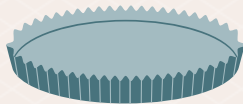


# Cooking and Baking Ingredient Substitute

Need to bake or cook a dish, but you do not have certain ingredients. Did you know these hacks.

## 1 Cup of Butter



- 1/2 Cup of apple sauce
- 1/2 Cup of mashed banana
- 1/2 Cup mashed avocado
- 3/4 Cup of olive oil

## 1 Cup of flour

## 1 Cup Mayonaise

- 1 15 oz Cup of black beans
- 1 Cup greek yogurt
- 1 Cup mashed avocado

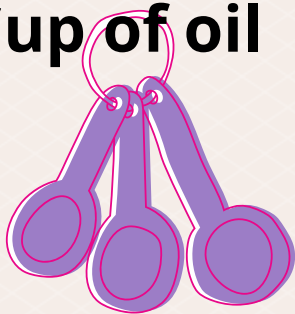
## Cheese desired

- Nutritional yeast desired

## 1 Egg

- 1 Cup of mashed banana
- 1 Tbsp Chia seed & 3 Tbsp of water
- 1 Tbsp of ground flax seed & 3 Tbsp of water

## 1 Cup of oil



- 3/4 Cup of apple sauce
- 3/4 Greek yogurt
- 1/4 Cup of water
- 1 Cup of vegetable broth



# Cooking and Baking Ingredient Substitute

Need to bake or cook a dish, but you do not have certain ingredients. Did you know these hacks.

## 1 Cup of corn syrup

- 1 1/4 Cup of white sugar and 1/3 Cup of water

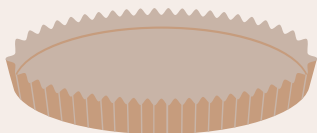
## 1 Cup of Buttermilk

- 1 Tbsp of lemon juice
- or vinegar cup of milk

## 1 Tsp cream of tartar

- 2 Tsp of lemon or vinegar

## 1 Tsp of Baking Powder



- 1/4 Tsp of Baking soda & 1/2 Tsp cream of tartar

## 1 Cup Honey

- 1 1/4 Cup white sugar & 1/3 Cup water

## 1 Tsp of lemon juice

- 1/2 Tsp of vinegar



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