

A top-down view of various baking ingredients on a dark surface. In the top left, a white bowl contains several cubes of yellow butter. In the bottom left, a white dish holds two cracked eggs with their yolks intact. In the bottom right, a dark bowl is filled with white flour, with some flour spilled onto the surface around it. At the top, two golden wheat stalks are arranged in a slight arc. The central text is overlaid on a dark rectangular background with a white border.

**THE**  
*Ultimate*  
*Guide*  
**TO BAKING**  
**SUBSTITUTES**

# The Ultimate Guide To Baking Substitutes

When it comes to baking, we all have our own unique ways of doing things...

Our own “secret” recipes...

And our own allergies and food preferences!

That’s why it’s important to know how to easily and quickly substitute ingredients without completely changing the flavor, texture, and overall deliciousness of whatever it is that we’re baking.

This simple, straight-to-the-point report will help you do just that.

Inside I’ll show you the different types of...

- Flour...
- Sugars...
- Healthier fats...

Along with various “random” substitutes that help people who suffer from various allergies or food preferences.

Enjoy!

# 11 Flour Substitutes For Baking

A lot of people are looking to enjoy perfect gut health. If that's you, you know that white flour is a gut killer. If you're looking for ways to replace it with other healthier alternatives, here are a list of the different kinds of flour that you can work with.

These flour substitutes are typically made with foods like almonds, coconut, or even beans that are ground up to resemble the texture and consistency of flour.

These are the best substitutes according to various nutritionists:

## 1. Almond Flour

Description: Almond flour is a solid source of calcium and magnesium. This flour is made of almonds that have been blanched and then finely ground to a light, flour texture. Almond flour offers more protein, healthy fat, and vitamin E than white flour and it also gives a decent amount of fiber.

**Ratio:** 1 cup all-purpose flour is to 1 cup almond flour.

**Dietary Facts (per ¼ cup):** 150 calories, 11g fat, 6g carbs, 1g sugar, 3g fiber, 6g protein

## 2. Coconut Flour

This powder is low in carbs, meaning it can help prevent your blood sugar from spiking. Since it's really absorbent, you can't substitute it 1:1 for other types of flour. Recipes that call for coconut flour have often been developed specifically FOR it. I recommend finding an alternative recipe instead of substituting.

It's important to note that coconut flour is really dense and absorbs a lot of moisture. This makes it tough to get a light, fluffy texture when you bake with it. Hence, it's recommended that you combine it with other flours or adding it into other foods.

**Ratio:** You can't substitute coconut flour on a 1:1 ratio for all-purpose flour, or most other flour, but try to cut down the amount of flour to 1/4 of what you would normally use. In addition, every 1/4 cup coconut flour typically requires one egg for both moisture and structure. You may also need to increase other liquids in the recipe or make small adjustments to baking times.

**Dietary Facts (per ¼ cup):** 110 calories, 3g fat, 17g carbs, 5g sugar, 12g fiber, 5g protein

## 3. Spelt Flour

This flour contains gluten but lesser fructans which is one of the harder-to-digest fructans. If you don't have celiac disease but still want to avoid gluten, Spelt Flour could be for you.

Whole Spelt Flour is recommended which isn't gluten-free, if you want a consistency similar to white flour.

**Ratio:** Replace just  $\frac{1}{4}$  of the all-purpose flour in your recipe with spelt and use all-purpose flour for the remaining  $\frac{3}{4}$  to see how the finished product turns out. You can gradually begin to increase the amount of spelt when you know how it will affect the recipe.

**Dietary Facts (per  $\frac{1}{4}$  cup):** 110 calories, 0g fat, 23 g carbs, 0g sugar, 3g fiber, 3g protein

#### 4. Plantain Flour

This flour is higher in resistant starch than regular flour, which means this doesn't totally break down in the body, so you feel fuller longer. It's dense and grain-free so you may need a half teaspoon of baking soda for cakes to rise.

