

SUBSTITUTIONS



Ingredient	Amount	Substitution
Baking Powder	1 tsp.	$\frac{1}{2}$ tsp. Baking soda + $\frac{1}{4}$ tsp. cream of tartar + $\frac{1}{4}$ tsp. corn starch
Baking Soda	1 tsp.	4 tsp. Baking powder
Brown Sugar	1 cup	1 cup white sugar + 2 tablespoons molasses
Butter	1 cup	1 cup mashed avocado or 1 cup coconut oil or $\frac{1}{2}$ cup applesauce + $\frac{1}{4}$ cup buttermilk or $\frac{1}{2}$ cup buttermilk or $\frac{1}{2}$ cup pumpkin puree or $\frac{1}{2}$ cup vegetable oil
Buttermilk	1 cup	1 tablespoon white vinegar or lemon juice + enough milk to measure 1 cup (stir and let stand 5 minutes)
Cocoa powder	$\frac{1}{4}$ cup	1 square unsweetened chocolate, melted
Corn syrup	1 cup	1 $\frac{1}{4}$ cup white sugar + $\frac{1}{2}$ cup water or 1 cup honey
Cream (heavy)	1 cup	$\frac{3}{4}$ cup whole milk + $\frac{1}{4}$ cup melted butter
Cream of Tartar	1 tsp.	2 tsp. lemon juice or vinegar
Eggs	1 egg	Cakes/brownies/cupcakes: $\frac{1}{4}$ cup banana, mashed or $\frac{1}{4}$ cup applesauce or $\frac{1}{4}$ cup Buttermilk or $\frac{1}{4}$ cup yogurt Cookies: $\frac{1}{4}$ cup sweetened condensed milk or 1 T ground flax seeds + 3 T water (combine and let sit for 5 mins)
Evaporated Milk	1 cup	1 cup light cream
Herbs, fresh	1 Tbls.	1 tsp. dried herbs
Honey	1 cup	1 $\frac{1}{4}$ cups sugar + $\frac{1}{4}$ cup liquid (use liquid called for in recipe)
Oil	1 cup	1 cup melted butter or shortening
Shortening	1 cup	1 cup butter
Sour Cream	1 cup	1 cup plain yogurt or 1 T lemon juice or vinegar + enough cream to measure 1 cup
White Sugar	1 cup	1 cup brown sugar or 1 $\frac{1}{4}$ cups confectioners' sugar or $\frac{1}{2}$ honey or corn syrup
Yogurt	1 cup	1 cup sour cream or 1 cup buttermilk

Recipe Substitution White Wine

Cook's Illustrated



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Table of Contents Recipe Substitution White Whine

1. Understanding the eBook Recipe Substitution White Whine
 - The Rise of Digital Reading Recipe Substitution White Whine
 - Advantages of eBooks Over Traditional Books
2. Identifying Recipe Substitution White Whine
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Recipe Substitution White Whine
 - User-Friendly Interface
4. Exploring eBook Recommendations from Recipe Substitution White Whine
 - Personalized Recommendations
 - Recipe Substitution White Whine User Reviews and Ratings

- Recipe Substitution White Wine and Bestseller Lists
- 5. Accessing Recipe Substitution White Wine Free and Paid eBooks
 - Recipe Substitution White Wine Public Domain eBooks
 - Recipe Substitution White Wine eBook Subscription Services
 - Recipe Substitution White Wine Budget-Friendly Options
- 6. Navigating Recipe Substitution White Wine eBook Formats
 - ePub, PDF, MOBI, and More
 - Recipe Substitution White Wine Compatibility with Devices
 - Recipe Substitution White Wine Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Recipe Substitution White Wine
 - Highlighting and Note-Taking Recipe Substitution White Wine
 - Interactive Elements Recipe Substitution White Wine
- 8. Staying Engaged with Recipe Substitution White Wine
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Recipe Substitution White Wine
- 9. Balancing eBooks and Physical Books Recipe Substitution White Wine
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Recipe Substitution White Wine
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Recipe Substitution White Wine
 - Setting Reading Goals Recipe Substitution White Wine
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Recipe Substitution White Wine
 - Fact-Checking eBook Content of Recipe Substitution White Wine
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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