



# RECIPE INGREDIENT SUBSTITUTIONS

Looking for ways to improve your nutrition? Try these recipe ingredient substitutions for an easy way to incorporate nutritious alternatives into your lifestyle.

Practice creative substitution, never deprivation!

If your recipe calls for:	Substitute with:
Buttermilk	1 cup skim milk + 1 tbsp vinegar
Heavy cream (casseroles)	Evaporated skim milk
Heavy cream (soups)	Thicken with mashed potato flakes or pureed carrots, potatoes, or squash as thickening agents, or corn starch
Flour (all purpose)	Oat flour, 100% whole wheat, quinoa, or brown rice flour (note: whole-wheat pastry flour and oat flour is less dense and works well in softer products like cakes and muffins)
Nuts (1 cup chopped)	1/2 cup nuts (toast to increase flavor)
Oil (baking)	Use equal amounts of unsweetened applesauce or 3 parts applesauce for 1 part oil
Oil (cooking)	Reduce by 1/2 or 2/3
Oil-based marinades	Wine, balsamic vinegar, fruit juice, or broth + 2 tbsp oil
Salt	Garlic, chili powder, onion, lemon, fresh herbs
Sour cream	Plain Greek yogurt
Soy sauce	Reduced-sodium soy or reduced-sodium chicken, beef, or vegetable broth
Sugar	Raw honey, pure maple syrup, or ripe mashed banana
Syrup	Raw honey, pureed fruit, pure maple syrup
Table salt	Herbs, spices, citrus juice (lemon, lime, orange), rice vinegar, salt-free seasoning mixes, or herb blends

