

Flavor Swaps

FOR CREATIVE COOKING

The ingredients in each box are interchangeable.

Breading & Binders



Almond Flour

1/4 Cup

Bread Crumbs

3/4 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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The ingredients in each box are interchangeable.

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

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



Flavor Swaps

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The ingredients in each box are interchangeable.

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