

# Baking Substitutions



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<i>Ingredient</i>	<i>Substitution</i>	<i>Tip</i>
1 Egg	2 Tbsp. Chia Seeds OR Ground Flaxseed, mixed with 3-4 Tbsp. warm water	A great option for vegans or those who have egg allergies. The chia or ground flax add omega-3s and fibre to your recipe!
1 cup Buttermilk	Juice, OR ½ cup Milk + ½ cup Plain Greek Yogurt	The acid in the lemon juice changes the texture and flavour of the milk to mimic buttermilk. Using the Greek yogurt substitution adds extra protein.
Butter	Coconut Oil	Coconut oil is a thicker oil that is solid at room temperature like butter in texture. It is a great substitute for plant-based diets.
Sugar	Blended fruit (I.e. applesauce, mashed banana, blended pear)	A great way to use overripe fruit is to blend it up and add it into baked oatmeal, muffins, and loaves. It can replace added refined sugar and part of the oil or fat added to the recipe as well! This lightens up the finished product and adds nutrients and fibre.
Honey	Maple Syrup	This substitution is ideal for people who have irritable bowels and react to high-fructose foods. Maple syrup is lower in fructose than honey!
Bread Crumbs	Rolled Oats	Rolled oats are easy to grab from the pantry and provide more fibre and slow digesting starch than simple bread crumbs.
Sour Cream	Plain Greek Yogurt	Greek yogurt has a similar texture and flavour as sour cream. The added benefit of this substitution is the extra protein!
Whipped Egg Whites	Whipped Chickpea Liquid drained from canned chickpeas (Aquafaba)	Whip up the drained chickpea liquid the same way you whip egg whites to get a similar texture! This is an ideal substitution for vegans or those who have egg allergies.