

Ingredient	Amount	Substitution
Cream (whipped)	1 cup	1 cup frozen whipped topping, thawed
Cream cheese	1 cup	1 cup pureed cottage cheese OR 1 cup plain yogurt, strained overnight in a cheesecloth
Cream of tartar	1 teaspoon	2 teaspoons lemon juice or vinegar
Crème fraiche	1 cup	Combine 1 cup of heavy cream and 1 Tablespoon of plain yogurt. Let stand for 6 hours at room temperature
Egg	1 whole (3 Tablespoons or 1.7 oz)	2 1/2 Tablespoons of powdered egg substitute plus 2 1/2 Tablespoons water OR 1/4 cup liquid egg substitute OR 1/4 cup silken tofu pureed OR 3 Tablespoons mayonnaise OR half a banana mashed with 1/2 teaspoon baking powder OR 1 Tablespoon powdered flax seed soaked in 3 Tablespoons water
Evaporated milk	1 cup	1 cup light cream
Farmer's cheese	8 ounces	8 ounces dry cottage cheese OR 8 ounces creamed cottage cheese, drained
Fats for baking	1 cup	1 cup applesauce OR 1 cup fruit puree
Flour--Bread	1 cup	1 cup all-purpose flour plus 1 teaspoon wheat gluten (available at health food stores & some supermarkets)
Flour--Cake	1 cup	1 cup all-purpose flour minus 2 Tablespoons
Flour--Self-Rising	1 cup	7/8 cup all-purpose flour plus 1 1/2 teaspoons baking
Garlic	1 clove	1/8 teaspoon garlic powder OR 1/2 teaspoon granulated garlic OR 1/2 teaspoon garlic salt--reduce salt in recipe
Gelatin	1 Tbsp, granulated	2 teaspoons agar agar