



12/16/13

**How to Bake Healthier**

- Use fruit, fruit juice, and citrus zest to sweeten up your food
- Use unsweetened applesauce, yogurt, or pumpkin puree in place of oil.
- Experiment with lower fat milk, buttermilk, whipped topping, half-and-half, cream cheese, cottage cheese, ricotta cheese, or yogurt in place of what is called for in the recipe
- Substitute lite almond or soy milk in place of cow's milk.
- Replace one-third to one-half of all-purpose flour called for in a recipe with whole-wheat flour.
- Use oil in place of melted margarine or butter.
- Substitute Egg Beaters in place of eggs
- Use a few tablespoons of oat-bran hot cereal in place of flour to add fiber to your baked goods.

Reference <http://www.nutrition411.com/education-materials/dining-out-holidays-and-special-occasions/item/29131-baking-tips-for-healthier-foods>

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