



Healthy Baking Substitutions

FLOUR

Whole Wheat Flour

Benefit: natural vitamin and mineral content; added fiber

Substitute: 3/4 cup whole wheat flour - 1 cup white flour

Oat Flour

Benefit: natural vitamin and mineral content; added fiber; gluten free

Substitute: 1 1/3 cup oat flour - 1 cup white flour

Coconut Flour

Benefit: gluten free; high fiber; high protein

Substitute: 1/2 cup at a time (1/3 cup, 1 egg, 1 dash water for best texture/taste)

SUGAR

Honey, Agave, Maple Syrup

Benefit: these are all natural sugars; less likely to spike blood sugar; often sweeter than table sugar

OIL/BUTTER

Unsweetened Applesauce

Benefit: adds a sweeter taste; helps reduce liquid needed for recipe; gives softness to food without all the butter/fat.

Ripened Banana

Benefit: natural vitamins and minerals; naturally occurring sugars and fewer starches which create a softer texture that's perfect for baking.

Nut Butters

Benefit: many have reduced-fat, salt, and sugar; contain healthy fats, fiber, protein;

EGG

Flaxseed Meal

Benefit: rich in omega-3; anti-inflammatory properties; high fiber; high antioxidants

Substitute: 1 tbsp flaxseed meal + 3 tbsp water (allow to sit 3-5 minutes to form a gel texture)

Chia Seed

Benefit: rich in omega-3 and fiber; may also help boost energy and stabilize blood sugar

Substitute: 1 tbsp chia in 1 cup water (allow to sit 10 minutes) for 1 egg

