

## HEALTHY HOLIDAY BAKING TIPS

- Can I do anything to reduce the amount of sugar in a recipe?
  - In most baking recipes, half of the amount of sugar can be replaced with an artificial sweetener like Splenda, Equal, etc.
- How can I cut the amount of fat in a recipe?
  - First, you can use an egg substitute to replace half of the eggs in the recipe. For one large egg, ¼ cup egg substitute can be used. This will cut the amount of calories by 45 and the amount of fat by 5 grams. You can also reduce the amount of butter or margarine a recipe calls for in half by using a moist, healthy ingredient like fat free sour cream, low fat yogurt, orange juice or applesauce to replace the other half. Be sure to use an item that complements the flavor of whatever it is you are baking.
- What are some other ideas for cutting down fat and sugar in a recipe?
  - Use light products, like low fat and low sugar items, whenever possible. For instance, if your recipe calls for sour cream, use a light or low fat version. Other examples would be to use low fat cream cheese, fat free half and half, and light Cool Whip. Another idea is to reduce the amount of additions a recipe calls for. For example, if a recipe calls for chocolate chips, half of the amount could be added in. You could also try using half of the amount of frosting a cake recipe calls for.
- Will reducing the amount of fat and sugar in a recipe affect the flavor?
  - Using the zest of a citrus fruit, like an orange or a lemon, can add a lot of flavor to low fat batters and dough. This outer layer of the fruit contains lots of flavor and aromatic oils. It does not add any calories but enhances the flavor of the product. Another good way to provide flavor without adding the fat is to use cocoa as a replacement in a recipe that calls for chocolate chips or chocolate squares. The replacement formula is to use 6 tablespoons of cocoa with 1 tablespoon of canola oil and 1 tablespoon of fat free sour cream to replace 2 squares of unsweetened baking chocolate. This also cuts your calories by 9 and grams of fat by 14.

- What about portion control?
  - The most definite way to cut calories is to eat smaller servings. One way to be satisfied by a smaller serving is to add fiber to baking recipes. In most of these recipes, whole wheat flour can be substituted for half of the white flour that the recipe calls for.  $\frac{1}{4}$  cup of whole wheat flour will add 3.5 grams of fiber. Using fiber in your recipe can make you feel fuller and more satisfied with a smaller serving.