

DELICIOUS DESSERTS!

TIPS FOR ENJOYING SWEETS AND STAYING HEALTHY

1

Add shredded or pureed vegetables and fruits to dessert recipes.

For example:

Shredded: carrots, zucchini, apple, pear, beets

Pureed: cauliflower, carrot, squash, banana, eggplant, sweet potato

2

Use beans and/or sweet potato as a flour substitute. Or experiment with alternatives to wheat flour (coconut, almond).

Or try using whole wheat flour. You can replace up to half the all-purpose flour in a recipe without making any adjustments to the recipe!

3

Use low-fat dairy products in your recipes such as low-fat milk and yogurt.

4

Swap butter for healthier alternatives such as applesauce, canola oil or olive oil.

(replace up to 75% of the butter in a recipe without compromising texture)

5

Experiment with banana as an egg substitute. One mashed ripe banana can replace one egg.

6

Use less sugar than the recipe calls for. You can reduce sugar by up to 25% without noticeable difference!

