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!