CHEF HANNAH'S KITCHEN

SMART INGREDIENT SUBSTITUTIONS

50 practical swaps to adapt everyday recipes







40 VISUAL GUIDES + 10 TEXT GUIDES

Better everyday cooking, one smart swap at a time.

BY CHEF HANNAH

ENGLISH EDITION



Refined Sugar → Xylitol

THE SMART SWAP

1 cup sugar = 1 cup xylitol (1:1)

WHERE IT WORKS BEST

Cakes, cookies, mousses, fudge-style sweets, creams and chilled desserts.

WHAT CHANGES

Sweetens well, preserves a pleasant texture and keeps flavors balanced.

WHAT IT DOESN'T DO

It does not caramelize like sugar in syrups or caramel.

EXTRA TIP

Useful for reducing sugar without complicating the recipe.

HOW TO MAKE THE SWAP

1. Check the sugar amount in the recipe
2. Measure the same amount of xylitol
3. Add it to the mixture
4. Stir well to dissolve evenly
5. Bake or finish as usual
6. Check the finished texture
7. For syrups, test a small batch first
8. Enjoy the swap in moderation.

CHEF HANNAH'S TIPS

Start with simple recipes • Pairs well with chocolate, vanilla and cinnamon • Too much may cause digestive discomfort • Keep xylitol away from dogs and other pets.



Refined Sugar → Erythritol

THE SMART SWAP

1 cup sugar ≈ 1¼ cups erythritol

WHERE IT WORKS BEST

Cakes, cookies, mousses, creams and cold desserts.

WHAT CHANGES

Less sweet than sugar, with a similar texture and a mild cooling effect.

WHAT IT DOESN'T DO

May not caramelize properly and can crystallize when overused.

EXTRA TIP

Use about 25% more erythritol than the original amount of sugar.

HOW TO MAKE THE SWAP

1. Check the sugar amount
2. Calculate the erythritol equivalent
3. Measure the erythritol
4. Mix it in normally
5. Taste the sweetness
6. Test the baked result
7. Avoid excess to limit crystallization
8. Adjust small quantities as needed.

CHEF HANNAH'S TIPS

Add it slowly for better balance • For smooth desserts, consider powdered erythritol • Test the result in small batches before scaling up.



Refined Sugar → Allulose

THE SMART SWAP

1 cup sugar ≈ 1⅓ cups allulose

WHERE IT WORKS BEST

Syrups, custards, cookies, baked desserts and creams.

WHAT CHANGES

Gentle sweetness and good performance when heated.

WHAT IT DOESN'T DO

Can brown faster than sugar, so watch the oven.

EXTRA TIP

Especially useful when you want browning and caramel-like results.

HOW TO MAKE THE SWAP

1. Read the recipe amount
2. Increase to roughly 1⅓ cups allulose
3. Mix normally into the batter or cream
4. Watch the mixture as it heats
5. Test it in syrups or fillings
6. Lower the heat as needed
7. Taste and adjust sweetness
8. Check the final color and texture.

CHEF HANNAH'S TIPS

Allulose browns quickly • Monitor baking closely • Lower oven heat slightly if the surface darkens too soon.



Refined Sugar → Baking Sweetener

THE SMART SWAP

Follow the conversion on the product label

WHERE IT WORKS BEST

Cakes, mousses, frozen treats, drinks and lighter preparations.

WHAT CHANGES

Reduces sugar and calories while providing sweetness.

WHAT IT DOESN'T DO

Different brands have different sweetness levels; do not guess the amount.

EXTRA TIP

For hot recipes, choose a sweetener intended for baking and cooking.

HOW TO MAKE THE SWAP

1. Check the sugar amount
2. Find the label conversion
3. Calculate the appropriate sweetener amount
4. Measure it accurately
5. Mix into the ingredients
6. Taste when appropriate
7. Adjust within the label guidance
8. Cook or bake according to directions.

CHEF HANNAH'S TIPS

Always follow the manufacturer instructions • Test the flavor before making a large batch • Use heat-stable varieties for the oven and stovetop.



Wheat Flour → Oat Flour

THE SMART SWAP

1 cup wheat flour ≈ 1 cup oat flour in many quick recipes

WHERE IT WORKS BEST

Simple cakes, pancakes, cookies and muffins.

WHAT CHANGES

Adds fiber and produces a slightly denser texture.

WHAT IT DOESN'T DO

Does not replace gluten structure well in highly elastic breads.

EXTRA TIP

Sift the oat flour for a softer result.

HOW TO MAKE THE SWAP

1. Check the flour quantity
2. Measure the same amount of oat flour
3. Sift if desired
4. Mix dry ingredients
5. Whisk in wet ingredients
6. Watch the batter consistency
7. Adjust liquid slightly if needed
8. Bake as usual.

CHEF HANNAH'S TIPS

Use oat flour in quick bakes • Combine with other ingredients for moisture • Test small recipes first • Choose certified gluten-free oats if necessary.



Wheat Flour → Gluten-Free Flour Blend

THE SMART SWAP

1:1 only when the blend is labeled for direct substitution

WHERE IT WORKS BEST

Cakes, pies, pancakes and recipes adapted for gluten-free flour.

WHAT CHANGES

The texture varies according to the ingredients in the blend.

WHAT IT DOESN'T DO

Not all gluten-free blends behave exactly like wheat flour.

EXTRA TIP

A good pre-mixed blend generally works better than a single starch.

HOW TO MAKE THE SWAP

1. Read the blend label
2. Measure the recipe flour
3. Sift the gluten-free blend
4. Mix with the remaining dry ingredients
5. Add the recipe liquids
6. Check batter consistency
7. Adjust small amounts of liquid if needed
8. Bake and assess the results.

CHEF HANNAH'S TIPS

Try blends made specifically for baking • Avoid adding extra flour too quickly • Follow any xanthan-gum guidance on the package.



