



Healthy Holiday Recipe Swaps

Gluten Free Swaps

Use **Corn Starch**
instead of Flour to Thicken Gravy

Substitute **Gluten Free Almond Flour**
in place of Flour

Swap in **Aleias Gluten Free Stuffing Mix
& Gluten Free Chicken Broth**
for your Dressing

Try **Gluten Free Panko**
in place of Bread Crumbs

Try a **Nut Pie Crust**
for your next Pie!

Vegan Swaps

Use **Bob's Red Mill Egg Replacer**
instead of Eggs

Substitute **1 TBSP Chia Seeds & 3 TBSP Water**
per egg. (rest for 5 minutes)

Try **Maple Syrup, Rice Syrup or Agave Nectar**
in place of Honey

Try **Plant-Based Spread, Coconut or Olive Oil**
in place of Butter

Swap in **Almond, Oat or Soy Milk**
for Milk

Try **Cocount Milk**
in place of Cream

Traditional Swaps

Use **Evaporated Skim Milk**
in place of Heavy Cream

Try $\frac{1}{2}$ **Oil** and $\frac{1}{2}$ **Unsweetened Applesauce**
instead of all Oil for baking

Substitute $\frac{1}{2}$ **cup Flour** + $\frac{1}{2}$ **cup mashed Black Beans**
for 1 cup Flour in brownies and chocolate cookies

Substitute $\frac{1}{2}$ **cup butter** + $\frac{1}{2}$ **cup Mashed Banana (sweet)
or Avocado (savory)**
for 1 cup Butter

Try $\frac{1}{2}$ **Mashed Potatoes** + $\frac{1}{2}$ **Mashed Cauliflower**
for lighter Mashed Potatoes

Use a **Mixture of Oats and Nuts**
in place of Marshmallows on Sweet Potatoes

Swap in **Non-fat Greek Yogurt**
in place of Sour Cream