

### Handy Substitutions

Baking Product	Substitution
<b>Arrowroot</b> 1 1/2 tsp	Flour 1 tbsp or 1/2 tbsp cornstarch
<b>Baking powder</b> 1 tsp	1/2 tsp cream of tartar + 1/3 tsp baking soda
<b>Biscuit mix</b> 1 cup	1 cup flour + 1 1/2 tsp baking powder + 1/2 tsp salt + 1/2 cup shortening
<b>Shortening</b> 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
<b>Tapioca</b> granular 1 tbsp	2 tbsp Pearl Tapioca
<b>Dry Yeast</b> 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
<b>Chocolate chips</b> 1 oz.	1 oz. sweet baking chocolate semisweet
<b>Chocolate - Baking</b> 2 oz	1 oz. unsweetened chocolate + 4 tsp sugar OR 2 tbsp cocoa + 2 tbsp sugar + 2 tbsp shortening
<b>Chocolate Semisweet chips</b> 6 oz	melted 2 oz. Unsweetened Chocolate, 2 tbsp Shortening, 1/2 Sugar
<b>Unsweetened Cocoa</b> 1/4 cup	1 oz. unsweetened chocolate (decrease fat in recipe 1/2 tsp)
<b>Chocolate Sweet</b> 1 oz.	1/4 cup Cocoa + 1/3 cup Sugar+ 3 tbsp shortening
<b>Unsweetened Baking Chocolate</b> 1 oz	3 tbsp unsweetened cocoa + 1 tbsp butter, margarine. shortening, or oil

### Corn Substitutions

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

### Flour Substitutions

Baking Product	Substitution
<b>Cake</b> 1 cups	1 cup minus 2 tbsp all-purpose flour
<b>Flour</b> all-pur- pose 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
<b>Flour</b> bread	1-2 tbsp Gluten to desired amount of AP flour flour
<b>Flour</b> self-r- ising	1 cup minus 2 tbsp all-purpose flour , 1 1/2 tsp. bakir / powder, 1/2 tsp. salt



### Sugar Substitutions

Baking Product	Substitution
<b>Sugar- dark brown</b> 1 cup	White Sugar + 2 tsp Molasses sugar
<b>Sugar - light brown</b> 1 cup	White Sugar + 1 tsp Molasses
<b>Sugar - white</b> 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.
<b>Sugar Maple</b> 1/2 cup packed	1 cup maple syrup (may need to adjust liquids)
<b>Molasses</b> 1 cup	1 cup Honey

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