



Healthier Holiday Baking

Sweet holiday delights are part of many family traditions. Step Ahead has gathered a variety of holiday cookie, cake and goodie recipes that allow you to enjoy the sweetness of the season but with less saturated fat and calories. Add oats, whole wheat flour, nuts and seeds for more nutrition. Some of the recipes may be new and others are healthier takes on traditional favorites.

You can use the table below to add a healthy twist to some of your own holiday baking favorites.

<i>Instead of</i>	<i>Try</i>
Butter	Trans fat free spread such as Promise Buttery Spread, or Smart Balance
1 egg	2 egg whites or ¼ cup egg substitute
sweetened condensed milk	Nonfat or fat-free sweetened condensed milk
Evaporated milk	Evaporated skim milk
1 cup chocolate chips	½ cup mini chocolate chips - all the chocolate flavor but ½ the calories and saturated fat
Frosting	Sliced fresh fruit with a dusting of powdered sugar
Sour cream	Nonfat or low fat sour cream or lowfat or fat-free yogurt
Whole milk	1% or nonfat milk
Half-and-half or cream	Fat-free half-and-half or evaporated skim milk
Flour	Experimenting by substituting whole wheat flour for part of the white flour
Sugar	Using ¼ to ½ less sugar in the recipe. Or try using Splenda.