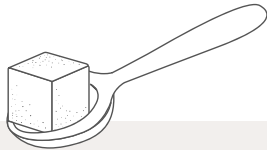




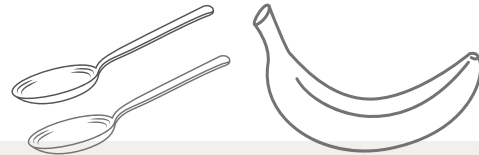
Healthy Baking

SUGAR AND FAT REPLACEMENTS

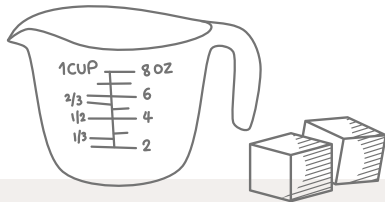


1 tablespoon of sugar

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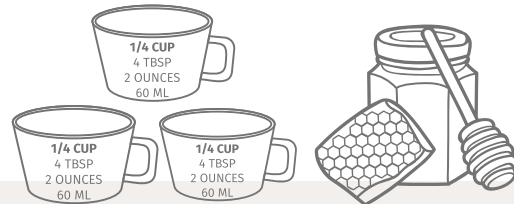


2 tablespoons of one ripe mashed banana



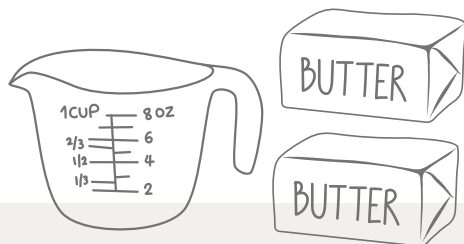
1 cup sugar

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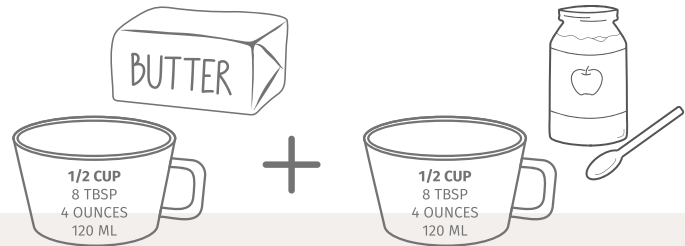
$\frac{3}{4}$ cup honey

When substituting sugar for honey lower temperature of oven by 25 degrees



1 cup of butter

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$\frac{1}{2}$ cup butter + $\frac{1}{2}$ cup applesauce

To reduce fat in a recipe, substitute whole milk yogurt or applesauce for half of the fat.



Healthiest fats to bake with: Butter, Ghee, Olive oil, Avocado Oil, and Coconut Oil