

# Healthy Substitutions

Replace this	With this	Perfect for
Cornmeal/corn flour	Millet meal or flour	Cornbread, muffins, pancakes, waffles, cookies, bars, pizza crust, polenta
Wheat, white, pastry or cake flour, etc.	Gluten-free flour blend you buy or blend at home  <i>Note: Add 1/4 teaspoon guar gum or xanthan gum for each cup of gluten-free flour to reduce crumbling and improve the rise and texture of GF baked goods</i>	In addition to the items above, use in focaccia, brownies, blondies, banana bread, etc.
Breadcrumbs	Rolled oats, oatmeal or ground brown rice crackers	Meatballs, meatloaf, burgers, breading for fish, or chicken
Cream of Wheat® cereal	Whole grain brown rice or other whole grains, cooked overnight in a crock pot (also try sweet brown rice, whole oats, millet, or combination of two)	Hot cereal
Packaged waffles	Brown rice mochi	Grate and cook in a waffle iron
Peanut butter	Roasted cashew butter Roasted almond butter  <i>Note: You may need to make your own nut butter to avoid cross contamination.</i>	Sandwiches, dips, sauces, salad dressings, sauces for fruit, or with celery, apples, or bananas
Margarine, butter, and shortening	Ghee (clarified butter), Spectrum Vegetable Shortening®, coconut oil	Cookies, cakes, brownies, muffins, oiling baking pans, cooking eggs, sautéing
Whipping cream and half and half	Plain unsweetened coconut milk  <i>Note: Coconut milk will not whip up like cream; you will need to add gelatin or arrowroot starch to your recipe and apply heat to achieve body, texture, and loft</i>	Soups, sauces, puddings, coffee, smoothies, ice cream, pumpkin pie, custards, mousse
Eggs	Replace each egg with either 1 Tbsp. flax seed meal + 3 Tbsp. boiling hot water <b>OR</b> 3 Tbsp. apple sauce + 1/2 to 1 tsp. baking powder	Baking
Cow's milk	Goat, almond, hemp, or cashew milk	Baked goods, tea, coffee, cereal, puddings
Cow's milk yogurt	Goat yogurt or coconut "yogurt"	Snacks, meal addition, cooking and baking
Corn chips and wheat crackers	Gluten free brown rice crackers (baked not fried variety)	Serve with dips or soup
Whole wheat tortillas	Brown rice tortillas	Sandwiches, roll ups, toast, etc.
Ice cream and soy-based ice cream alternatives	Turtle Mountain Purely Decadent® coconut-based frozen desserts, Freezees® cashew-based ice cream alternative, Chef Rachel's Ice Dream recipes	
Cornstarch	Arrowroot/arrowroot starch	Thicken sauces, pudding, gravies