

# Cooking Substitutes to Cut Grocery Costs

*This free tip sheet was produced by the Cheapskates Club –  
[www.cheapskatesclub.net](http://www.cheapskatesclub.net)*

These food substitutions will save you time and money. Switch costly recipe ingredients with less expensive items and prevent extra trips to the supermarket.

Easy substitutes for butter. Depending on the recipe, you can substitute applesauce, vegetable oil, or pureed white beans for butter.

Easy substitutes for eggs:

2 tbsp cornflour = 1 egg

2 tbsp arrowroot flour = 1 egg

1 heaped tbsp soy powder + 2 tbsp water = 1 egg

1 tbsp soy milk powder + 1 tbsp cornflour + 2 tbsp water = 1 egg.

1 banana = 1 egg in cakes

Easy substitute for saffron: saffron is a delicious, but expensive, spice (the most expensive spice in the world!). Instead, try ground turmeric.

Easy substitute for corn syrup: make your own version with a simple syrup of equal parts white sugar and water.

Easy substitute for vanilla beans: you don't have to pay a high price for a tiny container that has a couple of vanilla beans. Instead, you can use vanilla extract.

Easy substitutes for pine nuts: try sunflower or pumpkin seeds in your recipe instead of pine nuts.

Easy substitutes for cooking wine: use orange juice, cranberry juice or apple juice instead of cooking wine. You can also use other juices depending on the recipe and how it affects the taste of the food.

You can still create delicious meals when using substitutions. These substitutions can help you out when you're lacking a needed ingredient and reduce your grocery bill every month.

