

5 Great Baking Tips



- 1 Boost whole wheat in any recipe: for each cup flour, spoon 1/3 to 1/2 cup whole wheat flour in bottom of measuring cup; add enriched flour for remainder of cup and level.
- 2 Reduced fat spreads or margarines should not be substituted for real butter or margarine.
- 3 Need gluten-free baking advice? Visit **HomeBaking.org**.
- 4 For equal sweetness and less sugar: for one cup sugar, use 1/2 cup Stevia/sugar blend or 2/3 cup agave nectar and 1/4 cup less liquid (Refer to brand's label.)
- 5 Multi-grain baking: spoon 2 tablespoons to 1/4 cup of any non-wheat flour or meal in bottom of 1 cup measure; add wheat flour for remainder of cup and level.



Visit okwheat.org for more information!

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Ingredient Substitution Guide



1 cup all-purpose flour = $\frac{1}{2}$ cup all-purpose flour + $\frac{1}{2}$ cup whole wheat flour

1 cup all-purpose flour = 1 cup + 2 tablespoons cake flour

1 cup cake flour = $\frac{7}{8}$ cup (1 cup minus 2 tablespoons) all-purpose flour + 2 tablespoons corn starch

1 cup self-rising flour = 1 cup cake or all-purpose flour + $1\frac{1}{2}$ teaspoon baking powder + $\frac{1}{2}$ teaspoon salt

1 cup self-rising cornmeal = $\frac{3}{4}$ cup + 3 tablespoons white or yellow cornmeal + 1 tablespoon baking powder + $\frac{1}{2}$ teaspoon salt

1 pkg. ($\frac{1}{4}$ oz.) active dry yeast = $2\frac{1}{4}$ teaspoons ($\frac{1}{4}$ oz.) fast-rising yeast OR 1 ($\frac{1}{2}$ oz.) cake compressed yeast

1 teaspoon baking powder = 1 teaspoon baking soda + $\frac{1}{2}$ teaspoon cream of tartar

1 cup honey = $1\frac{1}{4}$ cups sugar OR 2 cups powdered sugar + $\frac{1}{4}$ cup liquid

1 cup buttermilk or sour milk = 1 tablespoon lemon juice OR vinegar plus milk to make 1 cup; stir and let stand 5 minutes OR 1 cup plain yogurt thinned with milk

1 cup whole milk = 1 cup skim milk + 2 tablespoons melted butter or margarine

1 cup sour cream or crème fraiche = 1 cup 2% or 10% plain Greek-style yogurt

1 tablespoon cornstarch = 2 tablespoons all-purpose flour OR 4 teaspoons quick-cooking tapioca

1 cup packed brown sugar = 1 cup white granulated sugar creamed with 2 tablespoons molasses

1 ounce unsweetened chocolate = 3 tablespoons unsweetened cocoa plus 1 tablespoon shortening

Quick breads and cookies only

1 large egg = 2 egg whites + $\frac{1}{2}$ teaspoon vegetable oil OR 1 tablespoon milled flax + 3 tablespoons water OR $\frac{1}{4}$ cup soft tofu



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