

Recipe Substitutions

Cakes, cupcakes, muffins and other baked desserts are treats for special occasions. There are ways, however, to change your recipes to help you bake delicious treats that will still fit into a healthy diet.

Here are some ideas for easy baking substitutions that only the chef will notice. You should find that the recipes come out moist and delicious, but with much less fat and many fewer calories!

If a recipe calls for...	substitute with...	and...
1/2 cup of oil or margarine	1/3 cup of applesauce	If you are substituting all of the oil or margarine with applesauce, add 2 teaspoons of oil when combining with dry ingredients.
oil as the only liquid ingredient	the same amount of applesauce and buttermilk (in equal parts)	
1/2 cup oil in chocolate desserts, such as brownies	1/2 cup of puréed prunes*	If you are substituting all of the oil for pureed prunes, add 2 teaspoons of oil when combining with dry ingredients. Also, reduce sugar by 2 teaspoons for each half-cup of puréed prunes.
eggs	two egg whites for each whole egg	If a recipe calls for 2 eggs, do not replace both eggs in the recipe with egg whites. Use one whole egg and substitute the other egg with 2 egg whites

* Use baby food prunes or make your own by placing 3/4 cup of dried, chopped pitted prunes in a blender and adding 3 tablespoons of very hot water or any other liquid called for in the baking recipe. Blend until prunes are smooth.

Chocolate Cookie Meltdown

What You'll Need

- | | |
|--------------------------------|--|
| 2 1/4 cups all-purpose flour | 1 teaspoon vanilla extract |
| 1 teaspoon baking soda | 1 egg |
| 1 teaspoon salt | 2 egg whites |
| 1/4 cup soft tub margarine | 2 cups (12-ounce package) semi-sweet chocolate chips |
| 3/4 cup canned pumpkin puree | cooking spray |
| 3/4 cup granulated white sugar | |
| 3/4 cup packed brown sugar | |

Makes about 3 dozen

Let's Cook!

- 1 Preheat oven to 375 degrees.
- 2 Combine flour, baking soda and salt in small bowl.
- 3 Beat margarine, pumpkin puree, granulated sugar, brown sugar and vanilla in large mixer bowl.
- 4 Add egg, then egg whites, one at a time, beating well after each addition. Gradually beat in flour mixture.
- 5 Stir in chocolate chips.
- 6 Lightly coat baking sheets with cooking spray. Drop cookie batter onto baking sheets using a rounded tablespoon.
- 7 Bake for 9 to 11 minutes, or until golden brown.
- 8 Place on wire racks to cool completely.

Nutrition Facts

Serving Size (38g)	
Servings Per Container 36	
Amount Per Serving	
Calories 130	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 105mg	4%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 16g	
Protein 2g	
Vitamin A 15%	Vitamin C 0%
Calcium 0%	Iron 2%

Nutrition Facts for one cookie

