



The Holidays and baking or desserts seem to go hand in hand. Trying to avoid the delicious treats all together is nearly impossible! So why not make your Holiday treats a little healthier? Use the following baking replacement chart to decrease the fat and/or eggs in your favorite holiday recipes, or try out the healthy and tasty recipe for cranberry-nut-cookies!

## Baking Replacements for Fat and Eggs

Replacement	Ratios Replaced	Best Used For	Beware
<b>Applesauce</b>	substitute 1/2 to total amount of fat, 1/4 c for 1 egg	cookies, cakes, cupcakes	product may be moist
<b>Avocado</b>	substitute equal amounts of fat, use 2 tablespoon to 1/4 cup for 1 egg	breads, muffins, cakes, cupcakes, some cookies	add with wet ingredients
<b>Bananas</b>	1/2 banana for 1 egg, substitute equal amounts of fat	cookies, breads, muffins	cream with sugar, takes on flavor
<b>Black Beans</b>	substitute for equal amounts of fat	brownies, cookies	
<b>Cottage Cheese (low fat)</b>	substitute for equal amounts of fat		gives rubbery texture
<b>Eggs</b>	2 egg whites for 1 egg		
<b>Flax Seed (ground)</b>	2 1/2 tablespoons with 3 tablespoons water for 1 egg	cookies, granola, chocolate flavored	adds nutty taste, may make firm or chewy
<b>Plain Yogurt</b>	substitute for equal amounts of fat	brownies	product may be moist
<b>Prunes (pureed)</b>	substitute for equal amounts of fat		product may be moist, reduce liquid
<b>Pumpkin</b>	1/4 cup for 1 egg, and equal amount of fat/oil	muffins, cupcakes, cakes, cookies, best in chocolate flavored items	product takes on flavor and color
<b>Tofu</b>	1/4 c light silken tofu (2oz) for 1 egg, substitute up to 1/2 fat		blend with liquids, may be heavy or bean flavored
<b>Zucchini</b>	substitute for equal amounts of fat	muffins, breads, chocolate flavored	best in quick breads



Servings: 2 ½ dozen cookies

Prep Time: 35 minutes

Cook Time: 1 ½ hours

## Ingredients:

- 1 ½ cups whole-wheat pastry flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup chopped walnuts
- ½ cup chopped dried cranberries
- 1 cup plus 3 tablespoons sugar, divided
- ½ cup smooth, unsweetened applesauce
- ¼ cup canola oil
- 1 tablespoon freshly grated orange zest
- 3 tablespoons orange juice

## Directions:

- 1) Whisk flour, baking powder, baking soda and salt in a large bowl. Stir in walnuts and dried cranberries
- 2) Whisk 1 cup sugar, applesauce, oil, orange zest and juice in a medium bowl until smooth. Make a well in the dry ingredients and pour in the wet ingredients. Mix until well blended. Cover with plastic wrap and chill for 30 minutes.
- 3) Preheat oven to 350°F. Line a baking sheet with parchment paper or a nonstick baking mat.
- 4) Put the remaining 3 tablespoons of sugar into a small flat-bottomed dish or pan. Roll the dough with floured hands (it will be very moist) into 1 ½ inch balls, then roll in sugar to coat. Place 2 inches apart on the prepared baking sheet.
- 5) Bake the cookies until barely golden brown, 12 to 15 minutes. Cool on the pan for 1 minute; transfer to a wire rack to cool completely.

## Nutrition Information:

Serving Size: 1 cookie

Calories: 102

Total Fat: 5g

Sat Fat: 0g

Monounsaturated Fat: 2g

Cholesterol: 0mg

Sodium: 94mg

Carbohydrate: 15g

Fiber: 1g

Sugar: 2g

Protein: 1g

## Why this recipe is perfect for the holidays:

- Fat – The recipe uses applesauce, canola oil, and walnuts for sources of fat, instead of butter, margarine or shortening. This decreases the total fat content of the cookies, eliminates saturated and trans fat (the “bad fats”) and provides monounsaturated fat (the “good fat”)
- Sodium – The recipe only uses ½ teaspoon of salt, which helps to keep the sodium in each cookie relatively low
- Sugar – Although the orange juice, dried cranberries, and table sugar contribute some sugar to the recipe, using the unsweetened apple sauce helps to keep the sugar lower than processed foods and most other baked goods