



Baking Substitutions Chart

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Item	Substitution	Directions
Cow's Milk	Rice milk, coconut milk, soy milk, almond milk, hemp milk etc.	Substitute equal parts
Eggs/Binders	Flaxseeds soaked overnight in water or boiled for 15 minutes	1-2 Tbsp seeds in ½-1 cup of water
	Banana to bind baked goods (adds sweet flavor)	½- 1 banana in cookies or muffins
	Arrowroot powder (use in non-gluten flours)	1 Tbsp for each cup of non-gluten flour
	Tofu, for scrambles and baked goods	¼ cup in place of 1 egg
	Guar gum (only small amounts needed)	¼ - ½ tsp for muffins, breads, & baked goods
	Xantham gum	1 tsp for each cup of non-gluten flour
	"Egg Replacer"	See label for directions
Wheat Flour	When substituting these flours, you may want to add a little more baking powder or baking soda to help the baked goods rise.	See above for binders
	Almond	No binder is needed
	Amaranth (can have a strong taste)	Needs a binder
	Barley (contains a small amount of gluten)	May need a binder
	Coconut	¼ cup to 1/3 cup coconut flour for 1 cup of flour. Needs a binder – for every 1 cup of flour add six beaten eggs and approx 1 cup liquid such as coconut milk *
	Garbanzo	Needs a binder
	Kamut (contains gluten)	No binder is needed

Wheat Flour	Substitution	Directions
	Oat (may contain trace amounts of gluten)	May need a binder
	Quinoa (can taste bitter, should mix with other flours)	Needs a binder
	Rice (can be grainy, combine with other flours)	Needs a binder
	Rye (contains gluten)	No binder is needed
	Soy (can have a beany flavor)	Needs a binder
	Spelt (contains gluten)	No binder is needed
	Teff	Needs a binder
Sugar	Honey (twice as sweet as cane sugar)	½ amount recipe calls for
	Pure Maple Syrup	½- ¾ amount the recipe calls for
	Stevia	Small amount, use as directed on label
Chocolate	Carob powder (nutritionally superior to chocolate)	3 Tbsp for 1 ounce chocolate
Butter	Blend of butter and olive oil; coconut oil (great for baking); non-hydrogenated vegan margarine spread (ex. Earth balance)	Substitute equal quantities

* From The Nourished Kitchen Blog: nourishedkitchen.com/baking-with-coconut-flour/

Adapted from: The Anti-inflammation Diet and Recipe Book by Jessica Black, ND