



# 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.

## TRY THE REDUCED OR LOW -FAT ALTERNATIVES

### DAIRY

Cream

Cheese

Butter

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 grain flour for 2/3 the recipe amount and the remaining as white flour