



Trim some of the calories from  
your favorite holiday sweets.

## Healthy Baking Substitutes

### Instead of:

Butter, margarine, shortening or oil used as ingredient (1 cup)

Buttermilk (full fat)

Chocolate (milk or white)

Cream

Cream cheese (full fat)

Eggs (1 egg)

Flour, all-purpose

Frosting

Fruit canned in heavy syrup

Fudge sauce

Milk, evaporated

Milk, whole

Sour cream (full fat)

Sweetened condensed milk (full fat)

White or brown sugar

### Substitute:

½ cup of the called-for fat +  
½ cup applesauce or low-fat yogurt

Low-fat or fat-free buttermilk OR plain yogurt

Dark chocolate

Evaporated skim milk

Low-fat or fat-free cream cheese  
OR pureed low-fat cottage cheese

Two egg whites

Whole-wheat flour for half of the called-for flour  
+ all-purpose white flour for the other half

Pureed fruit OR "dust" with powdered sugar

Fresh fruit OR fruit canned in water or its own juice

Chocolate syrup

Evaporated fat-free milk

Low-fat or fat-free milk

Low-fat or fat-free sour cream OR plain low-fat Greek yogurt

Low-fat or fat-free sweetened condensed milk

Use half the called-for amount in cake and cookie recipes

Unless otherwise noted, use the same amount of the substitute as the recipe calls for the original ingredient.