

# Healthful Substitutions

## **No-Fat Whipped Topping** Makes 1 1/2 cups

1 Tbsp. unflavored gelatin	2 Tbsp. lemon juice
2 Tbsp. boiling water	3 Tbsp. sugar
1/2 cup nonfat dry milk powder	1 tsp. vanilla
1/3 cup ice water	

Dissolve gelatin in boiling water. In a thoroughly chilled small bowl, beat milk and ice water. Beat in lemon juice. Add sugar and vanilla and beat to soft peaks. Add gelatin mixture and beat.

NUTRITION FACTS (per 4 Tablespoons) - Calories 40 ~ fat 0 g ~ calories from fat 0 ~ sodium 30 mg ~ total carbohydrate 8 g ~ fiber 0 g

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## **Homemade Egg Substitute** Makes 1 cup; 1/4 cup equals 1 egg = 1 serving

*(Do Not use this egg substitute in uncooked recipes such as eggnog and ice cream because it contains raw eggs.)*

1 1/4 cup nonfat dry milk powder	1 tsp. vegetable oil
6 egg whites	

Combine all ingredients (using a blender or electric mixer) until mixture is smooth. Store in covered container in refrigerator for up to 2 days. Or freeze in 1/4 cup portions; thaw overnight in the refrigerator.

NUTRITION FACTS (per 1/4 cup) - Calories 110 ~ fat 1.5 g ~ calories from fat 10 ~ sodium 200 mg ~ total carbohydrate 11 g ~ fiber 0 g

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## **Mock Sour Cream (1)**

1 cup low-fat or nonfat cottage cheese	1 Tbsp. lemon juice
2 Tbsp. skim milk	

Combine all ingredients using blender or food processor.

NUTRITION FACTS (per serving) - Calories 15 ~ fat 0 g ~ calories from fat 0 ~ sodium 50 mg ~ total carbohydrate 1 g ~ fiber 0 g

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## **Mock Sour Cream (2)**

Combine equal amounts of low-fat or nonfat cottage cheese with low-fat or nonfat plain yogurt in a blender.

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