

SWAP THIS FOR THAT: *Simple Holiday Substitutions*

Don't have all the ingredients you need for those family-favorite holiday recipes? Try these easy swaps that work in a pinch.

*When you
don't have ...*

→ **Use ...**

Baking powder



For 1 tsp., ¼ tsp. baking soda plus ⅝ tsp. cream of tartar

Butter or oil



Applesauce, shredded carrot, mashed banana, or pureed pumpkin; pureed avocado works great in place of butter for chocolate recipes

Whole milk



For 1 cup, use 1 cup fat-free or low-fat milk plus 1 tbsp. vegetable oil (like heart-healthy canola oil)

Heavy cream



For 1 cup, use 1 cup evaporated skim milk or ½ cup low-fat yogurt and ½ cup plain low-fat unsalted cottage cheese

Buttermilk



1 tbsp. lemon juice or vinegar mixed into enough milk to make 1 cup; let stand for five minutes

Sour cream



Nonfat Greek yogurt or a combination of low-fat unsalted cottage cheese with low-fat or fat-free yogurt

Sugar



Unsweetened applesauce can be substituted in equal portions for sugar (this will work in most baked desserts, but you'll need to reduce the liquid by ¼ elsewhere in the recipe)

Eggs



In cake batter, 2 tbsp. mayonnaise can replace one egg

Mayonnaise



Nonfat or low-fat plain yogurt

Vinegar



Lemon juice

Spice It Up

DIY a teaspoon of your favorite holiday spices with these mixes:

Allspice

- ½ tsp. cinnamon
- ½ tsp. ground cloves

Apple pie spice

- ½ tsp. cinnamon
- ¼ tsp. nutmeg
- ⅛ tsp. cardamom

Pumpkin pie spice

- ½ tsp. cinnamon
- ¼ tsp. ground ginger
- ⅛ tsp. ground allspice
- ⅛ tsp. ground nutmeg

