Living Without® Pantry
SUBSTITUTION SOLUTIONS

Milk Replace 1 cup milk with one of the following:

- 1 cup soy milk (plain or vanilla)
- 1 cup rice milk + 1 egg yolk
- 1 cup fruit juice
- 1 cup water + 1 egg yolk
- 1 cup coconut milk

Buttermilk Replace 1 cup buttermilk with one of the following:

- 1 cup soy milk + 1 tablespoon lemon juice or 1 tablespoon white vinegar (Let stand until slightly thickened.)
- 1 cup coconut milk
- ⅞ cup rice milk
- ⅞ cup fruit juice
- ⅞ cup water

Yogurt Replace 1 cup yogurt with one of the following:
- 1 cup soy yogurt
- 1 cup soy sour cream
- 1 cup unsweetened applesauce
- 1 cup fruit puree

Butter Replace 8 tablespoons (1 stick) butter with one of the following:

- 8 tablespoons (1 stick) Fleischmann's unsalted margarine
- 8 tablespoons Earth Balance (Non-Dairy) Buttery Spread
- 8 tablespoons Spectrum Organic Shortening
- 8 tablespoons vegetable or olive oil

For reduced fat:
- 6 tablespoons unsweetened apple-sauce +2 tablespoons fat of choice

Eggs Replacing more than two eggs will change the integrity of a recipe. For recipes that call for a lot of eggs, like a quiche, use pureed silken tofu. Because egg substitutions add moisture, you may have to increase baking times slightly.

Replace 1 large egg with one of the following:

- 3 tablespoons unsweetened applesauce (or other fruit puree) + 1 teaspoon baking powder
- 1 tablespoon flax meal + 3 table-spoons hot water. (Let stand,

stirring occasionally, about 10 minutes or until thick. Use with-out straining.)
- Egg Replacer, according to package directions
- 4 tablespoons pureed silken tofu + 1 teaspoon baking powder

Note: To replace one egg white, dissolve 1 tablespoon plain agar powder into 1 table-spoon water. Beat, chill for 15 minutes and beat again.

Nuts Replace tree nuts or peanuts with

GLUTEN-FREE FLOUR SUBSTITUTIONS
To make a flour blend, thoroughly combine all ingredients. Store in a covered container in the refrigerator until used. You can double or triple these recipes to make as much flour mix as you need.

All-Purpose Flour Blend
Use this blend for all your gluten-free baking.
- ½ cup rice flour
- ¼ cup tapioca starch
- ¼ cup cornstarch or potato starch

High-Fiber Blend
This high-fiber blend works for breads, pancakes, snack bars and cookies that contain chocolate, warm spices, raisins or other fruits. It is not suited to delicately flavored recipes, such as sugar cookies, crepes, cream puffs, birthday cakes or cupcakes.
- 1 cup brown rice flour or sorghum flour
- ½ cup teff flour (preferably light)
- ½ cup millet flour or Montina® flour
- ⅔ cup tapioca starch
- ⅓ cup cornstarch or potato starch

High-Protein Flour Blend
This nutritious blend works best in baked goods that require elasticity, such as wraps and pie crusts.

- 1 ¼ cups bean flour (your choice), chickpea flour or soy flour
- 1 cup arrowroot starch, cornstarch or potato starch
- 1 cup tapioca flour
- 1 cup white rice flour

Self-Rising Flour Blend
Use this blend for muffins, scones, cakes, cupcakes or any recipe that uses baking powder for leavening.

- 1 ¼ cups white sorghum flour
- 1 ¼ cups white rice flour
- ½ cup tapioca starch
- 2 teaspoons xanthan or guar gum
- 4 teaspoons baking powder
- ½ teaspoon salt

General Guidelines to Using Gum
Gum (xanthan or guar) is the key to successful gluten-free baking. It provides the bind-ing needed to give the baked product proper elasticity, keeping it from crumbling.

▌ Add ½ teaspoon xanthan or guar gum per cup of flour blend to make cakes, cookies, bars, muffins and other quick breads.

▌ Add 1 teaspoon per cup of flour blend to make yeast bread, pizza dough or other baked items that call for yeast.

Note: If you purchase a commercial flour blend, read the ingredient list carefully. Some blends contain salt and xanthan or guar gum. If so, there is no need to add more.

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an equal amount of the following:

Toasted coconut
Sunflower seeds
Toasted sesame seeds (use only 2 to 3 tablespoons)
Crushed cornflakes
Crushed crispy rice cereal
Crushed potato chips
Perky's Nutty Rice cereal
Pumpkin seeds