

Canola oil baking substitution chart

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

Solid Fat		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 and 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.

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