

Healthy Recipe Substitutions

INSTEAD OF ...	TRY ...
An egg	<ul style="list-style-type: none">▶ Two egg whites▶ 1 tbsp. ground flax seed + 3 tbsp. water▶ ¼ cup egg substitute
All-purpose flour	<ul style="list-style-type: none">▶ Half whole wheat flour, half all-purpose flour▶ Whole wheat pastry flour (1:1 ratio)
Sugar	<ul style="list-style-type: none">▶ Splenda® Granular (1:1 ratio)▶ Splenda® Baking (½:1 ratio)
Brown sugar	<ul style="list-style-type: none">▶ Splenda® Brown Sugar (½:1 ratio)
Oil, butter, margarine	<ul style="list-style-type: none">▶ 1 tbsp. ground flax seed + 3 tbsp. water (3:1 Ratio)▶ Unsweetened applesauce (1:1 ratio)▶ Plain non-fat yogurt (1:1 ratio)▶ Canned pumpkin (1:1 ratio)▶ Decreasing fat amount by half and replace with fruit puree or yogurt▶ Using only ½ fat amount in recipe
Evaporated whole milk	<ul style="list-style-type: none">▶ Evaporated skim milk
Sour cream	<ul style="list-style-type: none">▶ Non-fat sour cream▶ Light sour cream▶ Greek-style plain yogurt
Regular cheese	<ul style="list-style-type: none">▶ Fat-free cheese▶ Light or 2 percent cheese
Chocolate chips	<ul style="list-style-type: none">▶ ½ amount of mini chocolate chips
Bacon/sausage	<ul style="list-style-type: none">▶ Turkey bacon▶ Turkey sausage▶ Canadian bacon▶ Soy sausage crumbles or patties

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Mayonnaise or salad dressing	<ul style="list-style-type: none">▶ Light or nonfat versions
Heavy cream	<ul style="list-style-type: none">▶ Equal parts half and half and fat-free evaporated milk
Cream cheese	<ul style="list-style-type: none">▶ Nonfat cream cheese▶ Laughing Cow® Light Cheese Wedges▶ Light cream cheese
Bread crumbs	<ul style="list-style-type: none">▶ Ground high-fiber cereal (Fiber One®)▶ Ground high-fiber crackers▶ Ground whole-grain breads
Ground beef	<ul style="list-style-type: none">▶ Ground turkey breast▶ Meatless soy crumbles
Whole milk	<ul style="list-style-type: none">▶ 1 percent milk▶ Skim milk▶ Light almond milk▶ Light soy milk
Peanut butter	<ul style="list-style-type: none">▶ PB2®▶ Better Than Peanut Butter▶ Natural peanut butter
Powdered sugar (for dusting)	<ul style="list-style-type: none">▶ 1 cup Splenda® + 1 tbsp. cornstarch. Blend in blender for 1 minute, scraping as needed.
Salt (for seasoning)	<ul style="list-style-type: none">▶ Mrs. Dash®▶ Fresh herbs▶ Dried herbs