



Ingredient Substitutions

If you are missing an ingredient, you may have something in your kitchen that you can use instead.

If you don't have...		Use ...
Bread crumbs	1 cup (250 mL)	Crushed cereal, crackers or ground oats (1 cup or 250 mL)
Allspice	1 tsp (5 mL)	Cinnamon (½ tsp or 2 mL) and ground cloves (½ tsp or 2 mL)
Mayonnaise	1 cup (250 mL)	Sour cream, yogurt or puréed cottage cheese (1 cup or 250 mL)
Buttermilk	1 cup (250 mL)	Regular milk (a little less than 1 cup or 250 mL) and lemon juice or white vinegar (1 tbsp or 15 mL). Let stand for 5 minutes before using.
Honey	1 cup (250 mL)	Corn syrup (1 cup or 250 mL) or white sugar, (1¼ cup or 300 mL) and a liquid (¼ cup or 60 mL). Use liquid called for in recipe.
Corn starch	1 tbsp (15 mL)	Flour (2 tbsp or 30 mL)
Garlic powder	1 tsp (5 mL)	Garlic (1 clove)
Tomato sauce	2 cups (500 mL)	Tomato paste (¾ cup or 175 mL) + water (1 cup or 250 mL) + sugar (1 tsp or 5 mL)
Lemon juice	1 tsp (5 mL)	Vinegar (½ tsp or 2 mL)
Dried herbs	1 tsp (5 mL)	Fresh herbs (1 tbsp or 15 mL)

Try these healthy ingredient substitutions in your next recipe.

Instead of...		Choose...
Sour cream	1 cup (250mL)	Plain yogurt or part-skim ricotta cheese puréed (1 cup or 250 mL)
Butter, margarine or oil	1 cup (250mL)	Applesauce or fruit purée (½ cup or 120 mL) and butter, margarine or oil (½ cup or 120 mL)
White flour	1 cup (250mL)	White flour (½ cup or 120 mL) and whole wheat flour (½ cup or 120 mL)
Frosting or icing		Sliced fresh fruit, puréed fruit, light dusting of powdered sugar
Chocolate chips	1 cup (250mL)	Chopped nuts and/or dried fruit (½ to 1 cup or 120 to 250 mL)
Cream cheese	1 cup (250mL)	Cottage cheese or ricotta cheese puréed (1 cup or 250 mL)
Heavy cream	1 cup (250mL)	Evaporated skim milk (1 cup or 250 mL)
Sugar	1 cup (250mL)	Sugar (½ cup or 120 mL) + Applesauce (¾ cup or 175 mL) + cinnamon, vanilla or nutmeg