

Reference Guide

FOR CAKE BAKING SUBSTITUTIONS

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SUBSTITUTING SPICES & EXTRACTS

ALLSPICE:	1 tsp = 1/2 tsp cinnamon, 1/4 tsp ground cloves and 1/4 tsp ground nutmeg
PUMPKIN PIE SPICE:	1 tsp = 1 tsp cinnamon, 1/4 tsp ground ginger, 1/8 tsp ground cloves and 1/4 tsp ground nutmeg
VANILLA EXTRACT	3 tsp = 1 whole vanilla bean split OR maple syrup in the same amount

SUBSTITUTING SUGAR

BROWN SUGAR	<p>1 cup = for light brown: 1 tbsp molasses plus 1 cup white granulated sugar or for dark brown: 2 tbsp molasses plus 1 cup white granulated sugar.</p> <p>Note 1: You can also try using maple syrup if you don't have the molasses.</p> <p>Note 2: Light brown and dark brown sugar can be substituted for each other.</p>
WHITE GRANULATED SUGAR	1 cup = 1 cup packed brown sugar
POWDERED SUGAR	1 cup = 1 cup granulated sugar in a blender plus 1 tsp cornstarch or arrowroot powder

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SUBSTITUTING FLOUR

CAKE FLOUR 1 cup = 1 cup of all purpose flour, remove 2 Tbsp of it and replace it with 2 Tbsp cornstarch

ALL PURPOSE FLOUR 1 cup = 1 cup cake flour plus 2 more tablespoons cake flour OR Use self-rising flour and leave out the baking powder and salt from the recipe. - use this substitute as long as the recipe calls for about 1/2-1 tsp of baking powder per 1 cup flour. If the recipe calls for more baking powder than 1/2-1 tsp, you'll need to add in more baking powder to make up the difference

SELF-RISING FLOUR 1 cup = 1 cup all purpose flour plus 1 1/2 tsp baking powder plus 1/4 tsp salt

EGGS

SELF-RISING FLOUR 1 egg = 1/4 cup unsweetened applesauce OR 1/4 cup mashed banana or pureed fruit OR 1 tbs flaxseed (or chia seeds) mixed with 3 tbsp hot water until absorbed and thick OR use commercial egg replacer OR 1/4 cup silken tofu pureed OR 1 tsp baking soda with 1 tbsp vinegar OR 1/4 cup yogurt or buttermilk OR 2 tbsp arrowroot powder mixed with 3 tbsp water OR 3 tbsp liquid from canned beans OR 1 tbsp soy lecithin

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LEAVENING AGENTS

- BAKING POWDER** 1 tsp = 1/2 tsp cream of tarter plus 1/4 tsp baking soda OR 1/4 tsp baking soda mixed with 1/2 tsp vinegar OR use self-rising flour in place of the flour called for in the recipe-the amount depends-see flour substitute section
- BAKING SODA** 1 tsp = 3 tsp baking powder and reduce the salt called for in the recipe by half and perhaps replace acidic ingredients in the recipe with non acidic ones (ie: use regular milk instead of buttermilk) OR you can try whipping your egg whites and cream before adding them to your cake batter to incorporate a bit more air to help with the leavening

LIQUIDS

- BUTTERMILK** 1 cup = 1 tbsp lemon juice or vinegar plus enough milk to make 1 cup. Let it stand for 5 minutes before adding to cake batter OR 1 3/4 tsp cream of tarter plus 1 cup milk. Let stand for 5 minutes before using OR 3/4 cup yogurt plus 1/4 cup whole milk OR 1/2 cup sour cream plus 1/2 cup whole milk
- YOGURT** 1 cup = 1 cup buttermilk OR 1 cup sour cream OR 1 cup cottage cheese blended smooth OR 1 tbsp lemon juice or vinegar plus enough milk to make 1 cup. Let it stand for 5 minutes before adding to cake batter

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LIQUIDS - CONTINUED

SOUR CREAM	1 cup = 1 cup full fat yogurt OR 3/4 cup sour milk or buttermilk mixed with 1/3 cup melted butter. (To make sour milk, or buttermilk, measure one cup of milk and take out a tablespoon of it. Add in a tablespoon of lemon juice or vinegar)
MILK	1 cup = 1 cup canned coconut cream OR 3/4 cup sour cream mixed with 1/2 cup water OR 1/2 cup evaporated milk mixed with 1/2 cup water OR 1 cup water mixed with 1/3 cup nonfat dry milk OR 1/2 cup half and half mixed with 1/2 cup water OR 1 cup buttermilk mixed with 1/2 tsp baking soda

CHOCOLATE/COCOA

NATURAL UNSWEETENED COCOA POWDER	(not referring to dutch processed cocoa powder) 3 tbsp = 1 oz unsweetened baking chocolate (melt and add to the batter) then omit a tablespoon of butter or oil that the recipe calls for OR 3 tbsp dutch processed cocoa powder plus 1/2 tsp cream of tarter mixed with lemon juice or white vinegar
DUTCH PROCESSED COCOA POWDER	3 tbsp = 3 tbsp natural unsweetened cocoa powder plus 1/8 tsp baking soda for every 3 tbsp cocoa powder that's called for

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CHOCOLATE/COCOA - CONTINUED

SEMI-SWEET CHOCOLATE MELTED 1 oz = 1 oz unsweetened baking chocolate melted and mixed with 1 tbsp granulated sugar OR 3 tbsp unsweetened cocoa powder plus 3 tbsp sugar plus 1 tbsp butter or shortening.

UNSWEETENED CHOCOLATE MELTED 1 oz = 3 tbsp natural unsweetened cocoa powder mixed with 1 tbsp unsalted melted butter or oil.

OILS/BUTTER

VEGETABLE OIL 1 cup = 1/2 cup unsweetened applesauce or fruit puree OR 1 cup melted butter plus 1 more tbsp of butter OR 1 cup coconut oil OR 1 1/2 cup mayonnaise

VEGETABLE SHORTENING 1 cup = 1 cup butter OR 1 cup coconut oil

SALTED BUTTER 1 cup = 1 cup shortening plus 1/2 tsp salt OR 3/4 cup vegetable oil plus 1/2 tsp salt OR 1/2 cup unsweetened applesauce plus 1/2 tsp salt OR 1 cup coconut oil

UNSALTED BUTTER 1 cup = 1 cup shortening OR 3/4 cup vegetable oil OR 1/2 cup unsweetened applesauce OR 1 cup coconut oil

NOTES:

Please be aware that using substitutions in cake batter could change the cake texture (especially the egg substitutes), the moistness of the cake and the taste. Use these substitutions at your discretion. Using substitutions, especially in baking, really is an experiment and lots of trial and error.