

## 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"> <li>• Dates</li> <li>• Figs</li> <li>• Bananas</li> <li>• Applesauce</li> <li>• Honey</li> <li>• Molasses</li> <li>• Nutmeg</li> <li>• Cinnamon</li> <li>• Allspice</li> <li>• Clove</li> </ul>	<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"> <li>• Black beans (great for brownies)</li> <li>• Dates (good for baked goods)</li> <li>• Prune Paste or Pureed Dried Prunes (good for baked goods)</li> <li>• Bananas (great for ice cream and baked goods)</li> <li>• Pureed berries (pectin acts as a thickener)</li> <li>• Applesauce (great for baked goods)</li> <li>• Avocado (good for uncooked thickened product like mousse)</li> <li>• Yogurt (good for dressings, baked goods, etc.)</li> <li>• Root Vegetables (Sweet potatoes, Carrots, Squash, etc)</li> <li>• Oils (vegetable, flaxseed, etc)</li> </ul>	<p>Flour blends: The type of product you're making defines the type of flour/flour blend needed (light, medium, hard).</p> <p>The "harder" the flour the more moisture it will absorb. Harder flours are good for baked goods with more structure like pizza dough. Lighter flours will absorb less moisture and generally offer a light crumb such as with a sponge cake.</p> <p>Versatile non-wheat Flours:</p> <ul style="list-style-type: none"> <li>• Oat flour (add more liquid),</li> <li>• Almond flour</li> <li>• Chestnut flour</li> <li>• Soy flour</li> <li>• Rice flour</li> <li>• Quinoa flour</li> <li>• Coconut flour</li> <li>• Corn flour</li> <li>• Buckwheat flour (hard)</li> <li>• Teff flour (hard)</li> <li>• Amaranth (hard)</li> <li>• Sorghum flour (hard)</li> </ul>