



## Makeover Your Holiday Recipes by Substituting Fats

Butter, oils and other fats can add flavor to your favorite recipes, but they can also add many calories. They act as a barrier so flour does not absorb as much water to give your dishes a moist, tender feel. There are many ways to reduce the fat without sacrificing taste; the trick is to replace fats with foods that add creaminess without cholesterol.

### Will substituting the fats change how my food tastes?

Substituting fat in your favorite recipes may not give them the same texture, but it will be close. In addition to lower fat content, many of the substitute ingredients will add more fiber, vitamins, minerals and protein to your recipes.

### How can I get started substituting?

To experiment, start by substituting one-third of the fat from the recipe and then increase or decrease to your desired likeness. For baking, use  $\frac{1}{3}$  cup applesauce or fruit juice and  $\frac{2}{3}$  cup butter instead of 1 full cup of butter. Instead of 1 cup of heavy cream, use 2 tsp. cornstarch whisked into 1 cup of fat-free milk.

Now that you have the basics, it's time for you to try it out. With the holidays right around the corner, now's the perfect time to makeover your beloved (and maybe not the healthiest) recipes.

### Healthy Baking Substitutes



→  **$\frac{1}{2}$  cup applesauce plus  $\frac{1}{2}$  cup fat** for 1 cup oil or butter



→ **1 cup pureed avocado** for 1 cup butter



→  **$\frac{3}{4}$  cup prunes plus  $\frac{1}{4}$  cup boiling water (blended)** for 1 cup butter



→ **3 Tbsp. flax meal plus 1 Tbsp. water** for 1 Tbsp. butter

This article is intended for informational purposes only and is not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice.