

canola oil baking substitution

If a recipe calls for this much solid fat...try making it with this much canola oil.

Solid Fat		Canola Oil
1 cup (250 mL)	>	$\frac{3}{4}$ cup (175 mL)
$\frac{3}{4}$ cup (175 mL)	>	$\frac{2}{3}$ cup (150 mL)
$\frac{1}{2}$ cup (125 mL)	>	$\frac{1}{3}$ cup (75 mL)
$\frac{1}{4}$ cup (50 mL)	>	3 Tbsp (45 mL)
1 Tbsp (15 mL)	>	2 tsp (10 mL)
1 tsp (5 mL)	>	$\frac{3}{4}$ tsp (4 mL)

Not only will you eliminate trans and reduce saturated fats – you will also reduce the total amount of fat in the recipe by about 20 to 25%!

This conversion works well for cake, loaf and muffin recipes.