

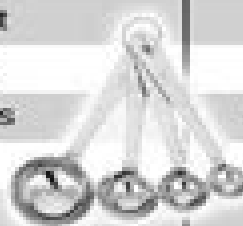


23 Healthy Recipe Substitutions

OasisAdvancedWellness.com



For This Ingredient...	Substitute With...	Notes
Sugar	Unsweetened organic applesauce	calories per cup - 770 vs 100
Wheat Flour	Almond flour	gluten free - Omega 3 EFAs
Butter	Avocado puree	same consistency at room temp
Sugar	Vanilla	cut sugar by 1/2; add 1 tsp vanilla 400 calories saved
Sugar	Stevia	300 times sweeter than sugar
Chocolate Chips	Cacao nibs	no additives or added sugar in chocolate
Pasta	Zucchini ribbons	replace for carb-packed pastas
Mashed Potatoes	Mashed turnips	per 1 cup - 180 calories vs 51
Butter	Olive oil - cold-pressed	extra Omega 3 EFAs
Soda	Seltzer water with citrus slice	grapefruit, lime, orange & lemon
Bread crumbs	Rolled oats	whole grain; no additives
Eggs	Egg whites - free range	2 egg whites for 1 egg
Cream	Coconut milk	use in soups & stews
Pasta	Spaghetti squash	low-carb substitute
Iceberg Lettuce	Arugula, romaine, spinach, kale, leafy green lettuce	darker greens = more nutrients
Cheese	Nutritional yeast	B vitamins; cheesy flavor
Tortilla wraps	Lettuce leaves	less carbs - more nutrients
Potato Chips	Baked kale chips	toss in olive oil & seasonings
Syrup	Pureed fruit	extra dose of antioxidants
Boiling	Steaming	fewer nutrients removed
Salad Croutons	Nuts/Seeds - sprouted	almonds, walnuts, pumpkin seeds
Milk	Almond milk	non-dairy
Deep Frying	Pan frying	mist with healthy oil - less used



Recipe Substitutions For Diabetics

K Payea



Recipe Substitutions For Diabetics:

Recipe Substitutions For Diabetics Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has be more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Recipe Substitutions For Diabetics**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

<https://crm.avenza.com/files/Resources/Documents/Recipe%20For%20Making%20Brownies.pdf>

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