

HEALTHY



Baking Substitutes

NOTES

Substitutions For White Sugar

Honey:

Banana:

Maple Syrup:

Substitutions For Whole Milk/Cream

Soy Milk:

Almond Milk:

Evaporated Milk:

Substitutions For Eggs

Banana:

Greek Yogurt:

Apple Sauce:

Substitution For Chocolate Chips

Cacao Nibs:

Substitution For Sour Cream

Greek Yogurt:

Substitutions For Butter

Greek Yogurt:

Avocado:

Coconut Oil:

Substitutions For All-Purpose Flour

Black bean puree:

Oat Flour:

Whole Wheat Flour: