

| Instead of                                           | Try Using                       | Ratio                                    | Notes                                                                           |
|------------------------------------------------------|---------------------------------|------------------------------------------|---------------------------------------------------------------------------------|
| VEGETABLE OIL<br>+<br>BUTTER                         | COCONUT OIL                     | 1 : 1                                    | melt first                                                                      |
|                                                      | RIPE BANANA                     | 3/4 amount                               | may need to reduce<br>bake time                                                 |
|                                                      | APPLESAUCE                      | 1 : 1                                    | reduce overall liquid by 2-<br>3TBS                                             |
| WHITE SUGAR<br><br><i>can combine 2<br/>together</i> | HONEY                           | 1/2 - 3/4 amount                         |                                                                                 |
|                                                      | MAPLE SYRUP                     | 1/2 - 3/4 amount                         |                                                                                 |
|                                                      | AGAVE                           | 2/3 amount                               | reduce liquids by 1/4C. If no<br>other liquid, add 1TBS flour<br>per 1/4C sugar |
|                                                      | APPLESAUCE                      | 1 : 1                                    |                                                                                 |
|                                                      | RIPE BANANAS                    | 1/2 amount                               | best for breads + muffins                                                       |
|                                                      | DATES                           | 1 : 1                                    | pit, soak, drain, blend<br>+ 2TBS liquid per 1C                                 |
| SOUR CREAM +<br>MAYONNAISE                           | NONFAT GREEK<br>YOGURT          | 1 : 1                                    |                                                                                 |
| HEAVY CREAM                                          | NF GREEK YOGURT<br>+ WHOLE MILK | Equal amounts of both<br>to make a 1 : 1 |                                                                                 |
|                                                      | COCONUT MILK                    | 1 : 1                                    | vegan. use unsweetened<br>full-fat, thick cream at top                          |
|                                                      | HALF + HALF<br>+ BUTTER         | 1 : 1<br>7/8C + 1/8                      | best for soups + sauces, not<br>baking                                          |
| WHITE FLOUR                                          | WHOLE WHEAT FLOUR               | 3/4 amount                               | higher fiber, denser                                                            |
|                                                      | OAT FLOUR                       | 1:1                                      | can DIY by grinding oats                                                        |
|                                                      | COCONUT FLOUR                   | 3/4 amount                               | high absorption, combine<br>with other flours                                   |
|                                                      | ALMOND FLOUR                    | 1 : 1                                    | gluten-free = less rise,<br>mix with other flours                               |
| EGGS                                                 | FLAXSEED MEAL                   | 1TBS per 1 egg                           | mix with 3TBS water +<br>soak 3-5mins                                           |