

INGREDIENT SUBSTITUTIONS

DON'T HAVE THIS

USE THIS



OIL

= APPLESAUCE



YOGURT

= SOUR CREAM OR BUTTERMILK



BUTTERMILK

= MILK + LEMON JUICE OR VINEGAR



HEAVY CREAM

= MILK + BUTTER



EGG

= GROUND FLAXSEED + WATER



MAYONNAISE

= SOUR CREAM OR PLAIN YOGURT



BREADCRUMBS

= CRUSHED CRACKERS OR PRETZELS



FRESH HERBS

= DRIED HERBS



BAKING POWDER

= BAKING SODA + CREAM OF TARTAR



BAKING SODA

= BAKING POWDER

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