



### Flour Substitutes:

1 c all-purpose flour =

$\frac{3}{4}$  c whole wheat flour (Mediterranean)

1 c almond flour, may need to increase egg or other binder (Paleo)

$\frac{1}{4}$  c coconut flour, may need to adjust slightly (Paleo)

$\frac{1}{2}$  c almond flour +  $\frac{1}{3}$  c tapioca flour + 2 Tbs & 2 tsp coconut flour (Paleo)



### Sugar Substitutes:

1 c white granulated sugar =

1 c coconut sugar (Paleo, mixed reviews on this)

$\frac{3}{4}$  c raw honey + reduce other liquids by  $\frac{1}{2}$  c for every 1 c honey + decrease temperature by 25°F (Paleo & Mediterranean)

$\frac{3}{4}$  c pure maple syrup + reduce other liquids by 3 Tbs for every 1 c maple syrup + bake for less time or decrease temperature by 25°F (Paleo & Mediterranean)

1  $\frac{1}{3}$  c Erythritol or Swerve Sweetener (Paleo & Mediterranean)

1 c Just Like Sugar Table Top (Paleo & Mediterranean)

1 c Zsweet powdered in a food processor or use it as a 50% replacement (Paleo, Mediterranean)



### Powdered Sugar Substitute:

1:1 of 1c coconut sugar + 1 Tbs arrow root powder, grind in blender or processor (Paleo)

1:1 of 1c Xylitol or Sucanat + 1 – 2 tsp arrow root powder (optional to prevent clumping) finely ground (Paleo, Mediterranean)

1:1 of 1c Erythritol or Zsweet + 1-2 tsp arrow root powder (optional) finely ground (Paleo, Mediterranean)



**Baking Powder Substitute:**

1 tsp baking powder = ½ tsp cream of tartar or lemon juice or vinegar + ¼ tsp baking soda (Paleo)



**Sour Cream Substitute:**

1:1 of 6 oz. So Delicious Non Dairy plain yogurt (liquid drained) + ¼ c lemon juice, mix & refrigerate 30 minutes (Paleo)

1:1 Plain low fat Greek yogurt (Mediterranean)

1:1 Low fat Buttermilk or buttermilk substitute (Mediterranean, Paleo)



**Buttermilk Substitute:**

1:1 of ½ Tbs lemon juice or vinegar + add almond/coconut milk to fill to ½ c, mix, rest 5 minutes and stir (Paleo)

1:1 of ¼ c water + ¾ c plain low fat yogurt (Mediterranean)

1:1 of Equal parts low fat sour cream or sour cream substitute & water (Mediterranean)

1:1 of 1 ¾ tsp cream of tartar + 1 c unsweetened nondairy milk (Paleo)



**Cream Cheese Substitute:**

1:1 of 2/3 c cashew butter + 1/3 c palm shortening + 2 tsp apple cider + ½ tsp lemon juice + ¼ tsp sea salt, blend at room temperature (Paleo)

1:1 of Low fat plain yogurt strained in cheesecloth (Mediterranean)

1:1 of Low fat cottage cheese blended smooth (Mediterranean)



**Corn Syrup Substitute:**

1 c corn syrup = 1 c honey (Paleo, Mediterranean)