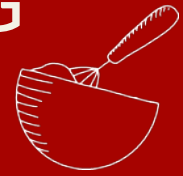


HEALTHY BAKING SUBSTITUTES



HEALTHIER BAKING OPTIONS FOR THE NEW YEAR

OIL/BUTTER



APPLESAUCE

Substitute for oil
Substitute on a 1:1 ratio
Product may be slightly sweeter because of the natural sweetness in apples
Can also substitute for eggs & sugar

GREEK YOGURT

Substitute for butter
For every cup of butter substitute 1/2 cup of Greek yogurt
Use whole milk version for better outcome



COCONUT OIL

Substitute for butter
Substitute on a 1:1 ratio
Same melting qualities as butter
Used in large amounts can give a coconut flavor

SUGAR/ BROWN SUGAR



HONEY

Substitute for sugar
For every cup of sugar use 1/2-2/3 cup honey
Reduce liquid in recipe by 1/4 cup for every 1 cup of honey
Reduce baking temperature by 25 degrees

AGAVE

Substitute for sugar
For every cup of sugar use 2/3 cup of agave
Reduce liquid in recipe by 2/3 cup for every 1 cup of agave
Reduce baking temperature by 25 degrees and baking time by a few minutes.



COCONUT SUGAR

Substitute for brown sugar
Substitute on a 1:1 ratio
Expect a drier end product



Simple Recipes for Everyday Families