

INSTEAD OF THIS



YOU CAN USE THIS

Apple cider vinegar - 1/4 cup	White vinegar - 1/4 cup
Balsamic vinegar - 1 Tbs.	Sherry or cider vinegar - 1 Tbs.
Beer - 1 cup	Non-alcoholic beer, beef broth, or apple cider - 1 cup
Baking powder - 1 tsp.	1/4 tsp. baking soda + 1/2 tsp. cream of tartar or 1/4 tsp. baking soda + 1/2 cup buttermilk (decrease liquid in recipe by 1/2 cup)
Barbecue Sauce - 1 cup	1 cup ketchup + 1/2 to 1 tsp. liquid smoke
Bread crumbs - 1 cup	1 cup cracker crumbs or 1 cup matzo meal or 1 cup ground oats
Brown sugar - 1 cup	1 cup granulated sugar + 2 Tbs. molasses
Butter (salted) - 1 cup	1 cup margarine or 1 cup shortening + 1/2 tsp. salt or 7/8 cup vegetable oil + 1/2 tsp. salt
Buttermilk - 1 cup	1 cup yogurt or 1 tablespoon lemon juice or vinegar plus enough milk to make 1 cup
Corn Syrup - 1 cup	1 cup sugar plus 1/4 cup liquid (use whatever liquid is called for in the recipe) or 1 cup honey
Cream Cheese - 1 cup	1 cup ricotta cheese or 1 cup lowfat cottage cheese, beaten until smooth
Cream, half and half - 1 cup	7/8 cup whole milk + 2 Tbs. melted unsalted butter
Cream, heavy (not for whipping) - 1 cup	2/3 cup whole milk + 1/3 cup melted unsalted butter
Cream of tartar - 1 tsp.	2 tsps. lemon juice or vinegar
Herbs, dried - 1 tsp.	Fresh herbs, finely chopped - 1 Tbs.
Herbs, fresh - 1 Tbs.	Dried herbs - 1 tsp.
Honey - 1 cup	1 1/4 cups sugar + 1/4 cup liquid (use liquid called for in recipe)
Hot pepper sauce - 1 tsp.	3/4 tsp. cayenne pepper + 1 tsp. vinegar
Lemon juice - 1 Tbs.	White vinegar - 1 Tbs.
Mayonnaise - 1 cup	Sour cream or plain yogurt - 1 cup
Mustard - 1 Tbs.	Mix together 1 Tbs. dried mustard, 1 tsp. water, 1 tsp. vinegar and 1 tsp. sugar
Oil - 1 cup	Melted butter, margarine, or shortening (depending on the recipe) - 1 cup
Shortening - 1 cup	Butter or margarine - 1 cup (Do not substitute oil for shortening)
White vinegar - 1/4 cup	Apple cider vinegar or lemon juice - 1/4 cup
Wine, red - 1 cup	Non-alcoholic wine, apple cider, beef broth, tomato juice, or water - 1 cup
Wine, white - 1 cup	Non-alcoholic wine, white grape juice, apple juice, chicken broth, or water - 1 cup