

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., $\frac{1}{4}$ tsp. baking soda plus $\frac{5}{8}$ 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 $\frac{1}{2}$ cup low-fat yogurt and $\frac{1}{2}$ 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 $\frac{1}{4}$ 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

- $\frac{1}{2}$ tsp. cinnamon
- $\frac{1}{2}$ tsp. ground cloves

Apple pie spice

- $\frac{1}{2}$ tsp. cinnamon
- $\frac{1}{4}$ tsp. nutmeg
- $\frac{1}{8}$ tsp. cardamom

Pumpkin pie spice

- $\frac{1}{2}$ tsp. cinnamon
- $\frac{1}{4}$ tsp. ground ginger
- $\frac{1}{8}$ tsp. ground allspice
- $\frac{1}{8}$ tsp. ground nutmeg

