

BAKING SWAPS: THIS THAT



OVERVIEW:

Whether it's a warm cookie or a large piece of pie, dessert is always a crowd favorite. Although tasty, baked goods can do a number on our waistlines—and our overall health.

Follow this guide for baking ingredient swaps that will help you save calories without having to sacrifice taste.

WHAT'S INCLUDED:

- **Common Baking Swaps Guide**
Print out this guide, and hang it in your kitchen for easy reference.

INGREDIENT:	SWAP WITH:
Sugar 1 cup	Natural Honey 2/3 cup
Oil 1 cup	Greek Yogurt 3/4 cup
Eggs 1 egg	Banana 1 banana
Butter 1 cup	Avocado 1 cup
White Flour 1 cup	Whole Wheat Flour 1 cup
Heavy Cream 1 cup	Evaporated Skim Milk 2/3 cup
Frosting 1 cup	Meringue 3/4 cup
Peanut Butter 1 cup	Natural Almond Butter 1 cup
Butter 1 cup	Pumpkin Puree 3/4 cup
Chocolate Chips 1 cup	Cacao Nibs 1 cup

KEY
 ----- - cut along edge