

# Daily Dining Dilemmas



TIPS FOR MINDFUL EATING IN THE MIDST  
OF TODAY'S CHAOS

## SUBSTITUTIONS

Out of an ingredient but avoiding the grocery store? Find it's substitute!

1 egg	2 Tbsp mayonnaise (for cakes) OR 1/2 tsp baking powder + 1 Tbsp vinegar + 1 Tbsp liquid (for baking only)
1 cup butter	1 cup margarine OR 1 cup vegetable shortening (for baking) OR 1 cup oil if recipe calls for melted butter
1 cup buttermilk	1 cup yogurt OR 1 Tbsp of vinegar or lemon juice + enough milk to make 1 cup. Let mixture stand 5 minutes.
1 cup BBQ sauce	3/4 cup ketchup + 2 Tbsp mustard + 2 Tbsp brown sugar
1 oz chocolate, unsweetened	3 Tbsp + 1 Tbsp butter, margarine, or vegetable oil Add 4 tsp sugar to make 1 2/3 oz semisweet chocolate.
1 cup mayonnaise	1 cup sour cream OR yogurt OR cottage cheese pureed in blender
1 tsp dry mustard	1 Tbsp prepared mustard
1 cup nuts	1 cup rolled oats, browned (for use in baked foods)

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Sources: [extension.colostate.edu](http://extension.colostate.edu) ; [food.unl.edu](http://food.unl.edu)

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