Revive & Sustain
WELLNESS

Cooking Ingredient Substitution List

From	To
White flour breads and pastas	Whole grain breads and pastas, quinoa and flaxseed pastas, almond flour pasta
White rice	Brown rice, quinoa and barley
Cornstarch as thickening agent for sauces, soups, smoothies	Xanthan gum
Cornstarch as thickening agent in dairy-based foods	Guar gum- mostly used to thicken ice cream, yogurt, cottage cheese and kefir
Cornstarch as thickening agent for stews, sauces and soups	Coconut flour
White flour	Wheat flour, quinoa flour, flax flour, almond flour
Cornstarch as a thickening agent for baking	Psyllium husk
Vegetable oil in baked goods	No sugar added apple sauce, coconut oil, olive oil, avocado oil and butter
Vegetable oil in cooking	Butter, olive oil, avocado oil and nut oils
Traditional tortillas	Low carb tortillas, low carb wraps, lavash bread or homemade tortillas made from quinoa flour
Sweeteners for 1:1 baking	Monk fruit and allulose
Sweeteners for drinks	Stevia, monk fruit, allulose, erythritol and xylitol