

Healthy Baking Substitutions

<u>Instead Of</u>	<u>Use This</u>	<u>When</u>
All purpose flour	Whole wheat flour	Cookies, general purpose
All purpose flour	Whole wheat pastry flour	Cakes, pie crusts
Butter	1/2 Butter + 1/2 Applesauce	Apple flavor complements
Butter	1/2 Butter + 1/2 Banana	Banana flavor complements
Butter	1/2 Butter + 1/2 Plain Yogurt	Neutral flavor & melted ok
Brown sugar	Turbinado sugar	Always
White sugar	Turbinado	Brown sugar flavor ok
White sugar	Evaporated Cane Juice	White sugar flavor needed
White sugar	Raw Honey or Agave	Flavors complement
Corn syrup	Light molasses, honey, agave	Flavors complement
Shortening	Butter	Always
Veg Oil	Safflower oil or light olive oil	Always (olive oil if flavor ok)
Eggs	Omega-3 enhanced eggs	Always
2 eggs	1 egg and 2 egg whites	Always
Sour cream	Plain yogurt	Always (though not sour)
Chocolate chips	Dark chocolate chips	Always
Chocolate chips	Raw nuts / dried fruits	Cookies, breads, brownies
<i>Easy addition</i>	Flax seed meal (2-8 T)	

The Healthy Pantry provides an easier, healthier answer to “What’s for Dinner?” by doing the time-consuming “prep” and providing wholesome, nutritious, and tasty ingredients to mix with an item or two from your fridge.



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