

FOOD FOR THOUGHT

For parents when baking at home, for school fund raising events or even to provide delicious snacks for your next PAC or DPAC meeting--- here are some sensational substitutions that will increase the nutrition and trim the fat and sugar in many of your favorite recipes.

SENSATIONAL SUBSTITUTIONS

To	Instead of	Try
Boost fiber	250 ml (1 cup) white flour	<ul style="list-style-type: none"> • 125 ml (½ cup) white flour plus 125 ml (½ cup) whole wheat or whole grain flour • 175ml (¾ cup) white flour plus 50 ml (1/4 cup) ground flaxseed • Adding wheat bran or oatmeal to homemade breads
Use less fat	125 ml (1/2 cup) fat e.g. oil, margarine or butter 250 ml (1 cup) fat e.g. oil, margarine or butter 250 ml (1 cup) solid fat e.g. margarine, butter, or shortening in yeast breads Whole milk Cream	<ul style="list-style-type: none"> • 50 ml (1/4 cup) mashed fruit plus 50 ml (1/4 cup) fat; use applesauce , apple butter, mashed banana, pureed prunes or pureed pumpkin (using mashed fruit may reduce the baking time by 25%) • 150 ml to 175 ml (2/3 to ¾ cup) fat • 175 ml (3/4 cup) ricotta cheese plus 50 ml(1/4 cup) solid fat • Skim , 1% , or evaporated skim milk , or plain low-fat calcium fortified soy beverage • Milk, low-fat evaporated milk, or low-fat sour cream
Use less sugar	250 ml (1 cup) sugar 250 ml (1 cup) chocolate chips Fruit canned in sugar Fruit yogurt Frosting or icing	<ul style="list-style-type: none"> • 150 to 175 ml (2/3 to ¾ cup) sugar; add cinnamon, vanilla, or almond extract • 125 ml (½ cup) mini chocolate chips; 125 to 250 ml (½ to 1 cup) chopped nuts or chopped dried fruits such as cranberries , raisins, apricots, or cherries (or a combination) • Fruit canned in its own juice or water, or fresh fruit • Plain yogurt mixed with fresh fruit • Sliced fresh fruit, pureed fruit , or light dusting of powdered or icing sugar
Boost iron	125 ml (1½ cup) fat e.g. oil, margarine or butter 375 ml (1 ½ cups) sugar in breads , muffins, cookies 375 ml (1 ½ cups) sugar in breads , muffins, cookies	<ul style="list-style-type: none"> • 50 ml (1/4 cup) fat plus 50 ml (1/4 cup) pumpkin puree • Adding raisins, dried apricots , pumpkin or sesame seeds, nuts oatmeal, wheat germ • 250 ml (1 cup) molasses and 175 ml (¾ cup) sugar; and 2 ml (½ tsp) of baking soda for each 250 ml (1 cup) molasses: omit baking powder or use half the amount. Molasses should not replace more than half of the sugar called for in a recipe.