

HEALTHY KITCHEN SWAPS

A guide for healthy swaps for your favorite recipes

SWEETENERS

1 cup Sugar	2/3 cup Agave Nectar
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NOTE: Reduce liquids by 1/4 cup in recipe
Reduce oven temp by 25 degrees F
Increase baking time by one minute for every 15 minutes

1 cup Sugar	1 cup Unsweetened Applesauce
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NOTE: For every cup of applesauce reduce liquids in the recipe by 1/4 cup.

1 cup Sugar	1/4 cup Honey
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NOTE: Reduce liquids by 2 to 4 tablespoons in recipe
Reduce oven temp by 25 degrees F
Add a pinch of baking soda

1 cup Sugar	3/4 cup Pure Maple Syrup
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NOTE: Reduce liquids by 3 tablespoons in recipe
Reduce oven temp by 25 degrees F
Add a 1/4 teaspoon of baking soda for every cup of syrup

FATS & OILS

1 cup Butter	1/4 cup Greek Yogurt + 1/2 cup Butter
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1 cup Butter	3/4 cup Coconut Oil
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1 cup Butter	3/4 cup Pumpkin Puree
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1 cup Butter	1 cup Unsweetened Applesauce
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1 cup Butter or Oil	1 cup Mashed Banana
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1 cup Oil	1 cup Unsweetened Applesauce
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1 cup Oil	3/4 cup Greek Yogurt
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1 cup Mayo	1 cup Greek Yogurt
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1 Large Egg	1/4 cup Unsweetened Applesauce
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1 Large Egg	2 Egg Whites
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NOTE: For every cup of applesauce reduce liquids in the recipe by 1/4 cup.

DAIRY

1 cup Milk	1 cup Unsweetened Almond Milk
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1 cup Sour Cream	1 cup Greek Yogurt
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1 cup Cream Cheese	1 cup Greek Yogurt
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1 cup Buttermilk	2/3 cup Greek Yogurt + 1/3 cup Milk
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1 cup Heavy Cream	1 cup Evaporated Milk
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MISCELLANEOUS

1 cup White Flour	7/8 cup Whole Wheat Flour
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Chocolate Chips	Cacao nibs
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Frosting	Meringue or Marshmallow Fluff
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1 cup Reduced Fat Peanut Butter	1 cup Natural Peanut Butter
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