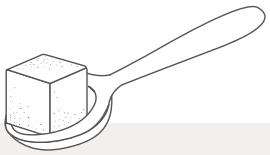
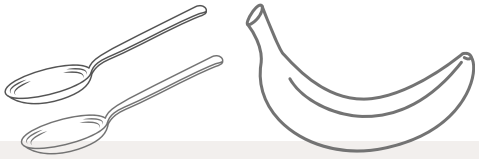
Healthy Baking

SUGAR AND FAT REPLACEMENTS

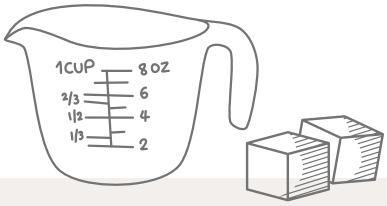


1 tablespoon of sugar

=

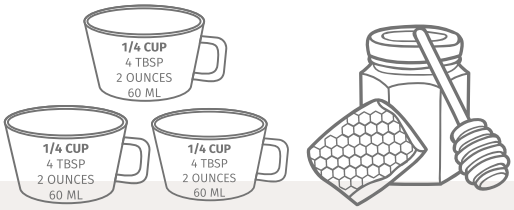


2 tablespoons of one ripe mashed banana



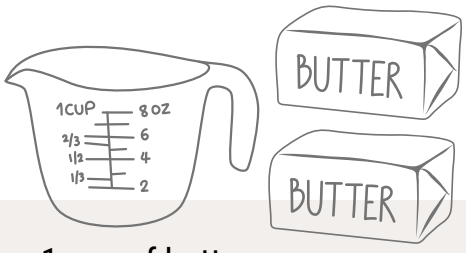
1 cup sugar

=



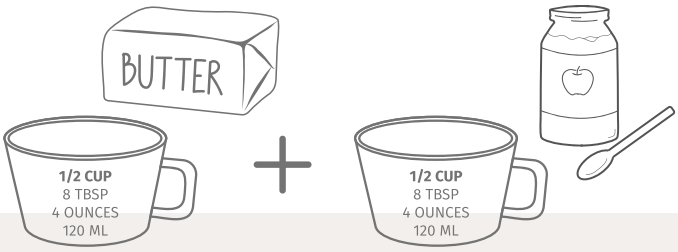
¾ cup honey

When substituting sugar for honey lower temperature of oven by 25 degrees



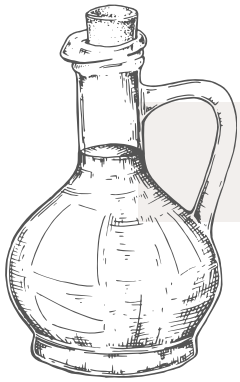
1 cup of butter

=



½ cup butter + ½ cup applesauce

To reduce fat in a recipe, substitute whole milk yogurt or applesauce for half of the fat.



Healthiest fats to bake with: Butter, Ghee, Olive oil, Avocado Oil, and Coconut Oil

NRC-RIM | IRC