

# Healthy Baking Tips and Tricks

- Replace  $\frac{1}{2}$  the sugar in baked goods with Splenda. You won't know a difference!
- Reduce sugar in drop-cookie recipes by  $\frac{1}{4}$  cup. You should not taste a significant difference, especially if you add dried fruits for flavor.
- When making cookies and muffins, always shape small cookies and use mini-muffin tins in order to portion control.
- Use egg whites in place of whole eggs.
  - 2 egg whites = 1 whole egg
- Be creative, experiment!

## Ways to Cut the Fat

In some recipes you can replace  $\frac{1}{2}$  the fat with these substitutes, especially drop cookies, muffins and quick breads.

- **Use natural applesauce in place of oil/butter**
- **Use flaxseed meal in place of oil/butter**
  - Excellent in strong flavored quick breads and cookies such as banana bread and oatmeal raisin cookies.
- **Use low-fat yogurt or low-fat buttermilk in place of oil/butter**
- **Use mashed/pureed ripe fruits in place of oil to add moisture**
  - Ripe bananas
  - Pureed prunes
  - Pear baby food
  - Canned pumpkin
  - Smashed sweet potatoes
  - Pureed carrots