



Alternative Ingredients

Often recipes have many ingredients that might not promote longterm wellness. While it is alright to occasionally have these recipes, on the day-to-day it is more nourishing to make substitutions that promote a nutrient dense recipe and supports long-term wellness. Try these substitutions and let us know what you think.

DAIRY

Cream

Cheese

Butter

TRY THE REDUCED OR LOW -FAT ALTERNATIVES

Low-fat, fat-free half and half

Low-fat or fat free cheese equivalent

Vegetable oil, or for baking Applesauce or mashed banana at have the amount the recipe calls for, avocado can work,- but is best in dark mixes, use cooking spray for non-stick, many recipes can get by with half the butter called for in the recipe

Skim, low-fat or fat-free , or dairy alternative

Milk

Fat-free or low-fat, plain or low-fat yogurt

Sour Cream

Two egg whites or 1/4 cup of egg substitute,
1TBSP chia seeds in 3 TBSP water, allow to gel before using as egg substitute

EGGS

FAT

Oil

Applesauce at half the amount that the recipe calls for in baking, many recipes can use half the fat called for in the recipe.

SUGAR

Typically you can reduce the baking sugar amount by 1/4 what the recipe calls for, or use stevia baking as an alternative

GRAINS

Use whole grain options, for baking use whole gain flour for 2/3 the recipe amount and the remaining as white flour