Whole Milk → Lactose-Free Milk

THE SMART SWAP

1 cup whole milk = 1 cup lactose-free milk (1:1)

WHERE IT WORKS BEST

Cakes, sauces, custards, creams and drinks.

WHAT CHANGES

Very similar flavor, occasionally a little sweeter.

WHAT IT DOESN'T DO

Still contains dairy proteins, so it is not a milk-free substitute.

EXTRA TIP

Use the same quantity as regular milk.

HOW TO MAKE THE SWAP

1. Check the recipe milk quantity
2. Measure the same amount of lactose-free milk
3. Use at the normal preparation stage
4. Mix with other ingredients
5. Cook as usual
6. Check the flavor
7. Finish your recipe
8. Record your preferred brand.

CHEF HANNAH'S TIPS

Usually works in both sweet and savory recipes • No special conversion is needed • Store and refrigerate according to the label.



Whole Milk → Coconut Milk

THE SMART SWAP

1 cup whole milk = 1 cup coconut milk (1:1)

WHERE IT WORKS BEST

Cakes, creams, sauces, desserts and tropical recipes.

WHAT CHANGES

Creates extra creaminess and a noticeable coconut flavor.

WHAT IT DOESN'T DO

It will not taste as neutral as regular milk.

EXTRA TIP

An option for dairy-free recipes with a coconut flavor profile.

HOW TO MAKE THE SWAP

1. Read the milk amount
2. Replace with the same volume of coconut milk
3. Shake before opening
4. Mix with the other ingredients
5. Check the creaminess
6. Taste the coconut flavor
7. Adjust if a lighter flavor is desired
8. Finish normally.

CHEF HANNAH'S TIPS

Choose a brand based on its richness • Works hot or cold • Consider coconut flavor before substituting in savory dishes.



Heavy Cream → Plain Yogurt

THE SMART SWAP

1 cup heavy cream = 1 cup plain yogurt (1:1)

WHERE IT WORKS BEST

Sauces, spreads, light fillings and dishes finished off the heat.

WHAT CHANGES

Lighter texture with a gentle tang.

WHAT IT DOESN'T DO

May curdle over very high heat and has less fat than cream.

EXTRA TIP

Add near the end of cooking for smoother results.

HOW TO MAKE THE SWAP

1. Check the amount of cream
2. Measure equal plain yogurt
3. Stir the yogurt until smooth
4. Add it at the end of cooking
5. Avoid intense boiling
6. Adjust salt or seasonings
7. Check the consistency
8. Finish without overheating.

CHEF HANNAH'S TIPS

Choose unsweetened plain yogurt • For extra body, a little olive oil may help • Low or moderate heat gives more reliable results.



Butter → Olive Oil

THE SMART SWAP

100 g butter ≈ 80 mL olive oil; 1 cup butter ≈ ¾ cup oil

WHERE IT WORKS BEST

Savory batters, sautéed vegetables, simple cakes and vegetables.

WHAT CHANGES

Adds moisture and a more Mediterranean flavor.

WHAT IT DOESN'T DO

Not ideal when the recipe requires solid butter or flaky layers.

EXTRA TIP

Use mild olive oil in sweet recipes.

HOW TO MAKE THE SWAP

1. Check the amount of butter
2. Convert to the appropriate olive-oil quantity
3. Choose mild olive oil
4. Mix with other liquids
5. Use in your recipe
6. Watch the texture
7. Avoid pastry that requires solid butter
8. Finish normally.

CHEF HANNAH'S TIPS

For small amounts, 1 tbsp butter may be replaced with about 1 tbsp olive oil • Mild oil works better for desserts • Taste before using a strongly flavored oil.



Egg → Hydrated Flaxseed

THE SMART SWAP

1 egg = 1 tbsp ground flaxseed + 3 tbsp water

WHERE IT WORKS BEST

Cakes, muffins, pancakes and cookies.

WHAT CHANGES

Helps bind ingredients but makes the finished recipe slightly denser.

WHAT IT DOESN'T DO

Not suitable for omelets, meringues or highly aerated dishes.

EXTRA TIP

Allow the mixture to gel for 5–10 minutes before using.

HOW TO MAKE THE SWAP

1. Count the eggs in the recipe
2. Measure ground flaxseed
3. Measure the water
4. Mix both ingredients
5. Leave to thicken
6. Add the gel to the wet ingredients
7. Prepare the batter normally
8. Check the finished texture.

CHEF HANNAH'S TIPS

Golden or brown flaxseed both work • Pairs well with banana, chocolate and cinnamon • Keep ground flaxseed tightly sealed away from light and heat.



Egg → Hydrated Chia

THE SMART SWAP

1 egg = 1 tbsp chia + 3 tbsp water

WHERE IT WORKS BEST

Whole-grain cakes, pancakes, cookies and waffles.

WHAT CHANGES

Binds the mixture but can leave visible chia specks.

WHAT IT DOESN'T DO

Not a good substitute for omelets, meringues or very airy recipes.

EXTRA TIP

Blend or grind chia if you prefer a smoother result.

HOW TO MAKE THE SWAP

1. Count the eggs
2. Measure the chia
3. Add the required water
4. Stir thoroughly
5. Let the chia hydrate
6. Add the gel to the batter
7. Continue normally
8. Note the final texture.

CHEF HANNAH'S TIPS

For a gentler texture, use ground chia • Try it in denser batters first • Adjust water only after the seeds have hydrated.



Refined Sugar → Ripe Banana

THE SMART SWAP

1 cup sugar ≈ 1 cup mashed banana (about 2–3 bananas)

WHERE IT WORKS BEST

Cakes, muffins, pancakes and porridge.

WHAT CHANGES

Adds banana flavor, more moisture and milder sweetness.

WHAT IT DOESN'T DO

Not suitable for caramel, clear syrups or crisp sugar-based results.

EXTRA TIP

Choose very ripe bananas for sweetness and texture.

