

Healthy Baking Alternatives

According to the 2015 US Dietary Guidelines, Americans are supposed to limit the amount of added sugars and saturated fats in their diet. This is because there are lots of scientific studies that show that eating large amounts of added sugar can lead to negative health implications such as obesity and Type II Diabetes. It is recommended that women consume no more than 28-32 grams of sugar per day and men consume no more than 36-40 grams of sugar per day. Consuming excess saturated fat can lead to elevated cholesterol levels and may increase the risk of heart disease. Saturated fat is often found in dairy products, like butter and sour cream. Baking is an activity that many people enjoy in the fall weather months. Baked goods can be very high in added sugars and saturated fats. If you are looking to avoid excess added sugar and saturated fat, try making a healthier versions of a favorite recipes by following the tips on substitutions below.

Original Ingredient	Why This Ingredient Should be Reduced	What to replace It With	Why the new Ingredient is Beneficial
Butter	<ul style="list-style-type: none"> • Contains saturated fats • Raises cholesterol levels in the blood • Increases risk of developing heart disease or stroke 	Applesauce— use half the amount of applesauce as butter called for in the recipe.	Applesauce can be a great lower calorie substitution. Applesauce will even add fiber to the recipe which aids in digestion.
Corn Syrup/Sugar	<ul style="list-style-type: none"> • Raises blood glucose levels—which may lead to developing diabetes. • Leads to weight gain and possibly obesity if not eaten in moderation • May lead to oral problems like dental caries and gum disease. 	Honey—use 3/4 cup of honey for every cup of sugar called for in the recipe. Decrease other liquids in the recipe by 1/5 and lower the baking temperature by 25°F.	Honey is a great way to add potassium, vitamin C, and B vitamins. Honey also contains antioxidants. May not increase blood sugar levels as much as sugar.
Sour Cream	<ul style="list-style-type: none"> • Contains high amount of saturated fat • Saturated fat can be damaging to the cardiovascular system and put one at an increased risk for a heart attack or stroke. 	Greek yogurt—use the same amount as sour cream called for in the recipe.	Greek yogurt contains less calories and little to no saturated fat. Greek yogurt will also add a little bit of protein to your recipe.
White Flour	<ul style="list-style-type: none"> • High Calories may lead to weight gain • White flour does not contain much fiber • Has very little nutrients such as iron, calcium and protein 	Whole wheat flour— use the same amount as called for in the recipe	Whole grain wheat flour contains fiber, which can help lower cholesterol and help food digest.

Tips on How to Watch Portion Size

- Make desserts smaller, for example, making miniature cupcakes
- When scooping cookies, make them smaller by using a tablespoon
- Cut brownies or cakes into two inch squares
- To feel satisfied eat dessert with a big glass of milk or water
- Use whole wheat flour when baking. Whole wheat flour contains fiber which can keep a person fuller longer.

Sources: eatright.org

Almost No Fat Banana Bread

Serves 12

Source: allrecipes.com

Ingredients

- 1½ cups all purpose flour
- ¾ cup white sugar
- 1¼ teaspoon baking powder
- ½ teaspoon baking soda
- 2 egg whites
- 1 cup banana, mashed
- ¼ cup unsweetened applesauce
- ½ teaspoon ground cinnamon (optional)

Directions: Preheat oven to 350°F. Lightly grease an 8x4 inch loaf pan. In a large bowl, stir together flour, sugar, baking powder, baking soda and cinnamon. Add egg whites, bananas and applesauce; stir just until combined. Pour batter into prepared pan. Bake in preheated oven for 50 to 55 minutes, until a toothpick inserted into center of loaf comes out clean. Turn out onto wire rack and allow to cool before slicing.

Nutrition: 127 calories, Fat 0.2g, Saturated Fat 0g, Sodium 100mg, Carbs 29.5g, Fiber 1g, Sugar 15g, Protein 2.4g.

*This recipe eliminates butter and adds applesauce instead!