**Ratio:** For every 1 cup of white flour called for, use  $\frac{3}{4}$  plantain flour.

**Dietary Facts (per  $\frac{1}{4}$  cup):** 90 calories, 0g fat, 22g carbs, 1g sugar, 2g fiber, 1g protein

#### 5. Chickpea Flour

Made from dried garbanzo beans that are finely ground, chickpea flour is high in protein, fiber, selenium, and B vitamins. It's great for adding texture and holds together pretty well. It's recommended for crepes, pancakes, socca, breads, or dumplings. However, it has a nutty, earthy taste, so opt for something else if you don't like that flavor profile.

**Ratio:** 1 cup all-purpose flour is to  $\frac{3}{4}$  -  $\frac{7}{8}$  cup chickpea flour.

**Dietary Facts (per  $\frac{1}{4}$  cup):** 120 calories, 2g fat, 17g carbs, 3g fiber, 3g sugar, 7g protein

#### 6. Oat Flour

This flour is gluten-free flour and high in both iron and protein. It's also packed with soluble fiber which forms into a "gel in the gut" which has the power to slow the rate at which nutrients are absorbed into the bloodstream. It can also bind to cholesterol in the gut, carrying it out of the body. The result? Lower cholesterol and stable blood sugars.

**Ratio:** You can generally substitute about 25% of your total flour needed with oat flour, at a 1:1 ratio. For example if you need a total of 1 cup flour, use  $\frac{1}{4}$  cup oat flour,  $\frac{3}{4}$  cup white flour (or other).

**Dietary Facts (per  $\frac{1}{4}$  cup):** 120 calories, 2g fat, 22g carbs, 3g fiber, 0g sugar, 4g protein

#### 7. Rye Flour

This flour contains lower levels of gluten, making it a better choice for those with sensitivities (*not* celiac disease). Rye flour has a rich and mildly sweet taste that works great with cookies or pancakes.

**Ratio:** 1 cup all-purpose flour to 1 cup Rye flour

**Dietary Facts (per  $\frac{1}{4}$  cup):** 150 calories, 0.5g fat, 34g carbs, 7g fiber, 0g sugar, 5g protein

## 8. Millet Flour

Millet flour is stone ground and whole grain. It has a subtle flavor and is loaded with vitamins and minerals. It's popular for gluten free baking because it adds a delicate cakelike crumb to baked goods (and is alkaline!).

**Ratio:** You can generally substitute about 25% of your total flour needed with millet flour, at a 1:1 ratio. For example if you need a total of 1 cup flour, use ¼ cup millet flour, ¾ white flour (or other)

**Dietary Facts (per ¼ cup):** 150 calories, 2g fat, 31g carbs, 1g fiber, 0g sugar, 4g protein

## 9. Quinoa Flour

Quinoa flour is high in protein and can be used for baking and is a good alternative for people who can't have wheat but take note that it doesn't hold its shape as well as other flours. You may want to mix it with other flours.

**Ratio:** You can generally substitute about 50% of your total flour needed with quinoa flour, at a 1:1 ratio. For example if you need a total of 1 cup flour, use ½ cup quinoa flour, ½ white (or other). Some people prefer replacing at a full 1:1 specifically for cakes and cookie recipes.

**Dietary Facts (per ¼ cup):** 100 calories, 1g fat, 19g carbs, 3g fiber, 1g sugar, 4g protein

## 10. Buckwheat Flour

This flour is known for classic recipes like buckwheat noodles and crepes. It also makes for an easy one-to-one swap for wheat flour in gluten-free baking.

**Ratio:** You can generally substitute about 50% of your total flour needed with buckwheat flour, at a 1:1 ratio. For example if you need a total of 1 cup flour, use ½ cup buckwheat flour, ½ white (or other)

**Dietary Facts (per ¼ cup):** 140 calories, 0.5g fat, 29g carbs, 9g fiber, 0g sugar, 4g protein

## 11. Amaranth Flour

In its flour form, amaranth adds a slightly sweet, nutty, earthy and malt-like flavor that's great in baked goods. Amaranth flour works well as part of a blend, especially in bread dough. And you can use it in cookies, savory crackers, or even amaranth tortillas.

