

COMMON SUBSTITUTIONS

Ingredients labeled below in green are *usually* WIC foods

OILS AND DAIRY

½ cup **butter** = ½ cup **unsweetened applesauce** **or** ¾ cup vegetable oil **or** 6 tablespoons **yogurt** **or** ½ cup whipped **avocado**

Oil = **yogurt**

1 slice **cheese** = 2 tablespoons **avocado**

1 cup **sour cream** = 1 cup plain **yogurt** **or** 1 cup whipped **avocado**

1 cup **cream cheese** = 1 cup **yogurt**

1 cup **mayonnaise** = 1 cup **yogurt** **or** 1 cup **avocado**

1 cup **whole milk** = 1 cup reconstituted **nonfat dry milk** + 2 tablespoons melted butter

1 cup **evaporated milk** = 1 cup **whole milk**

1 cup **buttermilk** = Add 1 tablespoon freshly squeezed **lemon** **or** vinegar to a 1 cup measuring cup. Add **milk** to fill the cup. Let stand for 5 minutes before using.

1 cup **cream** = ⅓ cup butter + ¾ cup **whole milk**

GRAINS

Rice = quinoa, bulgur, barley, **cauliflower** **or** **broccoli** “rice”

Pasta noodles = **zucchini** noodles

¼ cup **fine, dried breadcrumbs** = ¾ cup soft bread crumbs, ¼ cup unsalted cracker crumbs, ¼ cup **cornflake** crumbs, **or** ⅔ cup rolled oats, **or** ¼ cup unsalted crushed nuts

DRY INGREDIENTS

1 cup **all-purpose flour** = 1 cup pureed **black beans** **or** 1 cup of cake flour + 2 tablespoons all-purpose flour

1 cup **self-rising flour** = 1 cup all-purpose flour + 1 teaspoon baking powder + ¼ teaspoon salt

1 cup **cake flour, sifted** = Fill a 1 cup measuring tool with all-purpose flour, then remove 2 tablespoons. Now add 2 tablespoons cornstarch, sift well.

1 tablespoon **cornstarch** = 2 tablespoons all-purpose flour

1 teaspoon **baking powder** = ¼ teaspoon baking soda + ½ teaspoon cream of tartar

1 teaspoon **baking soda** = 3 teaspoons baking powder (this works because there is baking soda in baking powder)



COMMON SUBSTITUTIONS (continued)

WET INGREDIENTS

½ cup **soy sauce** = 4 tablespoons Worcestershire sauce + 1 tablespoon water

1 cup **tomato juice** = ½ cup tomato sauce + ½ cup water

2 cups **tomato sauce** = ¾ cup tomato paste + 1 cup water

1 **egg** = ½ of a **banana**, **or** ¼ cup mashed **prunes**, **or** ¼ cup mashed **potatoes**, **or** ¼ cup canned pumpkin

OTHER

1 teaspoon **fresh squeezed lemon juice** = ½ teaspoon vinegar

½ teaspoon **vinegar** = 1 teaspoon fresh squeezed **lemon juice**

½ teaspoon **salt** = ½ teaspoon fresh squeezed **lemon juice**

1 tablespoon **fresh herb** = ⅓ to ½ teaspoon dried herb (of the same kind)

SWEETENERS

1 cup **granulated sugar** = 1 ¾ cup powdered sugar

Sugar = honey, maple syrup, agave nectar, **or** stevia. For specific measurements, go to:

<http://www.biggerbolderbaking.com/wp-content/uploads/2016/12/Sugar-Alternatives-Chart-Gemmas-Bigger-Bolder-Baking-FINAL.pdf>

1 cup **corn syrup** = 1 cup granulated sugar + ¼ cup water

1 cup **brown sugar** = 1 cup white sugar, **or** 1 cup coconut sugar, **or** 1 cup date sugar **or** substitute up to half of the sugar with agave nectar in baking

1 ¾ cup **confectioners sugar** = In a blender, grind 1 cup granulated sugar + 1 teaspoon cornstarch

CHOCOLATES

1 ounce **semisweet chocolate** = 3 tablespoons semisweet chocolate pieces **or** 1 ounce unsweetened chocolate + 1 tablespoon sugar

4 ounces **sweet baking chocolate** = ¼ cup unsweetened cocoa powder + ⅓ cup sugar + 1 tablespoon cooking oil **or** shortening, melted

1 ounce **unsweetened chocolate** = 3 tablespoons unsweetened cocoa powder + 1 tablespoon cooking oil **or** shortening, melted

Check your State's WIC Food List to make sure the WIC Approved Ingredients above are correct.