

# Pantry Substitutions

## Cheat Sheet



Us homesteaders like to keep a well-stocked pantry, but we do run out of things from time to time and can't always run to the store to get what we need. So what to do when you run out of an ingredient? Do the next best thing and use this handy cheat sheet to help you substitute 15 common ingredients in your from-scratch home cooking and baking!

### LEGEND

T. = tablespoon / tsp. = teaspoon / C. = cup

#### BAKING POWDER

1 T. baking powder = 2 tsp. cream of tartar +  
1 tsp. baking soda

#### CORNSTARCH

1 T. cornstarch = 2 T. flour OR 2 tsp.  
arrowroot powder

#### BUTTERMILK

1 C. buttermilk = 1 C. whole milk + 1 T. white  
vinegar OR lemon juice

#### BUTTER

1 C. butter = 1 C. coconut oil, OR if used in  
baking, substitute 1 C. applesauce OR  
mashed banana

#### LARD

1 C. lard = 1¼ C. butter

#### OLIVE OIL

1 T. olive oil = 1 T. avocado oil OR butter (or  
any other oil)

#### EGGS *(for baking)*

1 egg = ¼ C. applesauce OR mashed  
banana OR 1 T. ground flax seed + 3 T. water

#### POWDERED SUGAR

Combine 1 C. granulated sugar + T.  
Cornstarch or arrowroot powder in a high  
powered blender or food processor and  
blend into a fine powder.

#### SUGAR

1 C. Sugar = ¾ C. honey OR maple syrup

#### MOLASSES

1 C. molasses = 1 C. honey

#### CROUTONS

Cut sliced white or sourdough bread into  
cubes and toss in a scant amount of olive to  
lightly coat. Add a pinch of desired  
seasonings (salt, dried herbs, garlic or onion  
powder), place on a baking tray and toast at  
375°F for 15 minutes. Let cool.

#### BREAD CRUMBS

Cut bread into cubes and toast at 375°F for  
15 minutes. Let cool, then process in a food  
processor.

#### CHICKEN STOCK

1 C. chicken stock = 1 C. veggie stock

#### MILK

1 C. cow's milk = 1 C. goat milk OR non-  
dairy milk (almond, soy, coconut, etc.)

#### CONDENSED CREAM SOUP

Condensed cream soup = Melt 3 T. butter,  
which in 3 T. Flour, slowly add ½ C. Whole  
milk or cream + ½ C. chicken or veggie stock  
and whisk until smooth. Add salt & pepper to  
taste and cook until thickened.