

# Flavor Swaps

## FOR CREATIVE COOKING

The ingredients in each box are interchangeable.

### Breading & Binders



#### Almond Flour

1/4 Cup

#### Bread Crumbs

1/4 Cup

#### Soft Bread Cubes

3/4 Cup

#### Cornflakes

1/4 Cup Crushed

#### Cornmeal

1/4 Cup

#### Cracker Crumbs

1/4 Cup

#### Potato Chips/ Pretzels

1/4 Cup Crushed

#### Rice

1/2 Cup Cooked

#### Rolled Oats (ground)

2/3 Cup

### Beef Broth



#### Apple Cider

1 Cup

#### Beef Boullion

1 tsp or 1 Cube  
+ 1 Cup Water

#### Beef Broth

or

#### Bone Broth

1 Cup

#### Red Wine

1 Cup

#### Tomato Juice

1 Cup

#### Water

1 Cup

#### Vegetable Broth

1 Cup

### Acidic/Umami



#### Coconut Aminos

1/2 Cup

#### Lemon Juice

1/2 Cup

#### Lime Juice

1/2 Cup

#### Miso

1/2 Cup

#### Orange Juice

1/2 Cup

#### Soy Sauce

1/2 Cup

#### Tamari

1/2 Cup

#### Vinegar

1/2 Cup

#### Worcheshire Sauce

1/2 Cup

### Chicken Broth

#### Apple Juice

1 Cup

#### Chicken Boullion

1 tsp or 1 Cube  
+ 1 Cup Water

#### Chicken Broth

or

#### Bone Broth

1 Cup

#### Water

1 Cup

#### White Grape Juice

1 Cup

#### White Wine

1 Cup

#### Vegetable Broth

1 Cup



### CONVERSIONS

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

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### Dairy & Alternatives

**Almond Milk**  
1 Cup

**Coconut Milk**  
1 Cup

**Cream Cheese**  
3/4 Cup



**Mayonnaise**  
3/4 Cup

**Milk**  
1 Cup

**Sour Cream**  
3/4 Cup

**Yogurt**  
1 Cup



### Eggs & Alternatives

**Applesauce or Pumpkin Puree**  
1/4 Cup Unsweet

**Banana (mashed)**  
1/2

**1 Egg**

**Flaxseed (ground)**  
1 Tbsp  
+ 3 Tbsp Water

**Oil**  
1/4 Cup

**Sour Cream**  
1/4 Cup

**Tofu**  
1/4 Cup Pureed

**Yogurt (plain)**  
1/4 Cup

### Fats



**Avocado Oil**  
1 Tbsp

**Butter**  
1 Tbsp

**Coconut Oil**  
1 Tbsp

**Ghee**  
1 Tbsp

**Olive Oil**  
1 Tbsp

**Smashed Avocado**  
2 Tbsp

**Nut or Seed Butter**  
2 Tbsp



### Herbs

**Fresh Herbs = Dried Herbs**  
1 Tbsp = 1 tsp

Basil

Dill

Rosemary

Chives

Oregano

Sage

Cilantro

Parsley

Thyme



### CONVERSIONS

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4 Tbsp = 1/4 Cup



# Flavor Swaps

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### Spicy

#### Cayenne

1/8 tsp

#### Ginger

1 Tbsp Grated

#### Horseradish

1 Tbsp Fresh

#### Hot Sauce

1 tsp



#### Jalapeno

1/4 Pepper,  
finely chopped

#### Red Chili Flakes

1/8 tsp

#### Spicy Hot Mustard

2 Tbsp

#### Sriracha

1/4 tsp

### Sweet

#### Agave

2 Tbsp

#### Brown Sugar

4 tsp

#### Honey

2 Tbsp

#### Maple Syrup

2 Tbsp

#### Plant-Based Sweeteners

(stevia,  
monkfruit, etc.)  
Varies

#### White Sugar

4 tsp



### Thickeners

#### All Purpose Flour

2 Tbsp

#### Arrowroot Starch

1 Tbsp

#### Coconut Flour

1 Tbsp



#### Cornstarch

1 Tbsp

#### Flaxseed

(ground)

1 Tbsp

+ 3 Tbsp Water

#### Tapioca (quick cooking)

1/4 Cup

### Tomato Products

#### Diced/Stewed/ Pureed

1/2 Cup

#### Ketchup

1/2 Cup

#### Tomato Juice

1/4 Cup



#### Tomato Paste

2 Tbsp

#### Tomato Sauce

1/2 Cup

### CONVERSIONS

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