

# Baking Substitutions

## FLOUR

**Whole Wheat Pastry Flour:** breads & crusts

**Spelt Flour:** good base for flour blends

**Oat Flour:** gives fudgy texture

**Buckwheat Flour:** nutty flavor, less blood sugar impact

**Nut Meals/Flours:** adds flavor & texture, less blood sugar impact, more fiber

**Cocoa Powder:** use as part of a flour blend in chocolate items.

## FAT

**Ghee:** richer flavor than butter, may be better for those with lactose sensitivities.

**Coconut Oil:** melts well, helps chocolate flow

**Extra Virgin Olive Oil:** need less than butter (use 3/4 the amount), a proven healthier alternative

**Avocado oil:** Same as olive oil, milder flavor

**Mashed avocado:** richer, moister texture, provides fiber, a proven healthier alternative.

## SUGAR

**Chopped Dates:** adds texture and fiber

**Date Paste:** smooth texture, great for fillings

**Honey:** high in nutrients, sweeter than sugar with stronger flavor profile, good corn syrup replacement

**Pure Maple Syrup:** good flavor sub for brown sugar and texture sub for corn syrup, sweeter than sugar

**Coconut Sugar:** good texture replacement for granulated or brown sugar