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## **Nutrition Tips: Healthier Holiday Baking** *December 2017*

The holidays can be a time of major dietary overindulgence, but with just a few minor tweaks, you can make your baked goods a little bit healthier.

Here are some suggestions:

- Use reduced fat cream cheese and sour cream in place of full fat versions, or use non-fat Greek yogurt instead
- Replace some or all of the sugar in recipes with a low calorie, naturally-derived alternative such as stevia, xylitol, or erythritol
- Replace some of the fat in baked goods with pureed produce such as apples, pumpkin, sweet potatoes, prunes, or bananas
- Replace half of the white flour in recipes with whole wheat flour to sneak in extra fiber, vitamins, and minerals
- Use two egg whites in place of one whole egg to reduce fat and cholesterol content
- Replace some of the fat in baked goods with pureed white beans or pureed silken tofu
- Replace some of the sugar in baked goods with pureed beets

And finally, watch your portion sizes, eat mindfully by savoring every delicious bite, and enjoy a happy and healthy holiday season!