HOW TO MAKE THE SWAP

1. Check the sugar amount
2. Choose ripe bananas
3. Mash until smooth
4. Measure the equivalent amount
5. Add to the wet mixture
6. Adjust the batter if needed
7. Bake or cook normally
8. Taste and check moisture.

CHEF HANNAH'S TIPS

Reduce other liquids if the batter becomes too wet • Adds natural sweetness and fruit flavor • Works especially well in breakfast recipes.



Refined Sugar → Unsweetened Applesauce

THE SMART SWAP

1 cup sugar ≈ ¾–1 cup applesauce

WHERE IT WORKS BEST

Cakes, muffins, pancakes and quick breads.

WHAT CHANGES

Milder sweetness and a moister, softer crumb.

WHAT IT DOESN'T DO

Does not behave like sugar in caramel or very crisp preparations.

EXTRA TIP

Choose unsweetened homemade or store-bought applesauce.

HOW TO MAKE THE SWAP

1. Check the sugar amount
2. Set aside the applesauce
3. Measure ¾–1 cup per cup sugar
4. Combine with wet ingredients
5. Reduce extra liquid if necessary
6. Mix the batter
7. Bake as usual
8. Check sweetness at the end.

CHEF HANNAH'S TIPS

Cinnamon and vanilla work well with apple • Adjust sweetness before baking when possible • Expect extra moisture in the finished product.



Milk Chocolate → 70% Dark Chocolate

THE SMART SWAP

Replace by weight, 1:1

WHERE IT WORKS BEST

Ganache, chocolate sweets, brownies and cake coatings.

WHAT CHANGES

More intense cocoa flavor with less sweetness.

WHAT IT DOESN'T DO

Does not taste as sweet as milk chocolate without further adjustment.

EXTRA TIP

Add a culinary sweetener only if the recipe needs extra sweetness.

HOW TO MAKE THE SWAP

1. Weigh the original chocolate amount
2. Measure the same weight of dark chocolate
3. Chop into pieces
4. Melt gently
5. Stir into the preparation
6. Taste the chocolate intensity
7. Sweeten if needed
8. Finish the recipe.

CHEF HANNAH'S TIPS

Chocolate with at least 70% cocoa has a bolder flavor • Choose good-quality bars • Pair with vanilla for balanced flavor.



Sweetened Cocoa Mix → Cocoa + Sweetener

THE SMART SWAP

3 tbsp sweetened mix ≈ 1 tbsp cocoa plus sweetener to taste

WHERE IT WORKS BEST

Cakes, chocolate sweets, drinks and creams.

WHAT CHANGES

Darker color and stronger, less sugary cocoa flavor.

WHAT IT DOESN'T DO

Unsweetened cocoa will not sweeten the recipe on its own.

EXTRA TIP

Use a sweetener that can withstand heat when cooking.

HOW TO MAKE THE SWAP

1. Check the cocoa-mix amount
2. Measure the cocoa powder
3. Add the culinary sweetener
4. Mix the dry ingredients
5. Dissolve into the recipe
6. Taste for bitterness
7. Adjust the sweetness
8. Finish normally.

CHEF HANNAH'S TIPS

Sift cocoa to avoid lumps • Vanilla and cinnamon enhance chocolate flavor • Start with little sweetener and add gradually.



Condensed Milk → Sugar-Free Condensed Milk

THE SMART SWAP

1 cup = 1 cup (1:1)

WHERE IT WORKS BEST

Chocolate sweets, mousses, puddings and fillings.

WHAT CHANGES

Keeps the creamy function while lowering added sugar.

WHAT IT DOESN'T DO

Cooking thickness and final sweetness may vary between brands.

EXTRA TIP

Watch the mixture carefully as it cooks.

HOW TO MAKE THE SWAP

1. Check the quantity in the recipe
2. Replace with the same amount
3. Mix as usual
4. Heat carefully if needed
5. Watch for thickening
6. Taste and adjust sweetness
7. Correct consistency if necessary
8. Finish as usual.

CHEF HANNAH'S TIPS

The set of chocolate sweets may differ slightly • Choose quality brands for creaminess • Store open packages refrigerated as indicated.



Cream Cheese Spread → Lactose-Free Spread

THE SMART SWAP

1 tbsp = 1 tbsp (1:1)

WHERE IT WORKS BEST

Pies, sauces, fillings and creamy dishes.

WHAT CHANGES

Preserves creaminess with small differences in flavor between brands.

WHAT IT DOESN'T DO

Not suitable for people who must avoid milk proteins.

EXTRA TIP

Choose especially creamy versions for the best results.

HOW TO MAKE THE SWAP

1. Check the required amount
2. Use the same measure
3. Add to the dish
4. Mix until smooth
5. Taste the creaminess
6. Adjust the seasonings
7. Finish the recipe
8. Note your favorite brand.

CHEF HANNAH'S TIPS

Useful for spreads and savory pies • Works in hot or cold sauces • Always keep refrigerated after opening.



Butter → Coconut Oil

THE SMART SWAP

1 cup butter ≈ ¾ cup coconut oil

WHERE IT WORKS BEST

Cakes, cookies, brownies and light sautéing.

WHAT CHANGES

Adds moisture and may contribute a gentle coconut taste.

WHAT IT DOESN'T DO

Not recommended for puff pastry or dishes that require solid butter.

EXTRA TIP

For a neutral taste, choose refined or flavorless coconut oil.

HOW TO MAKE THE SWAP

1. Check the butter amount
2. Convert to the coconut-oil quantity
3. Melt gently if solid
4. Add to the liquids
5. Mix into the preparation
6. Observe the moisture
7. Avoid laminated pastry
8. Finish normally.

CHEF HANNAH'S TIPS

Great in banana and coconut cakes • Store away from heat • Choose neutral oil if coconut flavor is unwanted.



