

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

## 🥚 EGG SUBSTITUTES (1 LARGE EGG)

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

SUBSTITUTE	BEST FOR
<b>¼ cup unsweetened applesauce</b>	Muffins, quick breads, dense cakes
<b>1 tbsp ground flaxseed + 3 tbsp water (rest 5 min)</b>	Cookies, muffins, hearty breads
<b>¼ cup mashed ripe banana</b>	Pancakes, muffins (adds banana flavor)
<b>¼ cup silken tofu, blended smooth</b>	Dense cakes, brownies
<b>3 tbsp aquafaba (liquid from canned chickpeas)</b>	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
<b>1 cup white sugar + 1 tbsp molasses</b>	Light brown sugar equivalent
<b>1 cup white sugar + 2 tbsp molasses</b>	Dark brown sugar equivalent
<b>1 cup coconut sugar (1:1)</b>	Similar moisture; slightly less sweet

## 🍷 BAKING POWDER & BAKING SODA

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

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

## 🌿 VANILLA, CORNSTARCH & CREAM OF TARTAR

Common pantry swaps

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