



Substitutions

for baking and more!

Substitutions for Baking and More
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1. These substitutions are mostly for baking, but some have other uses, such as drink additions. See the "Uses" column for the best ways to use each one.
2. You may notice slight differences in texture and flavor when using certain baking substitutes, but the end product should be very close to the original.
3. You can use any of the substitutions and alternatives found in this book when you are out of an ingredient and need a replacement in a pinch.
4. If you use a liquid to replace a solid (honey instead of sugar), cut back on other liquids in the recipe just a bit.



Egg Substitutions

<i>Substitute</i>	<i>Amount</i>	<i>Uses</i>
VEGETABLE OIL	1/4 cup	baking
APPLESAUCE	1/4 cup	baking
MASHED BANANA	1/2 cup	baking
MASHED AVOCADO	1/2 cup	baking
PUMPKIN PUREE	1/2 cup	baking
GROUND FLAX SEEDS	1 tbsp flax + 3 tbsp water	baking
GROUND CHIA SEEDS	1 TBSP chia + 3 TBSP water	baking
YOGURT	1/4 cup	baking
BUTTERMILK	1/4 cup	baking
SWEETENED CONDENSED MILK	1/4 cup	baking
PEANUT BUTTER	3 TBSP	baking
WATER+OIL+BAKING POWDER	2 TBSP water +1 TBSP oil+ 2 tsp bp	baking
BAKING SODA + VINEGAR	1 tsp baking soda + 1 TBSP vinegar	baking
ARROWROOT POWDER	2 TBSP powder + 3 TBSP water	baking
MASHED POTATOES	1/4 cup	baking

Use these substitution measurements to replace one egg.

[View this post to read more about each egg alternative.](#)



Sugar Substitutions

<i>Substitute</i>	<i>Amount</i>	<i>Uses</i>
HONEY	3/4 cup	baking cooking drink sweetener
MAPLE SYRUP	3/4 cup	baking cooking drink sweetener
AGAVE	2/3 cup	baking cooking drink sweetener
XYLITOL	1/2 cup	baking cooking drink sweetener
STEVIA	1 tsp	baking cooking drink sweetener
BROWN SUGAR	1 cup	baking cooking drink sweetener
TURBINADO SUGAR	1 cup	baking cooking drink sweetener
COCONUT SUGAR	1 cup	baking cooking drink sweetener
MOLASSES	1 1/3 cup	baking
DATE SUGAR	1 cup	baking
POWDERED SUGAR	1 3/4 cup	baking
PUREED FRUIT	1 cup	baking smoothies

Use these substitutions to replace one cup of sugar.

[View this post to read more about each sugar alternative.](#)



Milk Substitutions

<i>Substitute</i>	<i>Amount</i>	<i>Uses</i>
HALF & HALF	3/4 half & half + 1/4 cup water	baking cooking
HEAVY CREAM	1/2 cup heavy cream + 1/2 cup water	baking cooking
YOGURT	1 cup	baking cooking
SOUR CREAM	1 cup	baking cooking
NON-DAIRY MILK	1 cup	baking cooking
EVAPORATED MILK	1/2 cup evaporated milk + 1/2 cup water	baking cooking
CANNED COCONUT MILK	1 cup	baking cooking
MILK POWDER	1 cup water + 3 TBSP milk powder	baking cooking

Use these substitutions to replace one cup of milk.



Buttermilk Substitutions

Substitute	Amount	Uses
MILK + LEMON JUICE	3/4 cup milk + 1 TBSP lemon juice	baking salad dressings
MILK + VINEGAR	1 cup milk + 1 TBSP vinegar	baking salad dressings
MILK + CREAM OF TARTAR	1 cup milk + 1 3/4 tsp cream of tartar	baking salad dressings
YOGURT	3/4 cup yogurt + 1/4 cup milk	baking dips dressings
SOUR CREAM	3/4 cup sour cream + 1/4 cup milk	baking dips dressings
KEFIR	1 cup	cooking baking
BUTTERMILK POWDER	1/4 cup powder + 1 cup water	everything
NON-DAIRY + LEMON JUICE	1 cup non-dairy milk + 1 TBSP lemon juice	baking salad dressings
NON-DAIRY + VINEGAR	1 cup non-dairy milk + 1 TBSP vinegar	baking salad dressings

Use these substitutions to replace one cup of buttermilk.

