

Baking Ingredient Replacements and Substitutions

What is the difference between a replacement and a substitution?

A **replacement** is using completely different product taking the place of another product. For example, a replacement would be if one used black beans instead of butter as a fat for brownies.

A **substitution** is using a similar product in the place of another product. For example, a substitution would be using Truvia instead of granulated sugar as a sweetener for a baked good.

Important factors to consider when implementing ingredient changes:

- What will this new ingredient add to the product? What will it take away?
- Will it mimic the function of the ingredient it is replacing/substituting?
- How will the new ingredient affect the flavor, texture, and overall quality of the product?
- How will the ingredient replacement/substitution affect the nutrition of the product?

Sugars	Fats	Flours
<p>Try to use the natural sweetness of products such as fruit or warm spices.</p> <ul style="list-style-type: none"> • Dates • Figs • Bananas • Applesauce • Honey • Molasses • Nutmeg • Cinnamon • Allspice • Clove 	<p>Starchy fruits, vegetables, dairy, and legumes are great for reducing or replacing solid fats as well as oils.</p> <ul style="list-style-type: none"> • Black beans (great for brownies) • Dates (good for baked goods) • Prune Paste or Pureed Dried Prunes (good for baked goods) • Bananas (great for ice cream and baked goods) • Pureed berries (pectin acts as a thickener) • Applesauce (great for baked goods) • Avocado (good for uncooked thickened product like mousse) • Yogurt (good for dressings, baked goods, etc.) • Root Vegetables (Sweet potatoes, Carrots, Squash, etc) • Oils (vegetable, flaxseed, etc) 	<p>Flour blends: The type of product you're making defines the type of flour/flour blend needed (light, medium, hard).</p> <p>Versatile non-wheat Flours:</p> <ul style="list-style-type: none"> • Oat flour (add more liquid), • Almond flour • Chestnut flour • Soy flour • Rice flour • Quinoa flour • Coconut flour • Corn flour • Buckwheat flour (hard) • Teff flour (hard) • Amaranth (hard) • Sorghum flour (hard)