



# HEALTHY

## Baking Substitutes



FOR 6 COMMON INGREDIENTS


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

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

1 cup  = *Greek Yogurt* or *Avocado* or *Coconut Oil*  
1/2 cup 1 cup 1 cup

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

1 cup  = *Cacao Nibs* 1 cup  = *Greek Yogurt*  
1 cup 1 cup

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