





# HEALTHY Baking Substitutes

Results may vary by recipe

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

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

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

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

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

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