



1 cup = 250ml
 2 cups = 500ml
 3 cups = 750ml
 4 cups = 1L

Don't Have

___? Try Using...

If you are missing an ingredient in a recipe, you may have something on hand that you can use instead. Here's a list of substitutions you can try.

BREAD CRUMBS	CRUSHED CEREAL OR CRACKER CRUMBS	CORN STARCH 1 tbsp (15mL)	FLOUR 2 tbsp (30mL)	BROWN SUGAR 1 cup	WHITE SUGAR 1 cup
HOME-MADE BROTH	Lower sodium CANNED BROTH OR a bouillon cube	EGG 1 whole	MASHED BANANA One-half + BAKING POWDER 1/2 tsp	GARLIC POWDER 1/2 tsp (2.5mL)	GARLIC 1 clove
DRIED HERBS 1/2 tsp	FRESH HERBS 1 tbsp	DRY MUSTARD 1 tsp	PREPARED MUSTARD 1 tbsp	LEMON JUICE 1 tsp	VINEGAR 1/2 tsp
TOMATO JUICE	TOMATO PASTE 3/4 cup + WATER 1 cup	TOMATO SOUP	TOMATO SAUCE 1 cup + WATER 1/4 cup	BUTTER-MILK	MILK + VINEGAR OR LEMON JUICE 1 cup milk & 1 tbsp lemon juice or white vinegar