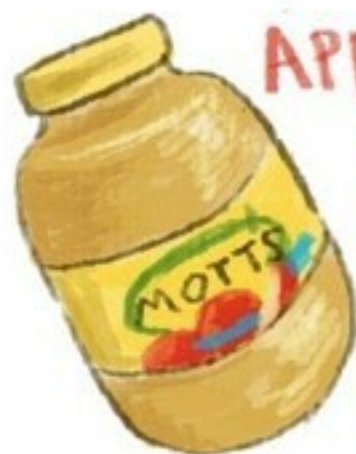


HEALTHY BAKING OIL SUBSTITUTES!

APPLE SAUCE:



spongy, dry-cakey texture - optimal when used alongside oil or another fatty something. mild and sweet flavor, won't overwhelm other ingredients, and simultaneously works as a sugar substitute! you can also use prune butter or apple butter for similar results. (really good for peanut butter cookies, as the fat in the peanut butter compensates for the lack of fat in the applesauce!)

GREEK YOGURT

rich, velvety (A+ for brownies - even gives them that glossy crust!) the higher the fat content, the richer and creamier the end result will be. can make the texture very moist and almost gooey, so keep that in mind and experiment with what works best for your recipe.



MASHED BANANA



Dense, moist, works well with cakes/brownies that are fruity or chocolatey, but can overwhelm the flavor in lighter recipes - don't use it for a recipe that already calls for bananas - the banana surplus will make it soggy!

PUMPKIN PUREE

cakey texture - like bananas, can overwhelm and clash with flavors, so keep that in mind! good for muffins, bread, biscuits, chocolate or citrusy-spice cakes, or whatever you deem complementary to pumpkin!



MASHED AVOCADO

soft-cakey - you can use a 1:1 ratio when a recipe calls for butter, as their textures are similar! however, when subbing for oil, consider that you might need to add more liquid to your recipe to achieve the desired texture! especially great for savory breads!