## ACID-BASE EQUIVALENCES

<table>
<thead>
<tr>
<th>Base</th>
<th>Acid: The following ingredients will be neutralized by ½ teaspoon Baking Soda</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ teaspoon Baking Soda</td>
<td>1 teaspoon Cream of Tartar</td>
</tr>
<tr>
<td>Bicarbonate of Soda</td>
<td>1 cup sour milk</td>
</tr>
<tr>
<td>Sodium Bicarbonate</td>
<td>1 cup buttermilk</td>
</tr>
<tr>
<td>NaHCO₃</td>
<td>1 cup applesauce</td>
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<td></td>
<td>1 cup mashed bananas</td>
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<tr>
<td></td>
<td>1 cup tart jam</td>
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<tr>
<td></td>
<td>1 cup yogurt</td>
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<td></td>
<td>½ cup molasses</td>
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<tr>
<td></td>
<td>1 tablespoon vinegar</td>
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<tr>
<td></td>
<td>1 tablespoon lemon juice</td>
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</tbody>
</table>

## MILK AND BAKING POWDER ACID-BASE EQUIVALENCES

<table>
<thead>
<tr>
<th>1 cup sour milk</th>
<th>1 cup sweet milk + 1 of the following:</th>
</tr>
</thead>
<tbody>
<tr>
<td>or</td>
<td>1 to 1-1/4 teaspoon Cream of Tartar</td>
</tr>
<tr>
<td>or</td>
<td>1 tablespoon vinegar</td>
</tr>
<tr>
<td>or</td>
<td>1 tablespoon lemon juice</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>1 cup sour milk</th>
<th>1 cup sweet milk + 2 teaspoons baking powder</th>
</tr>
</thead>
<tbody>
<tr>
<td>+ ½ teaspoon baking soda</td>
<td></td>
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<tr>
<td>or</td>
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<tr>
<td>or</td>
<td></td>
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<tr>
<td>or</td>
<td></td>
</tr>
</tbody>
</table>

| 1 teaspoon cream of tartar | 2 teaspoons baking powder * |
| + ½ teaspoon baking soda |                             |

*Each 2 teaspoons of baking powder has ½ teaspoon cornstarch filler.