



Healthy Ingredient

SWAPS

— *for the holiday season* —



SUBSTITUTE::



Steamed green beans

for

Green bean casserole

Or, if you really want the casserole, substitute toasted almonds for the deep fried onions.

Mashed cauliflower

for

Mashed potatoes

Substitute half of the potatoes with cauliflower and use broth instead of butter.

Unsweetened applesauce

for

Butter or oil

For a lower fat version of your favorite baked goods and breads.

Homemade stuffing

for

Premade stuffing

Use whole wheat bread, olive oil, and low fat broth instead of store bought stuffing.

Greek yogurt

for

Mayo or sour cream

In creamy casseroles or fresh veggie dips.

Nut flour or whole wheat flour

for

White flour

Nut flours and whole wheat flour offer more nutritional value than white flour.

Cranberry relish

for

Cranberry sauce

Combine one package of fresh cranberries with a whole orange, a dash of vanilla, and a drizzle of honey in the blender or food processor.

