Havor Swaps

FOR CREATIVE COOKING

The ingredients in each box are interchangeable.

Breading & Binders

Almond Flour Cracker Crumbs
1/4 Cup
1/4 Cup

Bread Crumbs
1/4 Cup
Potato Chips/
Pretzels
1/4 Cup Crushed

Soft Bread Cubes
3/4 Cup

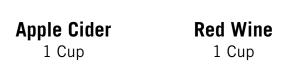
3/4 Cup Rice
1/2 Cup Cooked
Cornflakes

1/4 Cup Crushed Rolled Oats

(ground)

ornmeal 2/3 Cup

Beef Broth



Beef Tomato Juice
Boullion 1 Cup

1 tsp or 1 Cube
+ 1 Cup Water Water
1 Cup

Beef Broth
or Ve
Bone Broth
1 Cup

Vegetable Broth 1 Cup

Acidic/Mmami

1/2 Cup



Coconut Aminos
1/2 Cup
Soy Sauce
1/2 Cup

Lemon Juice
1/2 Cup Tamari

1/2 Cup

Lime Juice
1/2 Cup

Vinegar
1/2 Cup

Miso
1/2 Cup
Worcheshire
Sauce
Orange Juice
1/2 Cup

Chicken Broth

Apple Juice Water
1 Cup 1 Cup

Chicken
Boullion
United Grape
Juice
1 tsp or 1 Cube
+ 1 Cup Water

Chicken Broth

Bone Broth

White Wine 1 Cup

Vegetable Broth

1 Cup

CONVERSIONS

3 tsp = 1 Tbsp4 Tbsp = 1/4 Cup



Tand Swaps

The ingredients in each box are interchangeable.

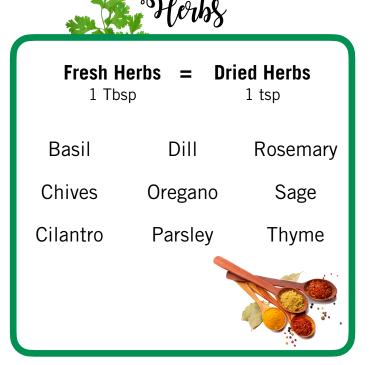
Mainy & Allonatives



cggs	e of morning
Applesauce or Pumpkin Puree 1/4 Cup Unsweet	Oil 1/4 Cup
Banana (mashed) 1/2	Sour Cream 1/4 Cup Tofu 1/4 Cup Pureed
1 Egg Flaxseed (ground) 1 Tbsp + 3 Tbsp Water	Yogurt (plain) 1/4 Cup

Carl & Allematical





CONVERSIONS

3 tsp = 1 Tbsp 4 Tbsp = 1/4 Cup



Maror Swaps

FOR CREATIVE COOKING

The ingredients in each box are interchangeable.

Spicy

Cayenne Jalapeno 1/8 tsp 1/4 Pepper, finely chopped Ginger Red Chili 1 Tbsp Grated **Flakes** Horseradish 1/8 tsp 1 Tbsp Fresh **Spicy Hot Hot Sauce** Mustard 1 tsp 2 Tbsp Sriracha 1/4 tsp

Sweet

Agave Plant-Based 2 Tbsp **Sweeteners** (stevia, Brown monkfruit, etc.) **Varies** Sugar 4 tsp White Sugar Honey 2 Tbsp 4 tsp Maple Syrup 2 Tbsp

Thickeners

All Purpose Flour
2 Tbsp
1 Tbsp

Arrowroot Starch
1 Tbsp
(ground)
1 Tbsp
1 Tbsp
+ 3 Tbsp Water
1 Tbsp
Tapioca
(quick cooking)
1/4 Cup

Tomato Products

Diced/Stewed/
Pureed
1/2 Cup

Ketchup
1/2 Cup

Tomato Paste
2 Tbsp
Tomato Sauce
1/4 Cup

Tomato Sauce
1/2 Cup

CONVERSIONS

3 tsp = 1 Tbsp4 Tbsp = 1/4 Cup

