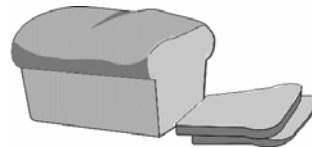


Using Applesauce In Place of Fats In Baked Goods



Recommendations for substituting applesauce for fats in baked good recipes:

- ◆ How much applesauce you substitute for fat will depend on how much change you are willing to accept in your original cookie, muffin or quick-bread recipes.
- ◆ The more applesauce you substitute for fat, the less your baked good will taste like the original recipe.
- ◆ What changes in baked goods when substituting applesauce for fat?
 - Tenderness
 - Flavor
 - Moisture



Substitution Suggestions:

- Start by substituting applesauce for a small portion of the fat (1/4 – 1/3) when you first attempt to alter the recipe. Then gradually substitute more applesauce for more of the fat each time you make the recipe. Find the substitution amount that is to your liking.
- Add more flavoring when fats are reduced in the recipe.
- Mix dry and liquid ingredients separately from one another and then add the liquid ingredients to the dry ingredients.
- Don't over bake recipes. Low fat recipes get dry when over baked.



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