Mayonnaise → Seasoned Yogurt

THE SMART SWAP

1 tbsp mayonnaise = 1 tbsp seasoned yogurt

WHERE IT WORKS BEST

Sandwiches, spreads, salads and cold sauces.

WHAT CHANGES

Lighter, tangier and lower in fat.

WHAT IT DOESN'T DO

Does not give exactly the same flavor or emulsifying behavior as mayonnaise.

EXTRA TIP

Season with lemon, mustard, garlic and herbs for extra flavor.

HOW TO MAKE THE SWAP

1. Check the mayonnaise amount
2. Use firm plain yogurt
3. Season with lemon and herbs
4. Add the yogurt
5. Mix well
6. Taste and adjust
7. Use on a cold dish
8. Keep refrigerated.

CHEF HANNAH'S TIPS

Strain yogurt to make it thicker • Tastes great with chicken or tuna • Use for salads and cold spreads • Keep chilled until serving.



Butter → Unsweetened Applesauce

THE SMART SWAP

1 cup butter ≈ ¾–1 cup applesauce

WHERE IT WORKS BEST

Cakes, muffins, brownies, quick breads and pancakes.

WHAT CHANGES

Makes recipes moist and tender with a delicate apple flavor.

WHAT IT DOESN'T DO

Does not supply buttery flavor or the same crispness and structure as fat.

EXTRA TIP

Choose smooth, unsweetened applesauce without added flavorings.

HOW TO MAKE THE SWAP

1. Check the amount of butter
2. Prepare the applesauce
3. Measure ¾–1 cup per cup butter
4. Adjust other liquid if necessary
5. Stir into the batter
6. Check the moisture
7. Avoid flaky pastry
8. Bake as usual.

CHEF HANNAH'S TIPS

Keeps baked goods moist longer • Pairs with cinnamon and nutmeg • Refrigerate or freeze leftover applesauce properly.



Oil → Plain Yogurt

THE SMART SWAP

1 cup oil ≈ ¾–1 cup plain yogurt

WHERE IT WORKS BEST

Cakes, muffins, breads, pancakes, crepes and other baked dishes.

WHAT CHANGES

Produces a moist, soft crumb and a lighter, mildly tangy taste.

WHAT IT DOESN'T DO

Does not provide the crisp frying effect of oil.

EXTRA TIP

Use full-fat, unflavored plain yogurt when possible.

HOW TO MAKE THE SWAP

1. Check the oil quantity
2. Measure the yogurt
3. Add to wet ingredients
4. Mix until incorporated
5. Check the batter consistency
6. Adjust other liquids if necessary
7. Avoid this swap for frying
8. Bake or finish as instructed.

CHEF HANNAH'S TIPS

Room-temperature yogurt incorporates better • Greek yogurt makes a richer batter • Do not overmix once combined.



Oil → Mashed Banana

THE SMART SWAP

1 cup oil ≈ ¾–1 cup mashed ripe banana

WHERE IT WORKS BEST

Cakes, muffins, sweet breads, brownies, pancakes and cookies.

WHAT CHANGES

A softer, moister texture with natural sweetness and banana flavor.

WHAT IT DOESN'T DO

Not ideal for crispy fried preparations or flaky pastries.

EXTRA TIP

The riper the banana, the sweeter and softer the result.

HOW TO MAKE THE SWAP

1. Check the oil amount
2. Choose very ripe bananas
3. Mash to a smooth puree
4. Measure ¾–1 cup per cup oil
5. Mix into the batter
6. Check moisture and texture
7. Adjust liquids or sweetness
8. Bake as directed.

CHEF HANNAH'S TIPS

Best for baked recipes • Use ripe bananas with brown spots • Store extra ripe bananas in the freezer.



Brown Sugar → Brown-Style Xylitol

THE SMART SWAP

1 cup brown sugar = 1 cup brown-style xylitol (1:1)

WHERE IT WORKS BEST

Cakes, cookies, brownies, granola, muffins and sweet breads.

WHAT CHANGES

Milder caramel notes with slightly different moisture and texture.

WHAT IT DOESN'T DO

Does not caramelize like brown sugar or develop the same dark color.

EXTRA TIP

For a balanced result, begin with a small test batch.

HOW TO MAKE THE SWAP

1. Check the brown sugar quantity
2. Measure equal brown-style xylitol
3. Mix into batter or cream
4. Taste the sweetness
5. Monitor baking color
6. Try the baked texture
7. Adjust liquid if too moist
8. Record the final result.

CHEF HANNAH'S TIPS

Pairs well with cinnamon and vanilla • Store tightly closed away from moisture • Xylitol is dangerous to dogs and other pets.



Breadcrumbs → Oat Flour

THE SMART SWAP

1 cup breadcrumbs = 1 cup oat flour for light coatings

WHERE IT WORKS BEST

Oven- or air-fryer-coated foods, meatballs, burgers and light binding.

WHAT CHANGES

A softer, less crunchy coating that can brown a little faster.

WHAT IT DOESN'T DO

Will not match panko or ordinary breadcrumb crispness.

EXTRA TIP

For extra crunch, blend in sesame seeds, crushed nuts or flaxseed.

HOW TO MAKE THE SWAP

1. Check the breadcrumbs amount
2. Measure the same oat-flour quantity
3. Season the flour
4. Coat the food
5. Press gently to adhere
6. Bake or air-fry
7. Check browning and crunch
8. Adjust next time if needed.

CHEF HANNAH'S TIPS

Good for oven baking and air frying • Store oat flour tightly sealed • An extra drizzle of olive oil can help browning.



Breadcrumbs → Crushed Cornflakes

THE SMART SWAP

1 cup breadcrumbs = 1 cup crushed cornflakes

WHERE IT WORKS BEST

Breaded chicken, fish, nuggets, croquettes and vegetables.

WHAT CHANGES

A crunchier, lighter, slightly sweet golden coating.

WHAT IT DOESN'T DO

Texture is not as fine or neutral as classic breadcrumbs.

EXTRA TIP

Crush more finely for an even coating or leave coarse for extra crunch.

HOW TO MAKE THE SWAP

1. Check the breadcrumb quantity
2. Crush plain cornflakes
3. Measure the same volume
4. Season as desired
5. Coat the food evenly
6. Press to secure coating
7. Bake, air-fry or fry as directed
8. Serve while crisp.

CHEF HANNAH'S TIPS

Choose unsweetened cornflakes • More finely crushed flakes coat evenly • Coarser flakes produce a rustic crunchy crust.



Regular Gelatin → Sugar-Free Gelatin

THE SMART SWAP

1 packet = 1 packet (same quantity)

WHERE IT WORKS BEST

Chilled desserts, layered desserts, mousses and light snacks.

WHAT CHANGES

Sweetness may be slightly lower and the set may feel firmer.

WHAT IT DOESN'T DO

It does not change the essential setting function or preparation time.

EXTRA TIP

Choose good-quality brands and dissolve completely.

HOW TO MAKE THE SWAP

1. Check the packet in the recipe
2. Use an equivalent sugar-free packet
3. Dissolve in hot water
4. Stir completely
5. Pour into molds
6. Chill until firm
7. Taste and check the texture
8. Serve cold.

CHEF HANNAH'S TIPS

Follow the packet instructions • Choose fruit flavors to suit the dish • Refrigerate fully before serving.



Regular Milk Powder → Lactose-Free Milk Powder

THE SMART SWAP

Use the same quantity by weight or volume (1:1)

WHERE IT WORKS BEST

Cakes, breads, drinks, sauces, desserts and pancakes.

WHAT CHANGES

Similar taste, sometimes slightly milder or less sweet.

WHAT IT DOESN'T DO

It does not significantly change the structure or cooking time.

EXTRA TIP

Suitable for those avoiding lactose, but not milk protein.

HOW TO MAKE THE SWAP

1. Read the original milk-powder quantity
2. Measure the lactose-free alternative
3. Dissolve or mix normally
4. Watch texture and creaminess
5. Adjust flavor if needed
6. Complete the recipe
7. Store leftover powder properly
8. Record the brand you prefer.

CHEF HANNAH'S TIPS

Choose quality brands for easy dissolving • Keep powder dry and sealed • Try a small batch when using a new brand.



Sweetened Yogurt → Plain Yogurt + Sweetener

THE SMART SWAP

1 container sweetened yogurt ≈ 1 container plain yogurt + sweetener to taste

WHERE IT WORKS BEST

Creams, smoothies, cakes, mousses, parfaits and cold sauces.

WHAT CHANGES

Allows you to control sweetness while reducing sugar.

WHAT IT DOESN'T DO

The flavor will not match a ready-sweetened yogurt automatically.

EXTRA TIP

Start with a little sweetener and adjust gradually.

HOW TO MAKE THE SWAP

1. Choose unsweetened plain yogurt
2. Add a small amount of sweetener
3. Stir until smooth
4. Taste the sweetness
5. Adjust a little at a time
6. Use in the recipe
7. Chill if needed
8. Note your preferred ratio.

CHEF HANNAH'S TIPS

Sweetness differs across brands • Try vanilla or fruit for extra flavor • Store refrigerated as directed.



Dulce de Leche → Sugar-Free Dulce de Leche

THE SMART SWAP

1 measure = 1 measure (1:1)

WHERE IT WORKS BEST

Fillings, frostings, chocolate sweets, cakes and layered desserts.

WHAT CHANGES

May be less sweet and slightly lighter or less dense.

WHAT IT DOESN'T DO

Cooking texture may vary from the traditional product.

EXTRA TIP

Adjust the recipe only after checking its final consistency.

HOW TO MAKE THE SWAP

1. Check the dulce de leche amount
2. Measure the same amount of sugar-free version
3. Add to the preparation
4. Stir until smooth
5. Taste and evaluate sweetness
6. Adjust other ingredients if necessary
7. Finish as directed
8. Store leftovers covered.

CHEF HANNAH'S TIPS

Choose brands with good texture • Works in both chilled and heated fillings • Keep containers sealed according to the label.



Whole Milk → Oat Milk

THE SMART SWAP

1 cup whole milk = 1 cup oat milk (1:1)

WHERE IT WORKS BEST

Cakes, pancakes, porridge, light sauces and smoothies.

WHAT CHANGES

A lighter texture and a subtly sweet flavor.

WHAT IT DOESN'T DO

Does not contain the same natural fat as whole milk.

EXTRA TIP

Shake the oat milk well before using.

HOW TO MAKE THE SWAP

1. Measure the milk in the recipe
2. Measure the same amount of oat milk
3. Shake the carton
4. Mix into the recipe
5. Observe creaminess
6. Adjust the sweetness if necessary
7. Cook as usual
8. Taste the final result.

CHEF HANNAH'S TIPS

Unsweetened oat milk is easiest to adapt • Works in cakes and hot drinks • Different brands can vary in thickness.



Whole Milk → Almond Milk

THE SMART SWAP

1 cup whole milk = 1 cup almond milk (1:1)

WHERE IT WORKS BEST

Light cakes, pancakes, drinks, porridge and mild creams.

WHAT CHANGES

A mild almond flavor and lighter consistency.

WHAT IT DOESN'T DO

Does not offer the same richness in recipes that need milk fat.

EXTRA TIP

Choose unsweetened versions whenever possible.

HOW TO MAKE THE SWAP

1. Read the original milk amount
2. Measure the almond milk
3. Shake well
4. Use the same proportion
5. Stir into the recipe
6. Check the texture
7. Adjust sweetness if necessary
8. Finish cooking.

CHEF HANNAH'S TIPS

Works well in delicate desserts • Look for unsweetened cartons • Almond milk is not suitable for people with almond allergies.



