

## COMMON SUBSTITUTIONS

INGREDIENT	AMOUNT	SUBSTITUTION
Egg	1 whole	1/4 cup silken tofu pureed OR 3 T. mayonnaise OR half a banana mashed with 1/2 t. baking powder
Fats for baking	1 cup	1 cup applesauce OR 1 cup fruit puree
Shortening	1 cup	1 cup margarine minus 1/2 t. salt from recipe
Sour cream	1 cup	1 cup plain yogurt
Sour milk	1 cup	1 T. vinegar OR lemon juice mixed with enough milk to make 1 cup. Let stand 5 minutes to thicken
Vegetable Oil –for baking	1 cup	1 cup applesauce OR 1 cup fruit puree
Vinegar	1 teaspoon	1 teaspoon lemon or lime juice OR 2 teaspoons white wine
White sugar	1 cup	1 cup brown sugar OR 1 1/4 cups confectioners' sugar
Wine	1 cup	1 cup chicken OR beef broth
Yogurt	1 cup	1 cup sour cream