

RECIPE SUBSTITUTES FOR HEART HEALTHY COOKING

RECIPE CALLS FOR:

SUBSTITUTE:

Whole milk

Soy milk, almond milk, cashew milk, 1% skim milk

Cream

Cashew milk blended thick in blender

Sour Cream

Vegan sour cream

Mayonnaise

Vegenaise

1 cup of butter

Vegan butter, or 2/3 cup olive oil

Vegetable oil or other oils

Olive oil, coconut oil

Oil for baking

Equal amounts of apple sauce or prune puree

Oil for sautéing

Water, olive oil, coconut oil, or low-sodium broth

1 whole egg

¼ cup egg substitute or 2 egg whites

Ground beef

Ground turkey, ground tofu

Sausage

Turkey sausage, vegetarian sausage

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RECIPE CALLS FOR:

SUBSTITUTE:

Salad dressing

Olive oil, balsamic vinaigrette or lemon juice, garlic, onion powder, water.

Cream Soup

Raw cashews blended with water until liquefied

Sugar

Honey

Rule: For every 1 cup of sugar, substitute $\frac{1}{2}$ to $\frac{2}{3}$ cup of honey, subtract $\frac{1}{4}$ cup of other liquids from the recipe, add $\frac{1}{4}$ teaspoon baking soda, and reduce the temperature of the oven by 25 degrees F.

Other sugar substitutes include agave and maple syrup