

Healthy Baking Substitutions
Calorie Comparison

1 cup all-purpose flour	440 Calories	-3/4 cup whole wheat flour -3/4 cup Whole Wheat Pastry Flour -1 cup Rolled Oats	-330 Calories -330 Calories -307 Calories
1 cup sugar	773 Calories	-1 cup Unsweetened Applesauce - 1/2 cup Light Agave Nectar -4 tsp Vanilla Extract -1/2 cup Honey	-102 Calories -480 Calories -48 Calories -515 Calories
1 cup oil	1900 Calories	-2/3 cup Unsweetened Applesauce -1 cup Mashed Avocado -1 cup Mashed Bananas -1 can pureed Black Beans	-68 Calories -368 Calories -200 Calories -227 Calories
1 cup butter	1627 Calories	- 2/3 cup Unsweetened Applesauce -1 cup Mashed Avocado -1 cup Mashed Bananas	-68 Calories -368 Calories -200 Calories
1 Tbsp Butter	102 Calories	-3 Tbsp Flaxseed + 1 Tbsp Water	-111 Calories
1 cup Heavy Whipping Cream	821 Calories	-1cup Evaporated Non-Fat Milk	-200 Calories
1 egg	71 Calories	-1 Tbsp Ground Flaxseed + 3 Tbsp water -2 egg whites	-111 Calories -32 Calories
1 cup Sour Cream 1 cup Mayonnaise	445 Calories 1645 Calories	-1 cup Plain Non-fat Greek Yogurt	-100-120 Calories