

Healthy Holiday Baking Swaps

Try out these healthy baking substitutes for those yummy holiday meals. Cut out this table and put it on the fridge to remind you to make these healthy swaps when baking.

Ingredient	Amount	Substitution
Butter or oil	1 cup	<ul style="list-style-type: none"> • 2/3 cup apple sauce • 1 cup puree beans • 1 cup mashed banana
Buttermilk	1 cup	<ul style="list-style-type: none"> • 1 tablespoon lemon juice or vinegar with enough non fat milk to make 1 cup • 1 cup plain yogurt
Chocolate Chips	1 cup	<ul style="list-style-type: none"> • 1 cup dried fruit or chopped nuts • 1 cup cacao nibs
Corn syrup	1 cup	<ul style="list-style-type: none"> • 1 cup honey, maple syrup, or agave nectar
Cream Cheese	1 cup	<ul style="list-style-type: none"> • 1 cup pureed cottage cheese or plain yogurt
Egg	1 large	<ul style="list-style-type: none"> • 2 egg whites • 1/4 cup egg substitute
All Purpose Flour	1 cup	<ul style="list-style-type: none"> • 1/2 cup cake flour & 1/2 cup whole wheat flour • 1 cup coconut flour
Half & Half	1 cup	1 cup evaporated skim milk
Heavy Cream	1 cup	<ul style="list-style-type: none"> • 1/2 cup low fat yogurt & 1/2 cup cottage cheese
Mayonnaise	1 cup	<ul style="list-style-type: none"> • 1 cup plain yogurt
Sour cream	1 cup	<ul style="list-style-type: none"> • 1 cup plain yogurt or low fat Greek yogurt
White Granulated Sugar	1 cup	<ul style="list-style-type: none"> • 2/3 cup agave nectar, then reduce liquid in recipe by 1/4 cup

