

SUBSTITUTIONS

BAKING

Original	Substitution
baking powder <i>1 tsp</i>	cream of tartar + baking soda <i>1/2 tsp</i> + <i>1/4 tsp</i>
buttermilk <i>1 cup</i>	milk + vinegar OR milk + lemon juice OR yogurt <i>1 cup</i> + <i>1 Tbsp</i> OR <i>1 cup</i> + <i>1 Tbsp</i> OR <i>1 cup</i>
flour, self-rising <i>1 cup</i>	flour, all purpose + baking powder + salt + baking soda <i>1 cup</i> + <i>1 tsp</i> + <i>1/2 tsp</i> + <i>1/4 tsp</i>

GENERAL

Original	Substitution
garlic <i>1 clove</i>	garlic powder OR granulated garlic OR garlic flakes <i>1/8 tsp</i> OR <i>1/4 tsp</i> OR <i>1/2 tsp</i>
onion <i>1 small</i>	onion powder OR instant minced onion OR frozen chopped onion <i>1 tsp</i> OR <i>1 Tbsp</i> OR <i>1/4 cup</i>