**Ratio:** 1 cup all-purpose is to 1 cup Amaranth.

**Dietary Facts (per ¼ cup):** 140 calories, 2g fat, 25g carbs, 4g fiber, 1g sugar, 5g protein

Finally: Look around for custom blends. For example, I personally use this [Perfect Flour Blend](#) from Amazon which contains several flours which you can easily use in a 1:1 ratio.

# Gut-Friendly Sugars For Baking

There are so many sugar alternatives out there to choose from that you might find it difficult or confusing to know which one is best for you. An effective way to figure this out would be to determine **your reason** for lessening your sugar intake.

For example, if someone is diabetic, artificial sweeteners are better than sugar alcohols like xylitol, or natural sweeteners like honey, since this can still raise blood sugar.

Please discuss your options with your doctor if you are not sure of the best sugar alternative.

Here's a list of the most common sugar substitutes and how to incorporate them into your diet...

## 1. Coconut Sugar

**Type:** Natural sweetener.

**Ratio:** 1:1 ratio to white sugar

**Why It's Healthier:** It's unrefined, so it retains all of its vitamins and minerals, and it doesn't lead to fluctuations in blood sugar, though diabetics will still want to consult a doctor before using this. It has the same amount of calories as sugar.

**How to Use It:** Coconut sugar can be used as a one-to-one replacement for white or brown sugar, so it is easy to use in the kitchen. Take note that it can be very coarse so putting it in a blender for a few minutes before using it for baking or in place of powdered sugar is recommended.

## 2. Monk Fruit extracts (Nectresse, Monk Fruit in the Raw, PureLo)

**Type:** Novel sweetener (high intensity).

**Ratio:**  $\frac{1}{3}$  cup for every 1 cup white sugar.

**Why It's Healthier:** This is 200x sweeter than sugar so less is more which can also mean it's good for cutting calories.

**How to Use It:** This type of sweetener can have an aftertaste to some, so be cautious when incorporating it into baking, especially when you are sensitive to its type of flavoring.

## 3. Date Paste

**Type:** Natural sweetener.

**Ratio:** About  $\frac{2}{3}$  date syrup for every 1 cup white sugar

**Why It's Healthier:** Date paste is an easy sugar alternative you can make at home in a blender using  $\frac{3}{4}$  water,  $\frac{1}{2}$  teaspoon of vanilla extract and about one cup of warm, pitted dates. Plus they're extremely high in fiber, so they're great for those improving gut health.

**How to Use It:** Dates can be particularly tasty in smoothies, baked goods, sauces, marinades and salad dressings, but it can be sweeter than sugar, so you'll have to reduce the amount you add, as well as reducing the liquid in baking.

#### 4. Stevia extracts (Pure Via, Truvia, Rebiana)

**Type:** Novel sweetener (high intensity).

**Ratio:** 8 to 1 white sugar to Stevia. You can find a conversion chart on their website at <https://sweetleaf.com/stevia-conversion-chart/>

**Why It's Healthier:** Since this plant extract is non-caloric, it's safe for diabetic use and won't contribute to obesity. It's also much sweeter than sugar, so you need less of it to provide the same amount of sweetness.

**How to Use It:** Though it's non-chemical, it has a noticeable aftertaste even after it's been refined, so some people won't enjoy using it as a sweetener for coffee or tea. It comes in various forms, including powder and liquid, so you may need to experiment to find out which ones work best in different recipes.