Whole Wheat Brownies

Serves 16

Source: Marthastewart.com

Ingredients

- 6 tablespoons unsalted butter
- 1/2 cup whole wheat flour
- 1 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1 1/4 cup unsweetened applesauce
- 8 ounces semisweet chocolate chips
- 1/2 cup all purpose flour
- 1/3 cup unsweetened cocoa powder
- 1 tsp salt
- 1 cup packed light brown sugar
- 1 large egg

Directions: Preheat the oven to 350°F. Butter a 8 inch square baking pan and line with parchment paper. In a medium bowl, whisk together the flour, cocoa, baking powder, baking soda and salt. In a large bowl, mix together the eggs, applesauce and brown sugar. Place butter and 6 ounces of chocolate in a heat proof pan set over (not in) a pot of simmering water until melted. Stir chocolate mixture into sugar mixture. Then add the flour mixture. Pour into baking pan and add the two ounces of chocolate. Bake until a toothpick inserted into the center of the pan comes out with moist crumbs attached (about 40 minutes). Let cool in pan on a wire rack. Use parchment to help lift out of pan. Cut into 16 pieces.

Nutrition: Calories 211, Fat 3.1g, Saturated Fat 4g, Sodium 68mg, Carbs 33.6g, Fiber 3.1g, Sugar 23g, Protein 2.4g.

Frozen Yogurt Dots

Serves 5

Source: www.foodnetwork.com

Ingredients

- 1/2 cup cubed fresh fruit
- 2 1/2 cup 2% vanilla Greek yogurt

Directions:

Line a baking sheet with parchment. Puree the fruit with a blender until smooth. Add the yogurt and mix gently with a spoon, just to combine. Transfer to a squeeze bottle. Squeeze thumbnail-size swirls of yogurt onto the prepared baking sheet in rows, about 50 dots in all. Put the baking sheet in the freezer until the dots are frozen, about 2 hours. After the dots are frozen, they can be served immediately or transferred to a small freezer-safe container and kept for later serving.

Nutrition: Calories 50, Fat 3g, Saturated Fat 2.5g, Sodium 10mg, Carbs 3g, Fiber 0g, Sugar 3g, Protein 2g.

Blueberry Coffee Cake

Serves 12

Source: www.foodnetwork.com

Ingredients

- nonstick cooking spray
- 1 cup all purpose flour
- 1 cup whole wheat pastry flour
- 1 tsp baking soda
- 1/2 tsp salt
- 3 tablespoons sugar
- 1/2 tsp ground cinnamon
- 1/2 cup chopped walnuts
- 1/2 cup packed brown sugar
- 2 tablespoons of butter at room temp
- 2 tbsp canola oil
- 2 large eggs
- 1 tsp vanilla extract
- 1 cup plain nonfat yogurt
- 1 cup or fresh blueberries

Directions: Preheat oven to 350°F. Spray an 8 inch square cake pan with cooking spray. Whisk together the all purpose flour and whole wheat flours, the baking soda and salt. In a small bowl, stir together the granulated sugar, cinnamon and walnuts. In a large bowl, beat the brown sugar, butter and oil until fluffy. Beat in the eggs one at a time. Beat in vanilla and yogurt. Add the flour mixture in two batches, stirring until just combined. Spread half of the batter into the prepared pan. Sprinkle half the nut mixture over the batter and top with blueberries, gently pressing them into the batter. Spoon the rest of the batter into the pan. Sprinkle the rest of the nut mixture on top. Bake for about 30-35 minutes, or until a toothpick inserted comes out clean. Cut the cake into 2 inch squares.

Nutrition: Calories 210, Fat 8.5g, Saturated Fat 2g, Sodium 230mg, Carbs 30g, Fiber 2g, Protein 5g.

If you try any of these recipes and have any comments or suggestions, please contact the Nutrition Coordinators. Email Amber (amberl@foodbankwma.org) or Kristina Mullins (KristinaM@foodbankwma.org) tell us what you think of the recipes!