

Substitutes

1. Black beans for flour
2. Whole wheat flour for white flour
3. Unsweetened applesauce for sugar
4. Unsweetened applesauce for oil or butter
5. Almond flour for wheat flour
6. Avocado puree for butter
7. Brown rice cereal with flax meal for Rice Crispies
8. Marshmallow Fluff for frosting
9. Natural peanut butter for reduced-fat peanut butter
10. Vanilla for sugar
11. Mashed bananas for fats
12. Nut flours for flour
13. Coconut flour for flour
14. Meringue for frosting
15. Graham crackers for cookies (in pie crusts)
16. Evaporated skim milk for cream
17. Stevia for sugar
18. Prunes for butter
19. Cacao nibs for chocolate chips
20. Chia seeds for butter
21. Chia seeds for eggs
22. Flax meal for eggs
23. Brown rice for white rice
24. Quinoa for couscous
25. Zucchini ribbons for pasta
26. Turnip mash for mashed potatoes
27. Grated steamed cauliflower for rice
28. Mashed cauliflower for mashed potatoes
29. Rolled oats for breadcrumb
30. Whole wheat pasta for regular pasta
31. Crushed flax or fiber cereal for bread crumbs
32. Spaghetti squash for pasta
33. Pita for bread
34. Lettuce leaves for tortilla wraps
35. Corn tortilla for flour tortilla

Introduction

Here at Greatist, we're always looking for ways to make our favorite foods healthier without sacrificing flavor. So we compiled a list of our best substitutions and discovered some new ones along the way. Below are our 83 (!) top picks, guaranteed to make that next meal a delicious, healthier hit. It wasn't easy taste-testing all this food, but someone sure had to. Right?

Source: <https://greatist.com/>

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