

Altering Recipes for Better Health



REDUCING SUGAR

For cookies and cakes: Use 1/2 cup sugar for each cup of flour.
For quick breads and muffins: Use 1 tablespoon sugar for each cup of flour.

Vanilla, cinnamon and nutmeg enhance flavor when sugar is reduced.

REDUCING FAT

For cakes and quick breads: Use 2 tablespoons fat per cup of flour.

Note: It does not work well to substitute liquid oils for butter, margarine or lard in baked goods. If you want to try to substitute liquid oils for solid fats in baked goods replace every tablespoon of solid fat with only 3/4 tablespoon of cooking oil.



OMIT SALT OR REDUCE SALT

Reduce salt by 1/2.

Flavor with herbs and spices instead of salt.

Note: Do not eliminate salt from yeast bread or roll recipes. It is needed for texture and flavor.

SUBSTITUTE WHOLE GRAIN AND BRAN FLOURS

Whole wheat flour – Replace from 1/4 to 1/2 of the all-purpose flour. If a recipe calls for 3 cups of all-purpose flour, use 1 1/2 cups all-purpose flour and 1 1/2 cups wheat flour.

Oat bran – Replace up to 1/4 of the all-purpose flour.

If a recipe calls for 3 cups all-purpose flour, use 3/4 cup bran and 2 1/4 cups all-purpose flour.

