



Ingredient Substitutions

1. No buttermilk? Mix 1 cup milk with 1 tablespoon lemon juice or vinegar.
2. Out of butter? Use equal amounts of margarine or about $\frac{3}{4}$ the amount of vegetable oil (depending on the recipe).
3. One egg = $\frac{1}{4}$ cup unsweetened applesauce in many baking recipes.
4. Greek yogurt is a great substitute for sour cream.
5. Tomato sauce can replace diced tomatoes in soups and casseroles.
6. Most shredded cheeses can be swapped for another variety without affecting the recipe much.



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