

# RECIPE MODIFICATION HACKS

Recipe Calls For:	Use This Instead:	How Much?	Health Changes:
Butter or Oil	unsweetened applesauce, banana or avocado	Equal Parts	Lower saturated fats, add healthy fats (avocado)
White Flour	wheat flour, almond/oat/rice flour	Equal Parts	Higher fiber, increased vitamins/minerals
White Pasta	Zucchini noodles, spaghetti squash, or cauliflower gnocchi	Equal Parts	Lower carbohydrates, increased vitamins/minerals
Sour Cream	plain greek yogurt or cottage cheese	Equal Parts	Lower carbohydrates, higher protein
Egg	egg whites	1:2 Ratio (1 egg: 2 egg whites)	Lower fat, higher protein
Sugar	Vanilla extract or applesauce	1/2 tsp vanilla: 2 tablespoon sugar Applesauce (equal parts)	Lower carbohydrates (sugar)
Cheese	Nutritional Yeast	Equal Parts	<b>Vegan</b> , Lower calories, Increased Protein, Lower Fat
Butter	Flax meal or chia seeds	1 tbsp flax + 1 tbsp water = 1 tbsp butter or 3 tbsp chia + 1 tsp water = 1 cup butter	<b>Vegan</b> , Lower calories, Increased Omega 3s