INSTEAD OF THIS YOU CAN USE THIS

Beer: 1 Cup	1 Cup Non-Alcoholic Beer, Beef Broth, or Apple Cider
Baking Powder: 1 TSP	1/4 TSP Baking Soda + 1/2 TSP Cream of Tartar *or* 1/4 TSP Baking Soda + 1/2 Cup Buttermilk (Decrease Liquid in Recipe by 1/2 Cup)
Barbecue Sauce: 1 Cup	1 Cup Ketchup + 1/2 TSP Liquid Smoke
Breadcrumbs: 1 Cup	1 Cup Cracker Crumbs, Matzo Meal, or Ground Oats
Butter, Salted: 1 Cup	1 Cup Margarine or 1 Cup Shortening + 1/2 TSP Salt *or* 7/8 Cup Vegetable Oil + 1/2 TSP Salt
Butter, Unsalted (For Baking): 1 Cup	1 Cup Coconut Oil or Applesauce
Buttermilk: 1 Cup	1 Cup Yogurt *or* 1 TBSP Lemon Juice or Vinegar + Scant 1 Cup Milk
Cornstarch: 1 TBSP	2 TBSP All-Purpose Flour or Arrowroot Powder
Corn Syrup: 1 Cup	1 Cup Sugar + 1/4 Cup Liquid (Per Recipe) *or* 1 Cup Honey
Cream Cheese: 1 Cup	1 Cup Ricotta Cheese or Blended Cottage Cheese
Cream, Half and Half: 1 Cup	7/8 Cup Whole Milk + 2 TBSP Unsalted Butter, Melted
Cream, Heavy (Not For Whipping): 1 Cup	2/3 Cup Whole Milk + 1/3 Cup Unsalted Butter, Melted
Cream of Chicken Soup: 1 Can (10.5 OZ)	1 Cup Milk + 1 TBSP Cornstarch + 1 TSP Chicken Bouillon Powder
Cream of Tartar: 1 TSP	2 TSP Lemon Juice or Vinegar
Egg: 1 Large	1/4 Cup Unsweetened Applesauce *or* 1 TBSP Ground Flaxseed + 3 TBSP Water
Flour, All-Purpose: 1 Cup	1 Cup Whole Wheat or Gluten-Free Flour
Flour, Self-Rising: 1 Cup	1 Cup All-Purpose Flour + 1 1/2 TSP Baking Powder + 1/4 TSP Salt
Herbs, Dried: 1 TSP	1 TBSP Fresh Herbs, Finely Chopped
Herbs, Fresh: 1 TBSP	1 TSP Dried Herbs
Honey: 1 Cup	1 1/4 Cups Sugar + 1/4 Cup Liquid (Per Recipe)
Hot Sauce: 1 TSP	3/4 TSP Cayenne Pepper + 1 TSP Vinegar
Lemon Juice: 1 TBSP	1 TBSP White Vinegar
Mayonnaise: 1 Cup	1 Cup Sour Cream or Plain Yogurt
Molasses: 1 Cup	1 Cup Honey *or* 3/4 Cup Brown Sugar + 1/4 Cup Water
Mustard: 1 TBSP	1 TBSP Dried Mustard + 1 TSP Water + 1 TSP Vinegar + 1 TSP Sugar
Oil: 1 Cup	1 Cup Melted Butter, Margarine, or Shortening
Shortening: 1 Cup	1 Cup Butter or Margarine
Sour Cream: 1 Cup	1 Cup Greek Yogurt or Blended Cottage Cheese
Soy Sauce: 1 TBSP	1 TBSP Tamari or Coconut Aminos
Sugar, Brown: 1 Cup	1 Cup Granulated Sugar + 2 TBSP Molasses
Sugar, Powdered: 1 Cup	1 TBSP Cornstarch + 1 Cup Granulated Sugar, Blended
Tomato Paste: 1 TBSP	3 TBSP Tomato Sauce or 2 TBSP Ketchup
Vinegar, Apple Cider: 1/4 Cup	1/4 Cup White Vinegar
Vinegar, Balsamic: 1 TBSP	1 TBSP Sherry or Cider Vinegar
Vinegar, White: 1/4 Cup	1/4 Cup Apple Cider Vinegar or Lemon Juice
Wine, Red: 1 Cup	1 Cup Non-Alcoholic Wine, Apple Cider, Beef Broth, Tomato Juice, or Water
Wine, White: 1 Cup	1 Cup Non-Alcoholic Wine, White Grape Juice, Apple Juice, Chicken Broth, or Water