

Miss Allies  Kitchen

whole and healthy home cooking

HOLIDAY BAKING CHEAT SHEET

Trying to healthify the Holiday Season? Why not try switching out some standard baking ingredients with wholesome alternatives! This download is a compilation of all of my favorite baking swaps and tips and is available exclusively for my email subscribers! So yeah, you can totally consider yourself to be ahead of the game.

GO YOU!

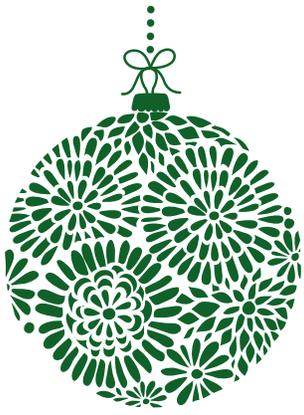
Below I'll be listing some common ingredients often seen in baked goods with some alternatives and their potential benefits plus - helpful ratio substitutions.

Happy Baking You Cheer Spreaders'



Merry Christmas!

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Refined Sugar Substitutes

PURE CANE SUGAR

- Cane sugar is a minimally processed sugar directly sourced from the cane. Cane sugar still has a higher glycemic index than some sugars, but the minimal processing makes it a great, more natural alternative when sugar needs to be used.
- Cane sugar can be substituted equally for refined sugar (1:1 ratio) and works great in pastries, or delicate baked goods. It is a bit darker in color than white refined sugar, so keep that in mind if your favorite cookies look a little different!

COCONUT SUGAR

- Coconut Sugar is granulated like Cane Sugar, but it is derived from the seemingly magical coconut. Naturally sweet, it has a low glycemic index and is more nutrient rich than refined sugar.
- Coconut Sugar can be substituted at a 1:1 ratio. It works great in a variety of baked goods, my favorites being granola, pancakes & quick breads. Also, try it in place of brown sugar!

MAPLE SYRUP

- This is my personal favorite sweetener. Maple Syrup is naturally derived from Sugar Maple trees and is bottled to avoid processing. Maple Syrup works great in moist baked goods like: cakes, cookies, pancakes and quick breads. It also works fantastic in smoothies and in place of cocktail syrups since it is already a liquid.
- Use about 2/3-3/4 cup of Maple Syrup for every 1 cup of refined sugar as a general rule. Since it is a liquid, you may want to test it with your favorite recipe before serving to guests.
- Tip: Always buy Pure Maple Syrup (not pancake syrup) and store in the fridge!

HONEY

- I always find that Honey works great in quick breads and pancakes when paired with a sweet fruit like bananas. The flavor is more distinct, so it may change the flavor of a favorite, but it works great in smoothies, teas, and hot beverages. Local, natural Honey can also support your immune system!
- Replace Honey for refined sugar by using about 2/3 cup of honey per 1 cup of required refined sugar.





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Refined White Flour Substitutes

ALMOND MEAL

- While the texture is vastly different than flour and there is no gluten to react in baked goods, I find that Almond Meal works fantastically well in cookies! In fact, you should check out my Superfood Overnight Thumbprint Cookies.
- Almond Meal cannot replace flour entirely in some recipes but if you're looking for something new and flavorful, check out some of the recipes on my blog by searching Almond Meal. Not only is it gluten-free, but you can make your own by processing wholesome & protein-packed almonds!

OATS

- I love using oats in crisps and crumbles. They are naturally sweet and toast beautifully. I often add oats to quick breads and pancakes to up the fiber content. Oats cannot be used to replace flour completely in a recipe, but you can find some awesome alternatives on the blog by searching Oats.

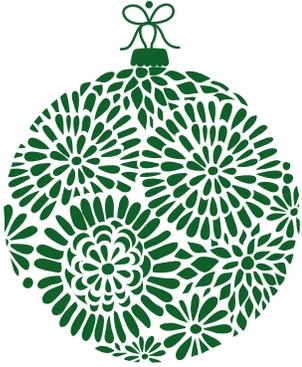
BROWN RICE FLOUR

- When baking gluten-free, you'll often need to use a blend of flours to achieve success. I've had luck adding Brown Rice flour in brownie & cookie flour blends. In fact, my Avocado Brownies use a healthy serving of it. Brown rice flour is high in protein, fiber rich and packed with awesome vitamins and minerals

1:1 GLUTEN FREE FLOUR BLENDS

- There are several 1:1 Gluten Free Flours on the market. Many of these blends are not "healthier" per say, but they provide those with a gluten intolerance an easy substitute solution. Recipe results may stray a tad from the original, but you can find these in the baking aisle in almost every grocery store these days!





Shortening, Oil and Butter Substitutes

COCONUT OIL

- Coconut Oil is fantastic in baked goods. Many people have luck with it in pastries such as scones because it is solid at room temperature. It also works well melted in cookies, cakes, quick breads, etc. I happen to love the hint of sweet coconut in my baked goods, and I think you will, too!
- You can substitute coconut oil in a solid or liquid state directly at a 1:1 ratio for shortening, butter or oils.

