



Use recipes with ingredients that are
low in (s in) fat & sugar > 2 <

How can I substitute healthier ingredients?

- Whole milk
- Butter (1 tablespoon)
- Shortening (1 cup)

g³a⁻ ÁÇ³Ø PÇ Øk i³gk »Ç³Ø g[^]{ÇØsk⁻ ^~i⁻ ^23Ø^2ki p^{^2}
 1 rk⁻ f[^]zs~q } 3p^À~ ÇØ -3sgz fØk[^]i⁻Û⁻³ f⁻²s²32k É g³a

Çs{ ÇØ⁻rÇØ²k~s~qØ Prk } 3p^À~ ^~i fØk[^]i⁻ 1s{{ fk ik⁻kØ

- Heavy cream
1 ÇØz pÇØ } Ç⁻² f[^]zs~q Økgs^ak⁻Û PØ»⁻³ f fs~q s~ É g³a Çp⁻Ç»Û
- Sour cream
- Sugar
rk[^]{²rskØÛ 3ÇØ g[^]zk⁻Û »Ç³p{{ r[^], k[^] 2[^]-2skØ Á~s⁻rki^aÇi³g²
sp²rkØk⁻ ^ {[^]ØqkØ ^ } Ç³-2 Çp⁻³q[^]Ø 2Ç ÁÇ³ØÛ YÇ³p{{ r[^], k

