HOORVIA – BAKING INGREDIENT SUBSTITUTIONS

Quick Reference Cheat Sheet • Free Printable (8.5" × 11")

NEED 1 UNIT OF...	USE INSTEAD	EXPECT
1. 1 cup butter	1 cup coconut oil (solid) or ¾ cup + 2 tbsp vegetable oil	Slightly less rich, oil cakes stay moist longer
2. 1 cup butter (dairy-free)	1 cup dairy-free margarine or solid coconut oil	Check salt — margarine is often salted
3. 1 large egg	3 tbsp aquafaba, or 1 tbsp ground flax + 3 tbsp water (rest 5 min)	Good for muffins/cakes; less lift in sponge cakes
4. 1 cup buttermilk	1 cup milk + 1 tbsp lemon juice or vinegar (rest 5 min)	Near-identical in most recipes
5. 1 cup whole milk	1 cup oat/soy milk, or ½ cup evaporated milk + ½ cup water	Plant milks vary in sweetness
6. 1 cup all-purpose flour	1 cup + 2 tbsp cake flour (lighter) — or spoon-and-level carefully	Do not pack flour into the cup
7. 1 cup self-raising flour	1 cup plain flour + 1½ tsp baking powder + ¼ tsp salt	Mix well before using
8. 1 cup granulated sugar	1 cup caster sugar, or ¾ cup honey (reduce liquid by 2–3 tbsp)	Honey browns faster — lower oven by 25°F / 15°C
9. 1 cup brown sugar	1 cup white sugar + 1 tbsp molasses	Close in flavour and moisture
10. 1 tsp baking powder	¼ tsp baking soda + ½ tsp cream of tartar	Use immediately — it activates fast
11. 1 tsp baking soda	3 tsp baking powder (only if recipe has no acid — texture may differ)	Not a perfect swap; use only in a pinch
12. 1 cup sour cream	1 cup plain Greek yogurt	Very close; yogurt is a little tangier
13. 1 cup heavy cream (baking)	¾ cup milk + ½ cup melted butter (not for whipping)	Works in batters/sauces, will not whip
14. 1 oz unsweetened chocolate	3 tbsp cocoa powder + 1 tbsp oil or butter	Good for brownies and cakes

PRO TIPS

- Spoon and level flour, never pack it
- Baking-soda swaps activate fast, use immediately

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