

# OH SHOOT! SUBSTITUTES

THE BEST REPLACEMENTS WHEN YOU RUN OUT OF KEY INGREDIENTS

Out of eggs? Milk gone sour? When you're in a rush and out of those very important ingredients, here are a few substitutes that can save the day.

## WHOLE MILK

Don't buy a gallon of whole milk just for a cup or two in your recipe. Try these cost-saving switch-ups.

- 1 c. whole milk = ½ c. evaporated milk + ½ c. water
- 1 c. whole milk = 1 c. skim milk + 2 tsp. melted butter

## BUTTERMILK

Need buttermilk for those yummy homemade biscuits? Don't run to the store. Run to your cabinet.

- 1 c. buttermilk = 1 c. regular milk + 1 T lemon juice or white vinegar

## EGGS

Lots of kitchen essentials can replace a broken or missing egg. If you choose a sugary substitute, reduce added sugar in your recipe to avoid an overly sweet treat.

- 1 egg = ¼ c. applesauce or other fruit puree
- 1 egg = 1 tsp. baking soda + 1 T vinegar
- 1 egg = ¼ c. mashed bananas

## OLIVE OIL

Olive oil can be replaced with a variety of different oils, but be careful about smoke points if you do make the swap.

- 1 T olive oil = 1 T canola oil
- 1 T olive oil = 1 T avocado oil
- 1 T olive oil = 1 T sunflower oil

## LEMONS OR LIMES

Don't fret if you don't have fresh fruit. Store-bought lemon or lime juice can do the trick.

- 1 lemon or lime = 2 T bottled juice

## MAYONNAISE & SOUR CREAM

This replacement won't work for your turkey sandwich or chicken taco, but it will help in any baked good or yummy casserole that calls for mayo or sour cream.

- 1 c. mayonnaise = 1 c. plain greek yogurt
- 1 c. sour cream = 1 c. and 1 T. plain greek yogurt

## BUTTER

Want to bake but you've run out of butter? A can of pumpkin puree or a dollop of coconut oil can be used in its place.

- 1 T butter = ¾ T pumpkin puree
- 1 T butter = 1 T coconut oil

