

Printable Baking Substitutions Chart

Mid-recipe and out of something? Use these tested substitutions. Notes tell you what to expect from each swap. Print at 100% scale.

🥛 BUTTERMILK SUBSTITUTES

Use in baked goods calling for buttermilk (cakes, pancakes, biscuits)

SUBSTITUTE FOR 1 CUP BUTTERMILK	NOTES
1 cup milk + 1 tbsp lemon juice (stir, wait 5 min)	Thickens slightly; use whole or 2% milk
1 cup milk + 1 tbsp white vinegar (stir, wait 5 min)	Same yield; vinegar is shelf-stable
1 cup plain yogurt (thinned with milk if needed)	Richer result; full-fat works best
¾ cup sour cream + ¼ cup water or milk	Richer, more tender crumb

🥚 EGG SUBSTITUTES (1 LARGE EGG)

Best for baked goods and binding; not for custards or scrambles

SUBSTITUTE	BEST FOR
¼ cup unsweetened applesauce	Muffins, quick breads, dense cakes
1 tbsp ground flaxseed + 3 tbsp water (rest 5 min)	Cookies, muffins, hearty breads
¼ cup mashed ripe banana	Pancakes, muffins (adds banana flavor)
¼ cup silken tofu, blended smooth	Dense cakes, brownies
3 tbsp aquafaba (liquid from canned chickpeas)	Meringues, light cakes, macarons

🍯 BROWN SUGAR SUBSTITUTE

Molasses is what makes brown sugar brown — you can DIY it

SUBSTITUTE FOR 1 CUP BROWN SUGAR	RESULT
1 cup white sugar + 1 tbsp molasses	Light brown sugar equivalent
1 cup white sugar + 2 tbsp molasses	Dark brown sugar equivalent
1 cup coconut sugar (1:1)	Similar moisture; slightly less sweet

🍷 BAKING POWDER & BAKING SODA

Baking soda is 3× stronger; always needs an acid in the recipe

SUBSTITUTE	NOTES
1 tsp baking powder = ¼ tsp baking soda + ½ tsp cream of tartar	Use when no acid is present
1 tsp baking powder = ¼ tsp baking soda + ½ cup buttermilk	Reduce other liquid by ½ cup
1 tsp baking soda = 3 tsp baking powder (approximate)	May affect flavor; reduce other acid

🌿 VANILLA, CORNSTARCH & CREAM OF TARTAR

Common pantry swaps

SUBSTITUTE	NOTES
1 tsp vanilla extract = 1 tsp vanilla bean paste	Stronger flavor; adds visible specks
1 tsp vanilla extract = ½ vanilla bean (scraped)	Best flavor; no liquid
1 tbsp cornstarch = 2 tbsp all-purpose flour (for thickening)	Use in sauces; flour needs longer cooking
1 tsp cream of tartar = 2 tsp lemon juice or white vinegar	Works as acid; small flavor difference