



# Canola oil baking substitution chart

**If a recipe calls for this much solid fat, melted...  
use this much canola oil:**

Solid Fat, Melted			Canola Oil	
1 cup	(250 mL)	▶	3/4 cup	(175 mL)
3/4 cup	(175 mL)	▶	2/3 cup	(150 mL)
1/2 cup	(125 mL)	▶	1/3 cup	(75 mL)
1/4 cup	(50 mL)	▶	3 Tbsp	(45 mL)
1 Tbsp	(15 mL)	▶	2 tsp	(10 mL)
1 tsp	(5 mL)	▶	3/4 tsp	(4 mL)

**This conversion works well for most baked goods and can even make them moister with a softer texture.**

**Ideal for cakes, loaves & muffin recipes.**

If you're looking to reduce the saturated fat in your baked goods, try substituting canola oil for solid fats like butter, shortening, or lard. Canola oil is especially great for cakes and muffins, and it's a quick and easy substitution that doesn't require any softening or melting.

To make the switch, use  $\frac{3}{4}$  cup of canola oil for every 1 cup of melted butter in your recipe. Just keep in mind that if you do a straight conversion, you may need to slightly reduce one of the other liquid ingredients in the recipe to maintain the consistency of your dough or batter.

**Note: If your recipe uses solid fat as a leavener, as in some cookie recipes, this substitution may not work as well.**