

Bake Your Cake, and Eat It, Too!



Baked goods and “treats” are a part of our lives. We use them for celebrations, socializing, and because they just plain taste good. How can we include baked treats in a healthy diet? How do we enhance the nutrient contribution, and decrease the empty calories in the pastries, cakes and cookies that grace our lips? Some simple substitutions maybe just what the doctor orders.

Ingredient substitution is basically food chemistry. Recipes are formulas of ingredients, and sometimes altering even one item can ruin the final product. Here are some ideas for substitutions that you may experiment with. Does the final product taste yummy? Is the nutrient content improved? Are the calories reduced? If answer to all three is yes, then your recipe modification was a success!

Sugar: Sugar helps improve texture of baked goods, but its sweetness provides empty calories. Reduce sugar in your baking by using:

- A sugar substitute
- Cut sugar in half
- Intensify sweetness by adding vanilla, nutmeg or cinnamon

Flour: Flour provides “structure/texture” for baked goods. Try these simple substitutions to add nutrition to your baked goods:

- Replace a few tablespoons of flour with oat bran. It keeps baked goods moist, too. Do the same with quinoa flour adds soluble fiber!
- Use ½ all wheat flour ½ white flour in baked goods

Dairy: Dairy products main purpose is to add liquid, so higher-fat products can be swapped easily with lower-fat options. Try these tips:

- Swap full-fat items like whole-milk and cottage cheese for fat-free varieties
- Replace cream with condensed evaporated skim milk

[Blueberry Tea Bread Recipe](#)



[Black Bean Brownie Recipe](#)

Eggs: Eggs act as a binder, but also add fat. Reduce whole eggs by using:

- egg whites in place of 1 egg
- egg substitutes
- ½ banana + ½ tsp. baking powder in place of 1 egg
- 1 Tbsp. of ground flax seed + 3 Tbsp of water in place of 1 egg

Butter/Oil: Butter and oil contribute fat in baked goods. If fat is necessary to a recipe, opt for oil (heart-healthy fat) instead of butter. Replace butter/oil in recipes with:

- ½ called-for butter with unsweetened applesauce
- ⅓ called-for butter with mashed banana, nonfat plain yogurt, or fat-free sour cream
- Fruit purees, like prune (in chocolate items) or pumpkin (in oatmeal/cinnamon items)

When making pies:

- Only make a bottom crust or skip a crust and make the pie filling as a custard.
- When making puddings and custards, use cornstarch to thicken instead of egg yolks.
- Use cooking spray for greasing pans instead of butter.

Eat Smart Program-Missoula City-County Health Department
 Questions or comments? Contact Rebecca Morley, MA
 (406)258-3827 www.co.missoula.mt.us/HealthServices/EatSmart
 To Opt-out of Subscription:

[Click Here](#)





Bake Your Cake and Eat it, Too!



Difficulty opening ? Go to: www.co.missoula.mt.us/HealthServices/EatSmart/newsletters.htm

Others interested in Eat Smart Newsletter?
Send e-mail address to: rmorley@co.missoula.mt.us

Eat Smart Program-Missoula City-County Health Department
Questions or comments? Contact Rebecca Morley, MA
(406)258-3827 www.co.missoula.mt.us/HealthServices/EatSmart

