

HEALTHY SWAPS

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Common Foods to Replace

Eggs: due to allergies, vegan diet, save eggs for other recipes

Butter: less fat, notably sat. fat

Oil: less fat

Flour: sometimes partially replaced by a puree like sweet potato or pumpkin

Pumpkin Spice Brownies

This recipe not only contains flax seed but pumpkin puree as well!

Ingredients:

- 1 flax egg
- 1/3 cup of pumpkin puree
- 1 1/2 cups of plain oatmeal, or whole wheat flour
- 1/4 cup unsweetened cocoa powder
- 3/4 cup brown sugar
- 2/3 cup peanut butter
- 2 tbsp syrup
- 3-4 tbsp milk or milk alternative
- 1 1/2 tsp baking powder
- 1/3 cup chocolate chips

Source: <https://upbeetkitchen.com/2019/11/26/vegan-almond-butter-pumpkin-spice-brownies/>

Alternative Ingredients

There are different foods that can be used to replace eggs in recipes. This can be done if there is an allergy, or if you simply want to preserve your eggs for breakfast.

Chia seeds: Add 1 tbsp of chia seeds to 2 tbsp water to create a gelatinous mixture that mimics the texture of an egg.



Chia seeds are rich in omega-3 fatty acids, which benefit brain and heart health and fiber.

"Chia Eggs" are good replacements for eggs in pancakes and brownies.



Ground Flax Seed: "Flax eggs" can be made with 1 tbsp of ground flax seed and 3 tbsp of water, with 5 minutes to gelatinize. They are also good sources of fiber and omega-3 fatty acids. "Flax eggs" are good for recipes that seem more grainy than sweet, such as potato recipes that might normally require eggs, muffins, baked breads,

Pumpkin Puree, Banana, & Applesauce



Pumpkin Puree: 1 egg = 3 tbs; makes cookies extra moist, and is an excellent source of Vitamin A.

Mashed Banana: 1 egg = 1/2 cup mashed banana; this is a good substitute for cakes and pancakes

Applesauce: 1 egg = 1/4 cup of applesauce; this can also be used to replace oil (however it should not replace both in the same recipe); this is best for muffins and cakes.

Yogurt: You can replace some butter in a recipe with Greek yogurt; If you need 1 cup of butter, replace 1/2 of it with 1/4 cup of Greek yogurt.

Sweet Potatoes

Sweet potatoes are a nutritious swap for some of the flour and butter in recipes for pancakes and muffins

Sweet Potato Pancakes: 1 large cooked sweet potato (peeled) + 2 eggs + 1/4 cup brown sugar + 1/4 cup whole wheat flour + 1 tsp baking powder + 2 tsp cinnamon

Sweet Potato Muffins

- 1.5 cups of cooked sweet potato, peeled
- 1/2 cup unsweetened applesauce
- 2 eggs OR 2 chia eggs OR 2 flax eggs
- 1.5 cups Flour + 2 tbsp
- 1/2 cup milk
- 1/4 cup syrup
- 2 tbsp vegetable oil
- 2 tsp cinnamon
- 1 tsp baking soda
- 1/2 tsp salt
- Optional: 1/4 cup of chocolate chips

Source: <https://www.hellospoonful.com/blog/recipe/chocolate-chip-sweet->

Frozen Zucchini

Frozen zucchini can be used as an alternative to frozen bananas in smoothies.

Frozen zucchini is mild in flavor but thick, making it a good alternative in fruit smoothies.

Strawberry Zucchini Smoothie:

- 1.5 cups frozen strawberries
- 1 cup frozen zucchini
- 1 cup milk
- 1/2 cup vanilla yogurt



Zucchini Lasagna

If you would like to try a lasagna that is not quite as heavy, you can use slices of zucchini instead of pasta. This also allows you an opportunity to meet your daily goal for servings of vegetables.



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Frozen & Mashed Bananas

Frozen bananas are great for making "nice" cream, (also known as a smoothie bowl).

Chocolate Nice Cream

Blend the following:

- 2 frozen bananas
- 1 tbsp peanut butter
- 2 tbsp cocoa powder
- 1/2 cup milk

Banana Oatmeal Chocolate Chip Cookies

- 2 ripe bananas
- 2 cups oatmeal
- 1/2 cup of peanut butter
- 1/4 cup chocolate chips
- 1 tablespoon syrup or brown sugar
- 1/2 teaspoon of salt