

Simple Substitutions for Healthier Recipes

Instead Of...	Try This!
Butter or oil (in baked goods)	Unsweetened applesauce or mashed banana
Cheese (full-fat)	Cheese (reduced-fat)
Cream or whole milk	Low or non-fat milk
Cream cheese (full-fat)	Cream cheese (low-fat)
Coconut milk (full-fat)	Coconut milk (lite)
Egg	2 egg whites or 1 flax egg (1 Tbsp ground flaxseed + 3 Tbsp water)
Ground meat	Lean ground beef, turkey, or chicken
Meat	Beans, Chickpeas, or
Sugar	Lentils 1/2 the amount of sugar called for
Sour cream or mayo	Plain, non-fat greek yogurt