

Recipe Substitutions



Substitutes can make a difference!

We are always looking for ways to cut calories from our diets but still enjoy some of our favorite foods and recipes. There are many items that you can substitute for healthier, lower calorie items in your recipes or even when dining out.

It is overwhelming when thinking about and making changes in your diet! The fact is that simple food substitutions can have major benefits, including fewer calories, less harmful additives, and more stable blood sugar levels, along with adding more micronutrients to your diet! These changes often lead to weight loss and lower your risks for chronic diseases and conditions.

You don't need to change your diet all at once to eat healthier. Starting with small changes like these healthier food swaps, you can make better choices and create healthy habits every day that bring you closer to your nutritional and wellness goals.

Clean Eating Food Substitutions





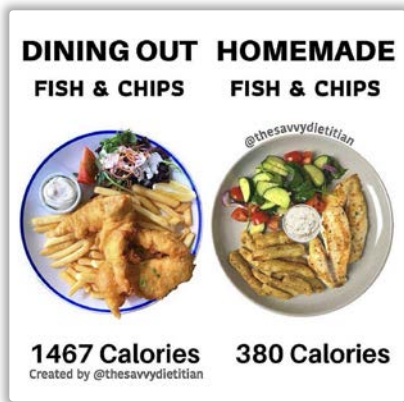
Simple Substitutions:

- Use applesauce instead of oil when baking. Try substituting applesauce for half the oil requested in cake and brownie recipes.
- Brown rice instead of white rice. It has more fiber and nutrients than white rice. You can also replace rice with QUINOA!
- Use plain Greek yogurt or mashed avocado instead of sour cream-great in homemade salad dressing and sauces.
- Use mushrooms or cauliflower in the place or at least half of the measurement of meat in chili, tacos, lasagna, soups.

More subs:



- Nuts or seeds for croutons
- Cocoa Nibs for chocolate chips
- Black beans for flour in baking
- Zoodles for Noodles
- Cauliflower for potatoes
- Processed Peanut Butter with Almond Butter
- Club Soda/Unsweetened tea for sugary drinks
- Dates for sugar
- Leafy greens for iceberg lettuce.



Dining out Swaps:

- Olive Oil +Vinegar for ranch (at least cut amount in half)
- Mustard for mayo
- Lettuce Burger or one bun burger
- Veggies for fries or share fries
- Grilled for fried
- Sherbet/Sorbet for icecream

Links for baking subs:

- <https://thegardeningcook.com/recipe-substitutes-replacements/>
- <https://www.bobsredmill.com/blog/baking-101/vegan-baking-substitutes-butter/>



Recipes:

- <https://www.buzzfeed.com/rachelysanders/healthy-ingredient-swaps-substitutions>
- <https://www.food.com/recipe/applesauce-sandwiches-61154>
- <https://www.ambitiouskitchen.com/healthy-avocado-black-bean-brownies/>
- https://www.vitamix.com/us/en_us/how-to-use-applesauce-as-a-sugar-substitute