Heavy Cream → Lactose-Free Cream

THE SMART SWAP

1 carton = 1 carton (1:1)

WHERE IT WORKS BEST

Creamy sauces, stroganoff, fillings, mousses and creams.

WHAT CHANGES

Very similar richness and flavor with some brand variation.

WHAT IT DOESN'T DO

Not appropriate for people who must avoid dairy proteins.

EXTRA TIP

Use the same measure and adjust seasoning only if needed.

HOW TO MAKE THE SWAP

1. Check the required cream amount
2. Measure the lactose-free cream
3. Add to the preparation
4. Mix gently until combined
5. Check the texture
6. Taste and season
7. Finish the dish
8. Note the brand that works best.

CHEF HANNAH'S TIPS

Choose creamy, good-quality products • Works in sweet and savory dishes • Keep refrigerated after opening.



Regular Cream Cheese → Lactose-Free Cream Cheese

THE SMART SWAP

1 tbsp = 1 tbsp (1:1)

WHERE IT WORKS BEST

Cheesecakes, spreads, fillings, sauces and frostings.

WHAT CHANGES

Similar creaminess, with minor differences in flavor by brand.

WHAT IT DOESN'T DO

Still contains milk proteins.

EXTRA TIP

Choose firm brands for fillings that need to hold their shape.

HOW TO MAKE THE SWAP

1. Check the cream-cheese amount
2. Measure the same amount
3. Stir into the recipe
4. Check the creaminess
5. Adjust the flavor
6. Use in the dish
7. Keep chilled
8. Note the best brand.

CHEF HANNAH'S TIPS

Good for both sweet and savory preparations • Firmer varieties are better for stable fillings • Store in the refrigerator.



Regular Whipped Cream → Sugar-Free Whipped Cream

THE SMART SWAP

200 mL regular = 200 mL sugar-free (1:1)

WHERE IT WORKS BEST

Toppings, mousses, layered desserts, coffees and chilled sweets.

WHAT CHANGES

A similar airy texture with a less sweet finish.

WHAT IT DOESN'T DO

Does not sweeten an entire dessert if the recipe relies on sugar in the cream.

EXTRA TIP

Keep the bowl, beaters and cream very cold.

HOW TO MAKE THE SWAP

1. Measure the regular cream amount
2. Chill the sugar-free alternative
3. Pour into a chilled bowl
4. Whip at medium speed
5. Watch for soft or firm peaks
6. Use immediately to decorate
7. Taste the finished dessert
8. Refrigerate until serving.

CHEF HANNAH'S TIPS

Cold utensils help stability • Whip only until the desired texture is reached • Works best for chilled desserts and finishes.



Sugary Frosting → Sugar-Free Ganache

THE SMART SWAP

Use a similar amount; adjust thickness to the dessert

WHERE IT WORKS BEST

Cakes, pies, cupcakes, brownies and chilled desserts.

WHAT CHANGES

A richer chocolate flavor and a glossy, creamy finish.

WHAT IT DOESN'T DO

Not identical to hard or crunchy glazes.

EXTRA TIP

Adjust ganache consistency with unsweetened cream or coconut milk.

HOW TO MAKE THE SWAP

1. Check the required frosting amount
2. Make the sugar-free ganache
3. Evaluate its consistency
4. Warm gently if necessary
5. Spread over the dessert
6. Allow to set at room temperature or chilled
7. Check the glossy finish
8. Finish decorating.

CHEF HANNAH'S TIPS

Use quality sugar-free chocolate • Adjust liquid in small quantities • Cool slightly before spreading.



Regular Chocolate Sprinkles → Sugar-Free Sprinkles

THE SMART SWAP

1 tbsp regular = 1 tbsp sugar-free (1:1)

WHERE IT WORKS BEST

Chocolate truffles, cakes, cupcakes and decorated desserts.

WHAT CHANGES

Similar appearance with possible differences in sweetness and crunch.

WHAT IT DOESN'T DO

This is a topping swap, not a substitute for cake batter or filling.

EXTRA TIP

Choose a product with pleasant cocoa flavor.

HOW TO MAKE THE SWAP

1. Measure the original amount
2. Measure equal sugar-free sprinkles
3. Apply to the dessert
4. Coat evenly
5. Observe the texture
6. Add more for coverage if needed
7. Use in toppings and decorations
8. Store tightly closed.

CHEF HANNAH'S TIPS

Good for chocolate truffles • Store away from heat and moisture • Test several brands to find the flavor you like.



Honey → Liquid Culinary Sweetener

THE SMART SWAP

Start with less; sweetening strength varies by brand

WHERE IT WORKS BEST

Drinks, sauces, light toppings, yogurt and cold creams.

WHAT CHANGES

Provides sweetness without honey flavor and may reduce thickness.

WHAT IT DOESN'T DO

Does not provide honey's characteristic aroma or viscous texture.

EXTRA TIP

Add drops gradually, tasting as you go.

HOW TO MAKE THE SWAP

1. Check how much honey is required
2. Add a few drops of liquid sweetener
3. Stir until evenly mixed
4. Taste the sweetness
5. Add more drops if needed
6. Check the texture
7. Adjust the recipe if honey supplied body
8. Record your preferred amount.

CHEF HANNAH'S TIPS

Always check manufacturer directions • Do not assume every sweetener has the same strength • Use a gradual approach for more control.



Wheat Flour → Rice Flour

THE SMART SWAP

1 cup wheat flour ≈ 1 cup rice flour, with adjustments

WHERE IT WORKS BEST

Cakes, pancakes, pies and light coatings.

WHAT CHANGES

May create a lighter but somewhat drier or more delicate crumb.

WHAT IT DOESN'T DO

Alone, rice flour does not reproduce gluten elasticity in bread.

EXTRA TIP

For better texture, combine with starch or another gluten-free flour.

HOW TO MAKE THE SWAP

1. Check the wheat-flour amount
2. Measure equal rice flour
3. Sift if desired
4. Mix with dry ingredients
5. Check batter consistency
6. Add liquid if it seems too thick
7. Bake or cook normally
8. Assess the result.

CHEF HANNAH'S TIPS

Combine with cornstarch or tapioca starch for softer baking • Try smaller batches first • Gluten-free dough may need different hydration.



Wheat Flour → Almond Flour

THE SMART SWAP

Start with about ¾ cup almond flour per 1 cup wheat flour

WHERE IT WORKS BEST

Cakes, cookies, pies, pancakes and low-carb recipes.

WHAT CHANGES

Moister and denser texture with a gentle almond flavor.

WHAT IT DOESN'T DO

Not suitable as a one-to-one standalone swap in gluten-dependent dough.

EXTRA TIP

Combine with eggs or another flour for additional structure.

HOW TO MAKE THE SWAP

1. Check the wheat-flour amount
2. Measure about ¾ as much almond flour
3. Mix with dry ingredients
4. Add remaining ingredients
5. Watch batter moisture
6. Add structure if needed
7. Bake as usual
8. Check flavor and crumb.

CHEF HANNAH'S TIPS

Finely ground almond flour works best for cakes • Expect extra moisture • Use in recipes where an almond flavor is welcome.

SMART INGREDIENT SUBSTITUTION

Refined Sugar → Date Paste



IDEAL CONVERSION

1 cup sugar ≈ ¾–1 cup date paste

WHERE IT WORKS BEST

Moist cakes, brownies, bars, healthier chocolate sweets and fillings.

WHAT CHANGES

Adds moisture and caramel notes, creating a denser texture.

WHAT IT DOESN'T DO

Not ideal for meringues, clear syrups or preparations relying on sugar crystallization.

EXTRA TIP

Use soft, well-hydrated dates for a smooth paste.

HOW TO MAKE THE SWAP

1. Remove the date pits
2. Soak in warm water for 10 minutes
3. Drain and blend into a paste
4. Check how much sugar the recipe calls for
5. Start with ¾ of that amount in date paste
6. Mix with wet ingredients
7. Adjust liquids if the batter is too wet
8. Taste and adjust sweetness before finishing.

CHEF HANNAH'S TIPS

Very soft dates produce the smoothest paste • Cinnamon, vanilla and cocoa pair beautifully • Baked desserts may come out slightly darker.

SMART INGREDIENT SUBSTITUTION

Chocolate Hazelnut Spread → Sugar-Free Hazelnut Spread



IDEAL CONVERSION

Approximately 1:1 for most fillings and toppings

WHERE IT WORKS BEST

Fillings, toppings, pancakes, crepes, cakes and chilled desserts.

WHAT CHANGES

Keeps the creamy texture, but sweetness and cocoa intensity vary by brand.

WHAT IT DOESN'T DO

Do not assume all sugar-free products have the same thickness as regular spread.

EXTRA TIP

Choose products with hazelnuts listed among the first ingredients.

HOW TO MAKE THE SWAP

1. Check the recipe quantity
2. Choose a quality sugar-free spread
3. Start with the same amount
4. Stir thoroughly before using
5. Add to the filling or topping
6. Taste cocoa intensity
7. Adjust sweetness if needed
8. Close the container tightly after use.

CHEF HANNAH'S TIPS

Choose hazelnut-rich spreads • Warm gently if the paste is very firm • For a lighter filling, mix with unsweetened cream.

SMART INGREDIENT SUBSTITUTION

Traditional Caramel → Allulose Syrup

IDEAL CONVERSION

Start with the same weight of allulose; adjust to consistency

WHERE IT WORKS BEST

Flans, custards, cheesecakes, sauces and caramelized desserts.

WHAT CHANGES

Browns and caramelizes better than many sweeteners and may develop color faster.

WHAT IT DOESN'T DO

Avoid excessively high heat: allulose can darken before regular sugar.

EXTRA TIP

Measure everything before starting because color can change quickly.

HOW TO MAKE THE SWAP

1. Weigh the allulose
2. Use a light-colored pan to monitor color
3. Heat on low to medium
4. Stir just until dissolved
5. Watch the color change
6. Lower the heat when golden
7. Carefully add liquid if the recipe calls for it
8. Use immediately or cool as directed.

CHEF HANNAH'S TIPS

Measure all ingredients before heating • Browning can accelerate near the end • Test a new brand in a small batch.

SMART INGREDIENT SUBSTITUTION

Wheat Flour → Sweet Tapioca Starch



IDEAL CONVERSION

Not a universal 1:1 swap; use in suitable recipes and blends

WHERE IT WORKS BEST

Cheese breads, cookies, light batters, pancakes and gluten-free blends.

WHAT CHANGES

Adds stretch and a lighter texture, but not wheat gluten structure.

WHAT IT DOESN'T DO

Do not use it alone in bread or cakes that depend heavily on wheat flour.

EXTRA TIP

An excellent ingredient for lightening gluten-free flour blends.

HOW TO MAKE THE SWAP

1. Identify the purpose of wheat flour in the recipe
2. Measure the tapioca starch
3. Replace only part of the flour initially
4. Combine with rice flour or oat flour
5. Mix the dry ingredients
6. Add liquids gradually
7. Assess stretch and consistency
8. Adjust the blend next time based on results.

CHEF HANNAH'S TIPS

Great for lighter gluten-free baking • Blend with sour tapioca starch when expansion is desired • Sift before mixing to prevent lumps.

SMART INGREDIENT SUBSTITUTION

Wheat Flour → Oat Flour + Tapioca Blend

IDEAL CONVERSION

For each 1 cup wheat flour: ¾ cup oat flour + ¼ cup tapioca starch

WHERE IT WORKS BEST

Simple cakes, pancakes, muffins, pies and quick breads.

