

# INGREDIENT SUBSTITUTIONS

- 1 C bread crumbs ~ 1 C ground oats, 1 C crushed pork rinds
- 1 C brown sugar ~ 1 C white sugar & 1/4 C molasses
- 1/4 C cocoa powder ~ 1 oz. square unsweetened chocolate
- 1 C corn syrup ~ 1 cup honey
- 1 C heavy or light cream ~ 1 C evaporated milk
- 1 t cream of tartar ~ 2 t lemon juice OR vinegar
- 1 egg ~ 1/2 banana & 1/2 t baking powder
- 1 C oil for baking ~ 1 C applesauce
- 1 garlic clove ~ 1/8 tsp garlic powder
- 1 C mayo ~ 1 C sour cream OR yogurt
- 1 C milk ~ 2/3 C evaporated milk
- 1 C molasses ~ 3/4 C brown sugar
- 1 C white sugar ~ 1 C brown sugar OR 3/4 C honey

These are *usually* interchangeable

- 1 t vinegar, 1 t lemon juice, 1 t lime juice
- 1 C sour cream, 1 C yogurt, 1 C buttermilk