

All-Spice	1 teaspoon	1/2 teaspoon cinnamon + 1/2 teaspoon ground cloves
Apple Pie Spice	1 teaspoon	1/2 teaspoon cinnamon + 1/4 teaspoon nutmeg + 1/8 teaspoon cardamom
Baking Powder	1 teaspoon	1/4 teaspoon baking soda + 5/8 teaspoon cream of tartar
Chicken Broth OR Beef Broth	1 cup	1 bouillon cube + Dissolved in 1 cup of boiling water OR 1 envelope (1 teaspoon) powdered broth base + Dissolved in 1 cup of boiling water
Butter	1/4 cup	1/4 cup shortening + 1 1/2 teaspoons water
	1/3 cup	1/3 cup shortening + 2 teaspoons water
	1/2 cup	1/2 cup shortening + 1 tablespoon water
	2/3 cup	2/3 cup shortening + 4 teaspoons water
	3/4 cup	3/4 cup shortening + 1 tablespoon water + 1 1/2 teaspoons water
	1 cup	1 cup shortening + 2 tablespoons water



Buttermilk	1 cup	1 cup plain yogurt OR 1 cup milk minus 1 tablespoon + 1 tablespoon lemon juice or white vinegar
Semisweet Chocolate	1 ounce	1 ounce unsweetened chocolate + 1 tablespoon sugar
Cocoa	1/4 cup	1 ounce chocolate + 1 tablespoon sugar - 1/2 tablespoon of oil or butter in recipe
Cornstarch	1 tablespoon	2 tablespoons of flour
Cream or Half and Half	1 cup	7/8 cup milk + 3 tablespoons of butter
Egg	1 whole	2 egg whites OR 1/4 cup egg substitute
All-Purpose Flour	1 cup	1/2 cup whole wheat flour + 1/2 cup all-purpose flour
Cake Flour	1 cup	1 cup all-purpose flour - 2 tablespoons all-purpose flour + 2 tablespoons cornstarch Sift 5 times
Garlic	1 clove	1/8 teaspoon garlic powder OR 1 teaspoon chopped garlic
Gingerroot	1 tablespoon	1/8 teaspoon powdered ginger
Fresh Herbs	1 tablespoon	1 teaspoon dried herbs



Ketchup	1 cup	1 cup tomato sauce + 1/2 cup sugar + 2 tablespoons vinegar
Lemon Juice	1 teaspoon	1/2 teaspoon vinegar
Fresh Mushrooms	1 pound	1 10-ounce can, drained
Dry Mustard	1 teaspoon	1 tablespoon prepared mustard
Fresh Onion	1 small	1 tablespoon instant minced onion
Onion Powder	1 tablespoon	1 medium onion chopped OR 4 tablespoons fresh chopped onion
Orange	1 medium	1/2 cup juice
Pimento	2 tablespoons, chopped	3 tablespoons fresh red bell pepper, chopped
Pumpkin Spice	1 teaspoon	1/2 teaspoon cinnamon + 1/4 teaspoon ginger + 1/8 teaspoon all-spice + 1/8 teaspoon nutmeg
Sour Cream	1 cup	3/4 cup buttermilk + 1/3 cup butter OR 1/3 cup buttermilk + 1 tablespoon lemon juice + 1 cup cottage cheese, blended until smooth OR 3/4 cup milk + 3/4 teaspoon lemon juice + 1/3 cup butter



Brown Sugar	1 cup firmly packed	2 tablespoons molasses
Granulated Sugar	1 cup	1 cup powdered sugar OR 1 cup brown sugar firmly packed OR 1 cup corn syrup or honey - 1/4 cup liquid in recipe
Fresh Tomatoes	2 cups, chopped	16-ounce can, drained
Plain Yogurt	1 cup	1 cup buttermilk OR 1 cup sour cream OR 1 cup cottage cheese + 1 teaspoon lemon juice, blended until smooth