WHAT CHANGES

Oat flour adds body and fiber, while tapioca starch gives softness.

WHAT IT DOESN'T DO

Does not perfectly reproduce gluten in long-fermented bread dough.

EXTRA TIP

Use certified gluten-free oats if gluten must be avoided.

HOW TO MAKE THE SWAP

1. Measure the wheat flour amount
2. Measure ¾ of the amount in oat flour
3. Add ¼ of the amount in sweet tapioca starch
4. Mix both powders very well
5. Sift if you want a finer texture
6. Use the mixture in the recipe
7. Adjust liquids gradually
8. Record the result for later use.

CHEF HANNAH'S TIPS

Use certified gluten-free oat flour when necessary • A small amount of xanthan gum may improve structure • Best in quick-bake recipes.

SMART INGREDIENT SUBSTITUTION

Lasagna Sheets → Thin Zucchini Slices



IDEAL CONVERSION

Replace layer for layer; the amount varies by pan size

WHERE IT WORKS BEST

Lasagna, open cannelloni and layered gratins.

WHAT CHANGES

Creates a lighter, moister dish with a mild vegetable flavor.

WHAT IT DOESN'T DO

Raw, thick slices can release too much water in the oven.

EXTRA TIP

Use a mandoline or vegetable slicer for even thickness.

HOW TO MAKE THE SWAP

1. Wash and dry the zucchini
2. Slice lengthwise
3. Lightly salt and let stand
4. Pat excess water away
5. Grill briefly if you want firmer slices
6. Assemble layers with sauce and filling
7. Avoid overly liquid sauces
8. Bake and rest before slicing.

CHEF HANNAH'S TIPS

Even slices help the lasagna cook consistently • Thicker sauces work better • There is no need to peel the zucchini.

SMART INGREDIENT SUBSTITUTION

Wheat Pasta → Gluten-Free Pasta



IDEAL CONVERSION

1:1 by dry weight

WHERE IT WORKS BEST

Pasta with tomato, cream or pesto sauces and cold pasta salads.

WHAT CHANGES

Similar overall taste, but cooking time and firmness vary by flour type.

WHAT IT DOESN'T DO

Avoid overcooking: many gluten-free pastas soften quickly.

EXTRA TIP

Corn- and rice-based pasta generally have a milder flavor.

HOW TO MAKE THE SWAP

1. Check the pasta weight
2. Measure the same dry weight of gluten-free pasta
3. Bring plenty of water to a boil
4. Salt the boiling water
5. Cook for the package time
6. Stir during the first minutes
7. Drain as soon as al dente
8. Toss with the sauce immediately.

CHEF HANNAH'S TIPS

Corn and rice pasta are usually mild tasting • Save some cooking water to adjust the sauce • Serve promptly for the best texture.

SMART INGREDIENT SUBSTITUTION

Heavy Cream → Full-Fat Coconut Milk



IDEAL CONVERSION

Approximately 1:1 in many sauces, creams and desserts

WHERE IT WORKS BEST

Mousses, creams, sauces, curries, fillings and tropical desserts.

WHAT CHANGES

Keeps a creamy texture but contributes noticeable coconut flavor.

WHAT IT DOESN'T DO

May not suit delicate dishes needing a neutral dairy taste.

EXTRA TIP

Full-fat coconut milk is usually creamier than low-fat versions.

HOW TO MAKE THE SWAP

1. Check the amount of heavy cream
2. Shake the coconut milk well
3. Start with the same quantity
4. Mix into the recipe
5. Warm gently when necessary
6. Check consistency
7. Adjust salt, sugar or acidity
8. Finish and evaluate the coconut flavor.

CHEF HANNAH'S TIPS

Use full-fat versions for richer results • Vanilla and citrus balance coconut in desserts • Ginger and herbs work well in savory sauces.

SMART INGREDIENT SUBSTITUTION

Mayonnaise → Ricotta Cream



IDEAL CONVERSION

Approximately 1:1 in spreads, salads and cold fillings

WHERE IT WORKS BEST

Sandwich spreads, chicken salads, cold sauces and creamy fillings.

WHAT CHANGES

Less oily, with a firmer texture and delicate dairy taste.

WHAT IT DOESN'T DO

Not identical in recipes requiring mayonnaise's precise fat content or emulsion.

EXTRA TIP

Choose a lactose-free ricotta spread if needed.

HOW TO MAKE THE SWAP

1. Check the mayonnaise amount
2. Select a smooth ricotta cream
3. Start with the same volume
4. Mix with the other ingredients
5. Add lemon or mustard for more acidity
6. Adjust salt and herbs
7. Add a splash of milk if too firm
8. Keep refrigerated until serving.

CHEF HANNAH'S TIPS

Parsley, green onion and mustard enhance the flavor • Excellent for cold chicken and tuna fillings • Choose lactose-free ricotta cream if appropriate.

SMART INGREDIENT SUBSTITUTION

Egg → Mashed Banana or Applesauce



IDEAL CONVERSION

1 egg ≈ ¼ cup mashed banana or applesauce

WHERE IT WORKS BEST

Cakes, muffins, brownies and quick breads.

WHAT CHANGES

Adds moisture and binding, leaving a softer, slightly denser crumb.

WHAT IT DOESN'T DO

Not appropriate for omelets, meringues or recipes where eggs provide major aeration.

EXTRA TIP

Banana has a stronger flavor; applesauce tastes more neutral.

HOW TO MAKE THE SWAP

1. Count the eggs in the recipe
2. Choose banana or applesauce
3. Measure ¼ cup for each egg
4. Mash or blend until smooth
5. Add to wet ingredients
6. Combine with the dry ingredients
7. Check batter consistency
8. Bake and evaluate taste and texture.

CHEF HANNAH'S TIPS

Use for one or two eggs in simple baked recipes • Cinnamon and vanilla pair well with either option • Choose applesauce for the most neutral flavor.