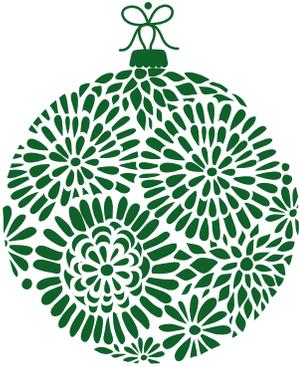
GRASS FED BUTTER

- Yes, Grass Fed Butter contains saturated fat, and the verdict is still out on the amount of saturated fat that is good for the body. But, if you are creating a baked good and **MUST** use butter (like when making my favorite pie crust), give this a try. Grass Fed butter comes from more responsibly and humanely raised cows, often without growth hormones. It also is a source of vitamins like A&K and contains some awesome fatty acids*.
- Use Grass Fed Butter as a direct substitute for butter or vegetable shortening.

GHEE

- Ghee is made by cooking down butter to remove the milk solids and water. The water evaporates and the milk solids (which lactose intolerants are normally sensitive to) is strained out after cooking leaving you with pure butterfat. Like Grass Fed Butter, you are left with some awesome vitamins like K and healthy fatty acids.
- This can be directly substituted for butter! Bonus – Ghee has an extremely high smoke point which makes it great for cooking, as well!





Shortening, Oil and Butter Substitutes CONT.

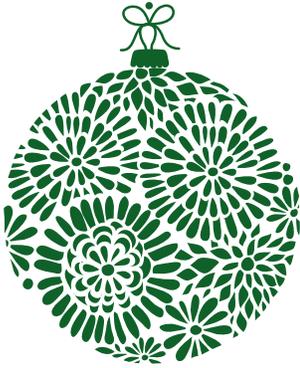
BANANA

- I love to use mashed Banana in baking! The creamy texture helps prevent dryness in healthy baking. I use mashed Banana in quick breads, cakes, pancakes, and muffins! I'm always trying to cram Banana into my diet – I need all of the extra potassium I can get for muscle recovery! Banana is also naturally sweet, so you may be able to tone down the sugar content! Double whammy!
- I wouldn't recommend substituting mashed Banana completely for a fat, but it works well when combined with Coconut Oil or melted Grass Fed Butter. For example, if a recipe calls for 1 cup of Canola Oil, you may try replacing with $\frac{1}{2}$ of melted Coconut Oil and 1 mashed Banana! I find that one mashed Banana = about $\frac{1}{2}$ cup.

APPLESAUCE

- Applesauce is similar to Banana. It works well as an addition to healthy baking, but I prefer to combine it with a healthy fat for texture. It is also naturally sweet so not only does it help to create moist baked goods, it works as a slight, natural sweetener, too!
- I wouldn't recommend substituting Applesauce completely for a fat, but it works well when combined with Coconut Oil or melted Grass Fed Butter. For example, if a recipe calls for 1 cup of Canola Oil, you may try replacing with $\frac{1}{2}$ of melted Coconut Oil and $\frac{1}{2}$ cup of Applesauce!
- Tip – Make sure you're buying unsweetened, natural Applesauce!





Corn Syrup Substitutions

BROWN RICE SYRUP

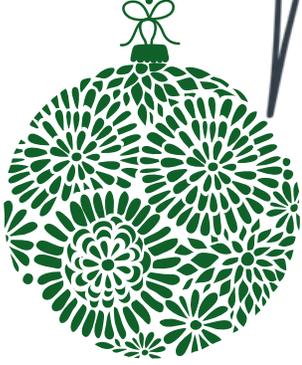
- I have been using Brown Rice Syrup in place of Corn Syrup this year, and the results are fantastic. The taste change is very slight, but, it is a fantastic substitute for the freaky fructose laden unnatural sweetener that is Corn Syrup. I use it in my Chocolate Chip Pecan Pie!
- This can be used as a direct substitute – 1:1.

Jam & Jelly Substitutions

HOMEMADE CHIA SEED JAM

- Jelly filled cookies and fresh breads are all the rage during the holidays. Who doesn't want to fill a cookie or slather homemade bread in sweet and sticky jam. Store bought jams are filled with preservatives and refined sugars, and if you ask me, making and canning bulk jam with pectin seems like a daunting chore. You can make small batches of jam, set and thickened with fiber-rich Chia seeds as easy as 1-2-3.
- Follow my recipe outlined in my Superfood Overnight Thumbprint Cookies. Use as a direct replacement for store bought varieties.





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- Sometimes altering a recipe can take a few tries, but don't be discouraged! If you have a family favorite which contains a not-so-fantastic ingredient by your standards, think about giving one of these substitutions a try. I make no claims that any of these substitutions are one-size-fits-all solutions, nor do I claim that they will work for any and all recipes.
- Please feel free to email allie@missallieskitchen.com with any questions! I LOVE hearing from you!
- Please also note, I am an advocate for leading a balanced lifestyle, and unless allergies are a concern, I do not believe in fully restricting any food group or substance. I am an advocate for eating an abundance of whole & natural food sources when possible, which is why I love to share helpful swaps with all of you!

Merry Christmas!

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