

Reduce or Replace	Substitute	Conversion Ratio
Eggs (used to leaven/bind)	Ground flaxseed or chia seeds w/3 Tbsp. hot H2O	2 Tbsp. flax/chia seed per egg plus 3Tbsp.H2O
	Plain dairy/non-dairy yogurt	3 Tbsp. equals 1 egg
	Tofu	1/4 c mashed firm or reg. tofu
	Any pureed fruit (banana, pumpkin, avocado, prunes, beans, applesauce*, etc.)	Equal
	Any cooked & pureed starchy vegetable (i.e.:sweet potato)	Equal
	Soymilk*	3 Tbsp. per egg
Butter/Shortening/ Margarine	Any pureed fruit (banana, pumpkin, avocado, prunes, beans, applesauce*, etc.)	Equal
	Any cooked & pureed starchy vegetable (i.e.: sweet potato)	Equal
	Nut butter—cashew, peanut, almond, tahini	Equal
	High heat oils such as coconut oil/safflower oil (see Leanne's tips for cooking/baking healthily using heat)	Equal
Milk	Kefir, cultured milk, or diluted yogurt	Equal, reduce if substitute is sweetened
	Almond, rice, soy, coconut, oat/grain, hazelnutmilk*	Equal
Refined White Sugar (highly-refined, bleached)  * When using a liquid instead of a dry sweetener, decrease other liquids by 1/4 c per cup of sweetener or add 1/4 c. flour.	Brown Sugar	Equal
	Turbinado (a.k.a.-raw sugar)	Equal
	Unrefined dehydrated cane juice powder	3/4 c to 1 cup sugar
	Sucanat	Equal
	Stevia—liquid/powdered	1 tsp. per 1 cup sugar
	Malted Barley	Equal
	Rapadura	3/4 c to 1 cup sugar
	Agave/Honey/Sorghum	3/4 c to 1 cup sugar
	Rice syrup/Barley Malt	3/4 c to 1 cup sugar
	Date sugar	3/4 c to 1 cup sugar
	Molasses	1 ¼ c to 1 cup sugar
	Fructose	1/2 to 1 ratio
	Fruit Juice	1/2 to 1 ratio
	Maple Syrup	3/4 c to 1 cup sugar
Conventional White flour  (very refined, bleached)	Whole wheat flour <i>or</i> Whole wheat pastry flour	Equal or 1/8 less liquid or more flour
	Spelt, rye, visit Bob's Red Mill to try new ones!	Use less liquid or more flour
	Gluten Free: tapioca flour, potato flour, rice flour, oat flour	Use up to ¾ cup of any of these per cup of flour to vary the flavor
Baking Powder/Soda (contains aluminum unless stated otherwise on box)	Bob's Red Mill brands  Rumford Aluminum-Free (brand)	Equal
Cornstarch (contains talc unless stated otherwise on box)	Arrowroot	1/2-1 tsp. per cup liquid, heat slowly
	Pureed white beans	As much as needed to thicken
	Kudzu powder	1/2-3/4 tsp. per cup of liquid