



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

CO Houle



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