



SUBSTITUTIONS



1 Egg

1/4 c Applesauce

1/4 c puree fruit

1/4 c yogurt

1/4 c silken tofu

1 tbsp ground chia seeds + 3

tbsp water

1 tsp vinegar + 1 tbsp baking

soda

1 cup of sugar

3/4 cup of honey
or

3/4 cup of maple syrup
or

2/3 cup of agave
or

1 teaspoon of stevia

