

Healthy Ingredient Swaps

Healthy Ingredient	Non-healthy Ingredient	Properties
Almond Butter	Eggs, Butter	Creates a dense consistency and flavor.
Apple Sauce	Eggs, Butter, Oil	Binds ingredients and has similar properties to oil.
Banana	Butter, Oil	Binds ingredients.
Coconut Flour	All Purpose Flour	Dry flour - combine with whole wheat or add more moisture to the recipe.
Coconut Sugar	Regular Sugar	Same as sugar, but better!
Coconut Oil	Vegetable Oil	Same as oil, but better!
Dates	Sugar	Sweet, but also helps bind ingredients.
Egg Whites	Eggs	Binds ingredients, adds density (less dense than whole eggs).
Honey	Sugar	Sweet like sugar, but better!
Rolled Oats	All Purpose Flour	Replaces flour (in flour form).
Stevia	Sugar	Sweet but does not bind like sugar.
Whole Wheat Flour	All Purpose Flour	Replaces flour.