

May-K Your Desserts DASH Friendly- A Few Sweet Ideas

Pick Fruit

Fruit purees are most commonly used as fat substitutes in baking.

- Applesauce: Works well in most cake recipes, muffins, gingerbread, and can replace at least half the fat in cookies.
- Mashed bananas or pureed peaches: Can be used in chocolate cakes, spice cakes or muffins.
- Pureed pears: A great fat substitute in coffee cakes and quick breads.
- Prune puree: Works best in spice cakes, muffins, scones, chocolate cakes, coffee cakes, crumb crusts, brownies and cookies.



Quick Tip: When changing a recipe using fruit purees use about half as much of the fruit puree as the total amount of fat called for in the recipe. For example, if the recipe calls for 1 cup of butter, use 1/2 cup of fruit puree. When mixing together, you can always add more puree if it looks a little dry.

Add Variety with Vegetables:

Vegetable purees can also be used to replace butter or oil in baking.

- Cooked pumpkin or sweet potatoes: Will replace half if not all the fat in most baked desserts, and are particularly suited for muffins, quick breads, gingerbread, fruit cakes and other dense cakes.
- Squash or sweet potatoes: Excellent choices if the recipe calls for cinnamon, nutmeg, ginger, or cloves, and are pleasing for fall or winter baking!



Quick Tip: You can use 3/4 as much of the vegetable puree as the total amount of fat called for in the recipe. Add a little extra puree if you think the batter looks too dry. Think about all of the vitamins and minerals you will get from the vegetable purees!

Love Low- Fat Dairy

Fat free dairy products such as yogurt or buttermilk are great substitutions to replace fat and to decrease calories in desserts.

- You can use 1/2 as much of the substitute as the total amount of fat called for in the recipe. If the recipe calls for oil, you may use 3/4 of the substitute, adding slightly more if it is dry.
- Muffins, quick breads, cakes, chocolate baked goods, biscuits and scones are good recipes to use fat free yogurt or buttermilk as fat substitutes.



Quick Tip: Replacing fat in baked goods often requires a shorter baking time. Low fat batters can become dry and overdone very quickly. Therefore, ten minutes before the timer goes off test for doneness with a toothpick and continue to do so every few minutes until it is completely baked.



Experiment with Whole Grains

- Substitute half the white flour with whole wheat flour in your regular recipes for cookies, muffins, quick breads and pancakes. Or be bold and add up to 20% of whole grain flour such as sorghum.
- Replace one third of the flour in a recipe with quick oats or old-fashioned oats.
- To substitute ALL the white flour with whole wheat flour use $\frac{3}{4}$ cup whole wheat for every 1 cup of white

flour. For cookies with whole wheat flour, reduce the butter or shortening by 20 percent. When making cakes with whole wheat flour, add another tablespoon or two of liquid.

- **For more information about substituting with all types of whole grain flours go to:**
<http://www.foodsubs.com/Flour.html>