

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

practically
homemade