#### 5. Xylitol (Birch sugar)

**Type:** Sugar alcohol.

**Ratio:** 1 cup white sugar to 1 cup of xylitol

**Why It's Healthier:** Xylitol, sorbitol and other sugar alcohols are usually 25-100% as sweet as sugar. The FDA says "Sugar alcohols are slightly lower in calories than sugar and do not promote tooth decay or cause a sudden increase in blood glucose." However, they do have **some** effect on blood sugar levels, so diabetics will still want to pay attention to dietary carbohydrates. Also, sugar alcohols may have a laxative effect in large amounts.

**How to Use It:** Because it comes in granulated form, it is easy to use in place of sugar in beverages, on fruit or cereal, and in cooking and baking... as long as the recipe doesn't require the sugar to break down into liquid form because xylitol doesn't caramelize.

There are other types of sugar. For example you can substitute white sugar for raw honey, raw maple syrup, and several others. These are mainly baking/recipe substitutions.

To end, I'd like to give you a few tips on reducing sugar. Sugar in general should be limited, so let me give you a few tips on doing so...

#### Tips for Reducing Sugar

Although not always easy, here are some ways that you can reduce the sugar in your diet on a daily basis.

- Use sugar free preserves to sweeten plain yogurt instead of eating already sweetened yogurt with fruit in it
- Substitute healthy whole fruits for sweetened, processed desserts
- Put fruit on your cereal instead of adding sugar or eating a sweetened cereal
- Instead of a chocolate bar, try a lower-calorie, sugar-free hot chocolate drink. I personally LOVE healthy, healing, [Cacao Bliss](#) hot chocolate.
- Snack on dried fruit or trail mix, instead of candy
- Buy unsweetened versions of applesauce, nut butters, non-dairy milk and other products that can hide added sugars
- Add flavors like vanilla, spices, or citrus to add a kick (and the illusion of sweetness) to your tea, coffee, and even oatmeal

# Healthy Fats For Baking

There are just a few kinds of fats which should be used as substitutes for unhealthy fats such as...

- Canola oil
- Vegetable oil
- Shortening
- Margarine
- Non-grass fed butter
- And others commonly used in baking

The good news is, there are just a few healthy fats that I recommend substituting them with.

Here's a list of healthy fats that you can use for baking:

## **Grass-Fed Butter**

The SIMPLEST substitute you can make is replacing “regular” butter with grass-fed butter.

Grass-fed butter has far more vitamins, a better omega-3 to omega-6 ratio, and fewer toxins, than regular butter. Grain-fed dairy is also more likely to contain mold and toxins from moldy grains used as feed.

If you're interested in learning more, please search “grass fed vs regular butter” in Google. I never use regular butter anymore, and for good reason!

And if you're sensitive to dairy, or fully lactose intolerant, you can simply replace butter with...

## **Ghee**

Ghee is perfect for those who suffer from lactose-intolerance as it contains less than 1% lactose. If you crave the taste of butter but are sensitive to lactose, Ghee is a great option.

Plus it has a higher smoke point, so you can use it for high-temperature cooking!

Since Ghee contains fatty acids—like butyrate—you can be sure that your intestinal wall will be kept healthy and sealed. Studies show that butyrate both suppresses the development of a leaky gut and improves the intestinal barrier.

## **Coconut Oil**

Antibacterial, antiviral and antifungal, this delicious oil works best in raw food recipes. Coconut oil is also rich in lauric acid, which is antibacterial and antiviral so it helps support your immune system. I prefer using coconut oil for all my raw desserts and dairy-free creams.

## **Macadamia Nut Oil**

The golden color and smooth, buttery flavor of cold-pressed macadamia oil make it simply irresistible. It's a great anti-inflammatory fat, high in mono-unsaturated oleic acids and antioxidants that support

cardiovascular health. Macadamia oil is a fantastic multipurpose cooking fat you can use in the same way as olive oil. It's great in baked treats and creates the most amazing chocolate chip cookies.

