

Baking substitutions

Substituting plant-based products for animal-based ingredients in your baking.

What are you making?

| | REPLACE BUTTER WITH | QUANTITIES |
|--|--|---|
| Cookies <i>delicate flavored like sugar or chocolate chip</i> | Neutral tasting oil like canola or soy* | $\frac{3}{4}$ of the amount used in a butter recipe |
| | Coconut oil if the recipe calls for creaming butter and sugar together | Equal amounts |
| Cookies <i>robust flavors like spice cookies, snickerdoodles, or gingersnaps</i> | <ul style="list-style-type: none">• Olive oil*• Untoasted sesame oil* | 75% of the butter amount <i>i.e., $\frac{3}{4}$ cup olive oil replaces 1 cup butter</i> |
| Confections/frosting | Coconut oil <i>for a silky, smooth texture, with subtle coconut flavor</i> | Equal amounts |
| Pie crust or short pastry | Vegetable shortening | Equal amounts |
| Cakes, quick breads, and muffins | <ul style="list-style-type: none">• Margarine• Vegetable shortening | Equal amounts |
| | Vegetable oils | 75% of the butter amount <i>i.e., $\frac{3}{4}$ cup olive oil replaces 1 cup butter</i> |

*When using a liquid fat in a recipe that calls for butter, refrigerate the dough for 20-30 minutes before baking for best results.

**REPLACE EGGS WITH****1 EGG =**

| | |
|---|--------------------------------|
| Applesauce | ¼ cup applesauce |
| Canned pumpkin | ¼ cup canned pumpkin |
| Aquafaba <i>liquid drained from canned chickpeas</i> | 3 tbs aquafaba |
| Flax seeds | 1 tbs flaxseeds + 3 tbs water |
| Chia seeds | 1 tbs chia seeds + 3 tbs water |
| Cornstarch | 2 tbs cornstarch + 3 tbs water |
| Silken tofu | ¼ cup silken tofu |
| Pureed black beans | ¼ cup |
| Ripe banana | 1 ripe banana |
| Pureed avocado | ¼ cup mashed avocado |

**REPLACE MILK OR HEAVY
CREAM WITH EQUAL AMOUNTS OF:**

| | |
|--|--|
| Coconut milk | Coconut cream |
| Nut-free milk substitutes like oat milk and hemp milk | Almond milk or other plant-based milk substitutes |