



**Healthy swaps**  
for baking  
recipes

### **1. Swap butter for avocado.**

Avocado is a healthier source of fat because of its high unsaturated fat content. Simply use half a cup of avocado for every one cup of butter your recipe calls for.

### **2. Swap refined sugar for natural non-nutritive sweeteners**

such as stevia or xylitol or fruits like berries or bananas.

### **3. Swap white flour for oat flour, whole wheat flour or almond flour.**

White flour is heavily processed, stripped of all vitamins, nutrients and fibre and is absorbed directly into your bloodstream causing your blood sugar levels to spike. These flour alternatives are rich in nutrients and fibre.



#### **4. Swap chocolate chips for cacao nibs.**

Cacao nibs are a much healthier option as they come in their natural state, raw and unprocessed. They also provide a crunchy and rich dark chocolate flavour to your recipes.

**5. Swap cream cheese for low-fat yoghurt** for a healthier cheesecake alternative.

**6. Opt for low-fat dairy products (milk, cream, yoghurt) and simply cut your sugar quantities.** If you'd still like to use white sugar in your recipe, reduce the quantity by 25% or mix with a non-nutritive sweetener.

*Please note that all these should still be enjoyed in moderation.*

