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## Baking/Cooking Substitution List

FOOD	SUB #1	SUB #2	SUB #3	SUB #4
<b>1 Egg</b>	¼ c. any type of yogurt	1/4cup fruit/veggie puree, with 1/2tsp baking powder *	1 Tbsp ground flax/hemp/chia seed, 2 Tbsp water	2 Tbsp corn/potato/tapioca/arrowroot starch
<b>1 cup butter</b>	1c. Spectrum Palm Oil shortening	1c. coconut oil (for a coconut flavor, use manna)	1c. Earth's Balance SF/DF Spread	¾c. oil with 1 tsp of salt**
<b>1 cup wheat/all-purpose flour</b>	1c. Masa(corn flour)/sorghum/ millet flour	¾c. Sorghum flour, ¼c. Quinoa flakes/flour	1/2c. Sorghum, 1/4c. Quinoa Flakes, 3 Tbsp. Millet flour, 1T arrowroot starch	
<b>1c. peanut butter***</b>	1c. seed butter (hemp, sunflower)	1c. soy nut butter	1c. any tree nut butter (almond, cashew)	
<b>1c. vegetable oil</b>	1c. canola oil	1c. olive oil	1c. safflower oil	
<b>1 Tbsp. lemon juice</b>	1 Tbsp. pineapple juice	1/2Tbsp. Vinegar (white, apple cider, rice, coconut)	1Tbsp. orange juice	
<b>1c. buttermilk</b>	15Tbsp. milk of choice + 1 Tbsp vinegar	15 Tbsp. milk of choice + 1 Tbsp lemon juice		
<b>1c. milk****</b>	1c. coconut milk	1c. breast milk	1c. nut/seed milk	1c. potato/zucchini milk
<b>1 Tbsp. plain gelatin</b>	1 Tbsp. agar agar flakes			
<b>1c. granulated sugar</b>	1c. honey/coconut nectar/maple syrup	1c. coconut sugar	1c. maple sugar	1c. beet sugar
<b>1c. powdered sugar</b>	1c. sugar (see above) + 1 Tbsp corn starch	1c. sugar(pulverized)+1Tbsp. Potato starch	1c. sugar(pulverized) +1Tbsp.Tapioca starch	1c. sugar(pulverized) + 1 Tbsp. Arrowroot starch/powder
<b>1 tsp. Baking powder</b>	1/2tsp cream of tartar+ 1/4tsp baking soda+1/4tsp starch	. . . + . . . + 1/4tsp. potato starch	. . . + . . . + 1/4tsp. arrowroot starch	. . . + . . . + 1/4tsp. tapioca starch
<b>Food Coloring (no added water)</b>	Red: beet juice, strawberries puree	Blue: red cabbage prepared w/boiling water + baking soda	Yellow: golden beet juice	

\* Fruits that work particularly well include bananas, apples, pineapples, strawberries and apricots. Veggies that work well include beets, pureed winter squashes, and sweet potatoes. For additional binding in a recipe, you can crush/mash/finely dice the fruit/veggie rather than puree it

\*\* Oil can only be used as a butter substitute in select recipes--- in some recipes that require butter, the butter adds an extra density that oil cannot accomplish. Muffin recipes can usually replace oil for butter.

\*\*\* For homemade versions, add salt and/or sugar to taste

\*\*\*\* You can make homemade alternative milks out of just about anything: seeds (sesame, sunflower, hemp, quinoa), nuts (almond, cashew, hazelnut, etc), coconut (fruit, flakes, manna) and some veggies/starches (potato, zucchini). You may want to invest in a good blender and some cheesecloth (for straining out particles).

**For Additional Substitution Resources:**

1. Depression Era or WWII Era cookbooks. Those ladies had to make something out of nothing every day. Some of the substitutions are very applicable to allergy friendly recipe needs!
2. For natural dye making information, check this out: <http://www.mamalisa.com/blog/how-to-dye-eggs-naturally/>