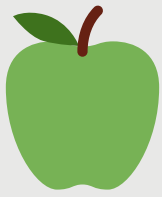


SUBSTITUTIONS FOR OIL AND BUTTER IN BAKING

OIL

**SUBSTITUTE 1
CUP OIL WITH**



1 cup applesauce

**SUBSTITUTE 1
CUP OIL WITH**



1 cup pumpkin or squash
puree

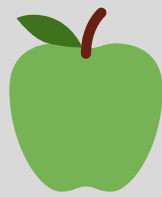
**SUBSTITUTE 1
CUP OIL WITH**



1 cup banana, pear, or
peach puree

BUTTER

**SUBSTITUTE 1 CUP
BUTTER WITH**



1 cup applesauce

**SUBSTITUTE 1 CUP
BUTTER WITH**



3/4 cup mashed avocado
*best used in chocolate-ly baking

**SUBSTITUTE 1 CUP
BUTTER WITH**



1 cup coconut oil

**SUBSTITUTE 1 CUP
BUTTER WITH**



1 cup pumpkin or squash
puree
*best for spiced baked goods

**SUBSTITUTE 1 CUP
BUTTER WITH**



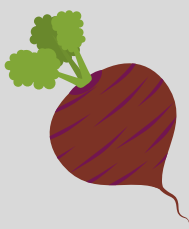
1 cup banana, pear, or
peach puree

**SUBSTITUTE 1 CUP
BUTTER WITH**



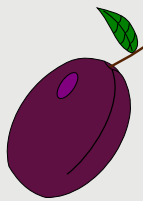
1 cup Greek Yogurt
*best for breads & muffins

**SUBSTITUTE 1 CUP
BUTTER WITH**



3/4 cup beet puree
*best for rich cakes, red velvet

**SUBSTITUTE 1 CUP
BUTTER WITH**



1 cup prune puree
*check baby food aisle

**SUBSTITUTE 1 CUP
BUTTER WITH**



1/2 cup coconut milk
*best for cookies & baked goods

**SUBSTITUTE 1 CUP
BUTTER WITH**



1 cup pureed black beans
*best for fudge-y consistency,
brownies

**SUBSTITUTE 1 CUP
BUTTER WITH**



1 cup pureed chickpeas
*best for fudge-y consistency

**SUBSTITUTE 1 CUP
BUTTER WITH**



1 cup nut butter
*best for nutty, dense baked goods

Source: <https://www.nelliebellie.com/baking-substitutions-for-oil-and-butter/>

Contact your onsite Health Coach for more information:

Allison Knight, NBC-HWC, NDTR, CPT

National Board Certified Health & Wellness Coach,
Nutrition & Dietetic Technician, Registered & Certified Personal Trainer

262.804.1068 • allisonknight@employeehc.com

