

SUBSTITUTIONS IN COOKING

CHEAT SHEET



1 cup butter
(2 sticks)



½ cup banana
(smashed)



1 cup
sour cream



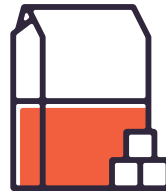
1 cup
greek yogurt
(plain, nonfat)



1 cup milk



1 cup almond, cashew
or coconut milk



1 cup
sugar



½ cup
honey



1 cup
buttermilk



1 cup canned
coconut milk
+ 1 tbsp lemon



1 egg



3 tbsp
peanut butter



1 cup
heavy cream



1 cup canned
coconut milk



1 cup
vegetable Oil



1 cup unsweetened
apple sauce