



Healthy Holiday Baking Tips

1

Substitute unsweetened applesauce for shortening in lightly-colored baked goods such as muffins

High in Fat

1 cup vegetable shortening
205 grams fat, 1,812 calories

1 cup butter
184 grams fat, 1,628 calories

Low in Fat

1 cup applesauce
0 grams fat, 104 calories



2

Use pureed prunes in chocolate recipes for a great fudgy taste. Reduce the fat in recipe by half; replace with one-quarter of prune puree. For instance, if recipe needs one cup of butter, reduce butter to ½ cup; then add ¼ cup prune puree. A recipe for prune puree is included on the next page.

3

Substitute 2 egg whites for every whole egg in a recipe.

4

Reduce fat and calories in chocolate desserts by using cocoa powder instead of chocolate.

3 Tbsp cocoa = 37 calories, 2.2 g fat

1 ounce unsweetened baking chocolate = 146 calories, 15 g fat