



Recipe Modification Cheat Sheet

There are a number of reasons why someone might want to modify a recipe. Sometimes you find yourself halfway through a recipe without all the ingredients. Sometimes it is simply about creativity in the kitchen and other times you may want to make recipe modifications to improve the nutrition. This guide will help you explore different ingredient options in a variety of recipes, no matter your reason.

Note: when baking, we do not recommend more than 1-2 substitutions per recipe. Too many changes will alter the food chemistry of the recipe and can leave less-than-desirable results. Start small, but embrace the creativity!

ORIGINAL

SUBSTITUTION

COOKING / SAVORY



1 lb. ground meat



2 cups cooked Quaker® Steel Cut oats



1 cup mayonnaise



1 cup mashed avocado



1 cup breadcrumbs



1 cup Quaker® Instant Oats



1 cup regular white pasta



1 cup whole wheat, lentil- or bean-based pasta



1 cup sour cream



1 cup Greek yogurt, low fat/non-fat



1 cup heavy cream



1 cup evaporated milk

BAKING / SWEET



1 egg



1 Tbsp. chia seeds or ground flaxseed + 3 Tbsp. water



1 cup vegetable oil



1 cup pureed fruit* (reduce sugar by 1/3 to 1/2)



1 cup all purpose flour



1 1/3 cup Quaker® Old Fashioned Oats, blended into a fine powder



1 cup buttermilk



1 Tbsp. lemon juice + milk to equal 1 cup - let stand for 5 minutes



1 cup sugar



1/2 cup pureed fruit* (reduce liquid by 1/4 to 1/3)

*banana, prune and applesauce work best