






HEALTHY Baking Substitutes

FOR BASIC INGREDIENTS

1 cup **Flour**  → **Black Beans** or **Oat Flour** or **Whole Wheat Flour**
1 cup puree 1/3 cup 3/4 cup

1 whole **Egg**  → **Banana** or **Greek Yogurt** or **Apple Sauce**
1/2 cup 1/4 cup 1/4 cup

1 cup **Sugar**  → **Banana** or **Maple Syrup** or **Honey**
1/2 cup 3/4 cup 3/4 cup 

1 cup **Milk**  → **Soy Milk** or **Almond Milk** or **Evaporated Milk**
1 cup 1 cup 1 cup

1 cup **Butter**  → **Greek Yogurt** or **Avocado** or **Coconut Oil**
1/2 cup 1 cup 1 cup

1 cup **Choco. Chips**  → **Cacao Nibs** 1 cup **Sour Cream**  → **Greek Yogurt**
1 cup 1 cup



HEALTHY

Baking Substitutes

NOTES

Substitutions For All-Purpose Flour

Black bean puree:

Oat Flour:

Whole Wheat Flour:

Substitutions For White Sugar

Honey:

Banana:

Maple Syrup:

Substitutions For Eggs

Banana:

Greek Yogurt:

Apple Sauce:

Substitutions For Whole Milk/Cream

Soy Milk:

Almond Milk:

Evaporated Milk:

Substitutions For Butter

Greek Yogurt:

Avocado:

Coconut Oil:

Substitution For Chocolate Chips

Cacao Nibs:

Substitution For Sour Cream

Greek Yogurt: