutions

Baking Product	Substitution
Corn Syrup light, 1 cup	1 cup Sugar heated to a syrupy consistency with 1/4 cup water
Corn syrup dark 1 cup	3/4 cup light Corn syrup + 1/4 cup Light Molasses
Cornmeal self-rising 1 cup	7/8 cup plain, 1 1/2 Tbls. Baking powder, & 1/2 tsp
Cornstarch 1 Tbsp for thickening	2 tbsp all-purpose Flour or granular Tapioca

Flour Substitutions

Baking Product	Substitution
Cake 1 cups	1 cup minus 2 tbsp all-purpose flour
Flour all-purpose 1 cup	3/4 cup whole wheat flour + 1/4 cup AP flour OR 3 cup rye or rice flour OR 1/4 cup soybean flour and 3/4 cup all-purpose flour OR 1 and 1/2 cups bread crumb OR 1 cup rolled oats
Flour bread	1-2 tbsp Gluten to desired amount of AP flour flour
Flour self-rising	1 cup minus 2 tbsp all-purpose flour , 1 1/2 tsp. bakir / powder, 1/2 tsp. salt



Sugar Substitutions

Baking Product	Substitution
Sugar- dark brown 1 cup	White Sugar + 2 tsp Molasses sugar
Sugar - light brown 1 cup	White Sugar + 1 tsp Molasses
Sugar - white 1 cup	1 cup Corn syrup, OR 1 1/3 cup Molasses OR 1/4 cup, Honey (decrease liquid called for in recipe) by 1/4 cu, OR 1 cup powdered sugar.
Sugar Maple 1/2 cup packed	1 cup maple syrup (may need to adjust liquids)
Molasses 1 cup	1 cup Honey

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