



Healthy Ingredient Substitutions

Bread Crumbs	For 1 cup: <ul style="list-style-type: none">• 1 cup rolled oats. By doing this you cut the calories in half and add extra fiber.• 1 cup ground whole wheat croutons• 1 cup whole grain chips• 1 cup whole wheat saltine crackers• 1 cup whole wheat pretzels
Butter	For 1 cup: <ul style="list-style-type: none">• 1 cup prune puree. Doing this cuts the calories in half, eliminates most of the fat, and adds fiber. Try a DIY method by blending 3/4 cup of pitted prunes with 1/4 cup hot water until smooth.
Buttermilk	For 1 cup: <ul style="list-style-type: none">• 1 tablespoon of white vinegar or lemon juice + enough milk to measure 1 cup. Stir, then let stand for 5 minutes.
Cream	For 1 cup: <ul style="list-style-type: none">• Use equal amount of pureed sweet potato. You still get a rich flavor, but with the sweet potato at 130 calories compared to a 1/2 cup of cream at 400 calories, you tell us which is the better option.
Cream Cheese	For 1 cup: <ul style="list-style-type: none">• Use low-fat cottage cheese. Use a food processor to get the lumps out. Not only will you not be able to tell the difference, but you'll eat less fat, fewer calories, and more protein this way.
Eggs	For 1 egg: <ul style="list-style-type: none">• 1/3 cup mashed banana. You'll cut fat in the recipe from 5 grams to only 1 gram.
Flour	For 1 cup: <ul style="list-style-type: none">• 1 cup black bean puree (rinse and drain beans before pureeing). This is a good option for those who are gluten-free, and you'll cut out up to 200 calories. Since the color will change, try this in a cake or brownie recipe.
Mayonnaise	For 1 cup: <ul style="list-style-type: none">• 1 cup plain Greek yogurt. The difference in calories is amazing. Even light mayo has 3 times the calories and 11 times the fat of Greek yogurt.
Oil	For 1 cup: <ul style="list-style-type: none">• 1 cup unsweetened applesauce. You'll cut 100 calories. Using applesauce adds a nice consistency and a hint of sweetness without the extra fat.
Sugar	For 1 cup: <ul style="list-style-type: none">• Use half the sugar if you're making baked goods and add vanilla, nutmeg, or cinnamon to intensify the sweetness.

