

Holiday Recipe Food Swaps



Oil

1:1



Applesauce



Sugar

1:3/4



Stevia



Butter

1:3/4



Coconut Oil



Cow's Milk

1:1



Unsweetened
Almond Milk



Milk
Chocolate

1:1



70%+ Dark
Chocolate



Heavy
Cream

1:3/4



Raw Cashew
Cream