

NUTRITION TO GO

Healthy Ingredient Swaps for Baking

Everyone enjoys a sweet treat from time to time. Try some of our simple ingredient swaps for baked goods that are both tasty and healthy!

Swap out...

Replace with...



1 cup of butter

½ cup of mashed avocado



1 cup of applesauce



½ cup of sugar

⅓ cup of honey



1 tablespoon of sugar

2 tablespoons of mashed banana



1 cup of white flour

¾ cup of whole wheat flour



1 cup of pureed, canned black beans



1 cup of whole milk
or ½ cup of cream

1 cup of skim milk,
1 cup reduced fat milk, or
1 cup plant-based milk



1 cup of chocolate chips

1 cup of raisins



NUTRITION TIP: To increase nutrients, flavor, and moisture, try using shredded/pureed fruits and vegetables instead of butter or oil in the recipe.

Why is it important to choose baking options low in saturated fat and added sugar?

Having too much saturated fat (found in dairy foods and meats) and too much added sugar every day can increase your risk of heart disease, diabetes, and stroke. Choosing foods low in saturated fat and added sugar such as olive oil, fat-free milk, and fresh fruit, can increase your lifespan and overall health.



Pumpkin Muffins

Servings per recipe: 12

Prep time: 15 minutes

Cook time: 35 minutes

Serving size: 1 muffin

Cost: \$5.98 per recipe



Ingredients

- Non-stick cooking spray
- 1 cup all-purpose flour
- 1 cup uncooked old fashioned oats
- ½ cup sugar
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 1 teaspoon cinnamon
- 1 large egg
- ½ cup low-fat milk
- 1 (15 ounce) can pure pumpkin
- ¼ cup vegetable oil
- ⅔ cup raisins
- ½ cup chopped walnuts (optional)

Directions

1. Preheat oven to 350°F. Spray muffin tin with non-stick cooking spray.
2. Mix flour, oats, sugar, baking powder, salt, and cinnamon together in a bowl.
3. In another bowl, beat together egg, milk, pumpkin, and oil.
4. Make a hole in the center of the dry ingredients, and pour in the wet ingredients. Stir until just moistened.
5. Stir in raisins and walnuts, if using.
6. Fill muffin cups with ¼ cup of batter.
7. Bake for 35 minutes, or until lightly brown on top.

More recipes can be found at:

<https://web.uri.edu/community-nutrition/recipes/>