


HEALTHY

Baking Substitutes



FOR 6 COMMON INGREDIENTS


1 cup  = *Honey* or *Banana* or *Maple Syrup*
3/4 cup 1/2 cup 3/4 cup

1 whole  = *Banana* or *Greek Yogurt* or *Apple Sauce*
1/2 cup 1/4 cup 1/4 cup

1 cup  = *Greek Yogurt* or *Avocado* or *Coconut Oil*
1/2 cup 1 cup 1 cup

1 cup  = *Soy Milk* or *Almond Milk* or *Evaporated Milk*
1 cup 1 cup 1 cup

1 cup  = *Cacao Nibs* 1 cup  = *Greek Yogurt*
1 cup 1 cup

1 cup  = *Black Beans* or *Oat Flour* or *Whole Wheat Flour*
1 cup puree 1/3 cup 3/4 cup

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Baking Substitutes

NOTES

Substitutions For White Sugar

Honey:

Banana:

Maple Syrup:



Substitutions For Eggs

Banana:

Greek Yogurt:

Apple Sauce:



Substitutions For Butter

Greek Yogurt:

Avocado:

Coconut Oil:



Substitutions For Whole Milk/Cream

Soy Milk:

Almond Milk:

Evaporated Milk:



Substitution For Chocolate Chips

Cacao Nibs:



Substitution For Sour Cream

Greek Yogurt:



Substitutions For All-Purpose Flour

Black bean puree:

Oat Flour:

Whole Wheat Flour:

