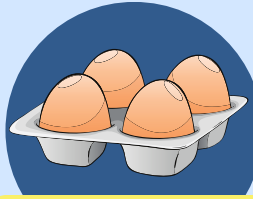


COMMON INGREDIENT SWAP CHART



Lemon Juice

Orange OR Lime Juice
Half amt. White Vinegar



Eggs

1 Tsp Flaxseed & 3 Tsp
Water OR 1 mashed, ripe
Banana



Honey

Maple Syrup OR Agave
Nectar



Vegetable Oil

Half amount of
Applesauce/Fruit Puree



Broth

1 c. Water & 1 Tbsp Soy
Sauce for ea. Cup Broth



Sour Cream

Equal amount Greek
Yogurt



Tomato Paste

Ketchup OR 2 Tbsp
Tomato Puree/Sauce &
reduce liquid by 2 Tbsp
in recipe



White Wine

Chicken Broth for savory
or Apple Juice for sweet
recipes



Buttermilk

1 Tbsp White Vinegar or
Lemon Juice & enough Milk
to measure 1 c. OR
1 c. Plain Yogurt



Balsamic Vinegar

1 Tbsp Red Wine Vinegar
& 1/2 Tsp Brown Sugar
= 1 Tbsp Balsamic Vinegar