## **Avocado Oil**

Rich and creamy, avocados are nature's butter. They're a rich source of mono-unsaturated fats that have healthy compounds to protect against inflammation and promote heart health. They are also loaded with the antioxidant vitamin E, which helps support and protect the body against free radicals and promote a strong immunity as well as healthy skin and eyes. I love using avocados blended with cacao as a raw, nutrient-rich frosting for chocolate cake.

# Safe Baking Ingredients For People With Allergies

Below I've listed several allergies/preferences that we come across, and some options you can try out when doing this for yourself.

## Substituting Milk

Some good baking substitutes for milk include:

- Almond milk
- Soy milk (although I don't recommend soy due to its estrogenic effects)
- Hemp milk
- Rice milk
- Coconut milk

Ratio: 1 to 1

## Substituting Butter

Baking substitutes for butter include:

- Grass-fed butter
- Ghee (contains less than 1% lactose)
- Coconut oil

Ratio: While you can generally use a 1 to 1 ratio, watch out for changes in texture when baking. For example, you can't substitute butter for coconut oil when creating any kind of flakey dough for baking.

## Substituting Eggs

An egg allergy is pretty common among children. It's also commonly used by those following a Vegan lifestyle. You can usually remove eggs from a recipe, replace with a substitute, and still come out with a food similar in texture and flavor.

Some substitutes for eggs include...

- Bananas: For each egg, replace with a mashed/blended ½ large banana
- Applesauce: For each egg, replace with ¼ cup applesauce
- Avocado Oil\*: For each egg, replace with 2 tablespoons water + 1 tablespoon oil + 2 teaspoons baking powder

\*Note: I prefer avocado oil because it's healthier than other oils such as vegetable and canola, and doesn't change the flavor.

## Substituting Nuts

If you are allergic to peanuts or tree nuts, you can adjust most recipes by just skipping them. If you are allergic to only a specific nut, such as peanuts, you could substitute with another nut, such as walnuts. But do look out for a possible cross-contamination where the nuts are processed or packaged hence, it's always advisable that you read food labels to be sure.

You can also replace nut butters with other nut butters on a 1 to 1 basis. Some of those include...

- Almond butter
- Sunflower butter
- Cashew butter
- Walnut butter

Be aware that this may change the flavor profile.

# A Final Note

There are endless alternatives and possibilities when it comes to substitutions, and more options are becoming available on a monthly basis.

It's important to TEACH yourself the basics of substitutions, and learn to research other options you have. Then you can make nearly any recipe you find, regardless of allergies or preferences.

I hope this report has helped you.

I also hope we can serve you in other ways. Below I've listed out a few of our products. If any of them interest you, simply click on the links provided!

## Perfect Poops Desserts Cookbook

This unique DESSERT cookbook has 50+ delicious, gut-friendly, zero-guilt dessert recipes that...

- Can help you burn fat...
- Have ZERO processed sugar, unhealthy fats, gluten or dairy...
- Taste SO good even your kids and grandkids will demolish them...
- And even help you poop better :)

They're PERFECT if you're trying to eat healthier, regardless if you have gut issues or not...taste INCREDIBLE ...and are **so EASY that young kids can make them**. Plus they fit nearly any diet you might be following.

[Click here to get the Perfect Poops Desserts Cookbook FREE](#)



## Peak BioBoost

Peak BioBoost is a proprietary blend of appetite-reducing prebiotic dietary fiber which helps your healthy gut bacteria flourish and allows you to enjoy “perfect poops” daily while strengthening your gut! Plus it's flavorless and mixes easily into coffee.

[Click here to learn more about Peak BioBoost](#)



## Everlean

EverLean is a doctor formulated, science-backed probiotic designed to give you the same biological advantage as someone born with “lucky genes.” Its unique formula helps your body release unwanted fat and naturally absorb fewer calories. It works by giving you a total of 25 billion CFU through seven essential strains of “gut-friendly” bacteria, all shown to assist weight loss.

[Click here to learn more about Everlean](#)