Make Traditional Buttermilk

DIY Buttermilk Substitute



Butter Substitutions

Substitute	Amount	Uses
OLIVE OIL	3/4 cup	cooking some baking
GHEE	1 cup	everything
MASHED AVOCADO	1 cup	baking
MASHED BANANA	1 cup	baking
COCONUT OIL	1 cup	cooking baking
UNSWEETENED APPLESAUCE	1/2 cup	baking
GREEK YOGURT	1/2 cup	baking
PUMPKIN PUREE	3/4 cup	baking
NUT BUTTERS	1/2 cup nut butter + 1/2 cup oil	baking
BEAN PUREE	1 cup	baking

Use these substitutions to replace one cup of butter.

Make butter from fresh cream



Heavy Cream Substitutions

Substitute	Amount	Uses
WHOLE MILK + BUTTER	2/3 cup milk + 1/3 cup butter	baking cooking
HALF AND HALF + BUTTER	3/4 cup half & half + 1/3 cup butter	everything except whipping
COCONUT CREAM	1 cup	whipping baking desserts
EVAPORATED MILK	1 cup	baking soups sauces
GREEK YOGURT + MILK	1/2 cup yogurt + 1/2 cup milk	baking sauces soups
PLAIN YOGURT	1 cup	baking sauces
CREAM CHEESE	1 cup	sauses soups
MILK + CORN STARCH	1 cup milk + 2 TBSP cornstarch	sauses soups
SOUR CREAM	1 cup	soups sauses baking
CANNED COCONUT MILK	1 cup	soups sauses baking
MASCARPONE	1 cup	desserts

Use these substitutions to replace one cup of heavy cream.

DIY Heavy Cream



Evaporated Milk Substitutions

Substitute	Amount	Uses
HEAVY CREAM	1 cup	baking drinks soups sauces
MILK	2 1/4 cups boiled down to 1 cup	baking drinks soups sauces
HALF AND HALF	1 cup	baking drinks soups sauces
POWDERED MILK	1 cup powder + 1 1/2 cups water	baking drinks soups sauces

Use these substitutions to replace one cup of evaporated milk.



Sweetened Condensed Milk Substitutions

Substitute	Amount	Uses
HEAVY CREAM	1 cup cream + 1/4 cup sugar	any recipe that calls for SCM
EVAPORATED MILK	1 cup evaporated milk + 1 TBSP sugar	any recipe that calls for SCM
POWDERED MILK	1/3 cup powder + 1/3 cup water + 2 TBSP butter	any recipe that calls for SCM
COCONUT CREAM	1 cup cream + 1/4 cup sugar	any recipe that calls for SCM
CREAM OF COCONUT	1 cup	any recipe that calls for SCM

Use these substitutions to replace one cup of sweetened condensed milk.

DIY Sweetened Condensed Milk

More From-Scratch Resources

1. [The Homemade Household: From-Scratch Recipes](#)
2. [Homemade Sweetened Condensed Milk with Honey](#)
3. [How to Make Homemade Butter With Fresh Cream](#)
4. [How to Make Traditional Homemade Buttermilk](#)
5. [How to Make an Easy Buttermilk Substitute](#)
6. [Homemade Cream of Chicken Soup Recipe](#)
7. [Homemade No-Cook Sweetened Condensed Milk](#)
8. [How to Make Homemade Dairy Products](#)
9. [Simple Homemade Heavy Cream 2 Ways](#)
10. [How to Make Homemade Coffee Creamer: 6 Recipes](#)
11. [Simple 2-Ingredient Homemade Brown Sugar Recipe](#)
12. [How to Make Homemade Evaporated Milk](#)
13. [15 Simple Egg Substitutions for Last-Minute Baking](#)
14. [26+ Homemade Pantry Staple Recipes + Substitutions](#)
15. [13 Simple Sugar Substitutions + Alternatives](#)