

Healthy Recipe Substitutions:

BAKING

From breakfast to dessert, it's no secret we're fans of making our food healthier. Here are our favorite baking substitutions to help cut back on some of that unnecessary sugar and fat to make healthy, hearty, and delicious baked goods.

FLOUR & STARCH



WHERE IT WORKS: Brownies



WHERE IT WORKS: Cookies, sweet breads, cakes

Nut flours are much heavier than other baking flours, so when substituting, go 1/4 cup at a time, or add extra rising agent (baking powder or soda) to account for the extra weight.



WHERE IT WORKS: Any type of baking! Cookies, brownies, breads



WHERE IT WORKS: Pancakes, cookies, cakes

BAKER BEWARE: Using more than 1/2 cup at a time could allow the flour's bitterness to take over. You may also need to reduce baking time, so keep an eye on the oven!

That extra fiber can help aid digestion and may even lower the risk of diabetes and heart disease.



WHERE IT WORKS: Rice Krispies treats, as a coating on baked chicken



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Brown puffed rice has the same texture as conventional puffed white rice, but with half the calories.



SUGAR



WHERE IT WORKS: Lots of things! Especially oatmeal cookies.

While a cup of unsweetened applesauce contains only about 100 calories, a cup of sugar can pack in more than 770 calories!



WHERE IT WORKS: Cookies, cakes, sweet breads, brownies

Assuming the recipe originally calls for one cup of sugar, this swap cuts almost 400 calories out!



WHERE IT WORKS: Cookies, cakes, sweet breads

Watch the grocery bill — this natural sweetener may be 300x sweeter than sugar, but can also cost up to 5 times more.



FAT



WHERE IT WORKS: Any sweet bread (think banana or zucchini) or muffins. Even with pre-boxed mixes!



WHERE IT WORKS: Dark baked goods (brownies, chocolate cookies and cakes)



WHERE IT WORKS: Brownies and chocolate cookies

They're both fats and have nearly the same consistency at room temperature. Avocado's creaminess and subtle flavor are a great sub for heavy butter.



WHERE IT WORKS: Muffins, cakes, cookies, anything with a strong nutty flavor



WHERE IT WORKS: Brownies, Cookies

The consistency is ideal, and the bananas add nutrients like potassium, fiber, and vitamin B6.



WHERE IT WORKS: Muffins, cakes, breads

WHY: They're packed with potassium and a good dose of protein (4g/2 tablespoons). (Note: it's best to only sub about half of the butter in a recipe with chia. So start there!)

EGGS



WHERE IT WORKS: Muffins, cakes, and cookies — pretty much anything.



WHERE IT WORKS: Muffins, cakes, cookies

We don't suggest substituting chia for butter and eggs in the same recipe!



FILLINGS N' TOPPINGS



WHERE IT WORKS: On cakes, cupcakes, and cookies

While two tablespoons of marshmallow has just 40 calories and 6 grams of sugar (and no fat!), the same amount of conventional frosting can add up to 100 calories, 14 grams of sugar, and 5 grams of fat.



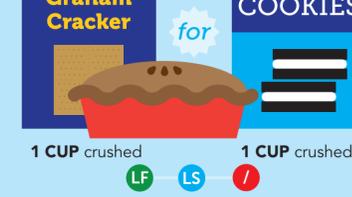
WHERE IT WORKS: On cakes, cupcakes, and cookies

Made from just egg whites and sugar, meringue can be a great fat-free substitution for traditional frosting. Lightly charring the edges of the meringue can add a nice caramelized flavor.



WHERE IT WORKS: Anything! Sandwiches, cookies, PB brownies

WHY: While Skippy or Jiff, reduced-fat versions of peanut butter can actually have more sugar — and an extra-long list of artificial additives — than the classics.



WHERE IT WORKS: Any type of pie

WHY: Who doesn't love a fresh baked cookie-crust pie? Next time, refrain from the traditional cookie or Oreo cookie crust and grab the graham crackers. Reduced-fat graham crackers offer the same consistency and flavor with about half the calories of the conventional options.



WHERE IT WORKS: Whipped cream, cakes, scones, and biscuits

WHY: It's the same consistency with a fraction of the fat. Evaporated milk tends to have a bit more in fat content is well worth the switch!



WHERE IT WORKS: Cookies, cakes, breads

WHY: These less-processed morsels cut the additives and added sugar in chocolate while also delving out a healthy dose of antioxidants.

- A ANTIOXIDANTS
- I CUTS CALORIES
- O OMEGA-3S
- GF GLUTEN FREE
- LC LOW CARB
- LF LOW FAT
- LS LOW SUGAR
- F FIBER
- P PROTEIN
- V VEGAN

Greatist

- <http://www.greatist.com/health/fuss-over-flaxseed>
- <http://www.greatist.com/health/superfood-chia>
- <http://www.mayoclinic.com/health/fiber/NU00033>
- <http://www.greatist.com/health/sugar-alternatives/>
- <http://nutritiondata.self.com/facts/sweets/5592/2>
- <http://www.mayoclinic.com/health/flaxseed/AN01258>
- <http://www.babble.com/best-recipes/gluten-freeblack-bean-brownies/>
- <http://www.mayoclinic.com/health/fiber/NU00033>
- <http://www.delish.com/recipefinder/applesauce-cookies-recipes-sugar-free>
- <http://www.elanaspantry.com/butter-cookies/>
- <http://www.mayoclinic.com/health/fat/NU00262>
- <http://www.thesimplelens.com/2011/05/byeeee-byeeee-brownie/>
- <http://www.mayoclinic.com/health/flaxseed/AN01258>
- <http://nutritiondata.self.com/facts/sweets/5592/2>
- <http://www.elanaspantry.com/ingredients/blanched-almond-flour/>