











# Ingredient Substitutions

Ingredient		Substitution
1 Cup Oil (for baking)		1 Cup Apple Sauce
1 Cup Sour Cream		1 Cup Plain Yogurt
1 Cup Buttermilk		1 Cup Milk + 1 Tablespoon Lemon Juice or Vinegar
1 Cup Heavy Cream		3/4 Cup Milk + 1/3 Cup Melted Butter
1 Egg		1 Tablespoon Ground Flaxseed + 3 Tablespoons water
1 Cup Mayonnaise		1 Cup Sour Cream or Plain Yogurt
1 Cup Breadcrumbs		1 Cup Crushed Crackers
1 Tablespoon Fresh Herbs, Chopped		1/2 Teaspoon Dried Herbs
1 Teaspoon Baking Powder		1/4 Teaspoon Baking Soda + 1/2 Teaspoon Cream of Tarter
1/2 Teaspoon Baking Soda		2 Teaspoons Baking Powder