



Healthy Holiday Baking Swaps

The holiday season is the time for family, friends, fun and food! Try our simple swaps to make to your favorite baked goods more nutritious, so you're ready for every opportunity the new year brings:

Instead of:	Bake with:	Benefits and Use
Butter	Avocado	<ul style="list-style-type: none"> Lower your risk for heart disease by replacing saturated fat with heart healthy fats Increases fiber too! Great for bowel movements, lowering cholesterol, and helping you feel fuller <p>Use: 1Tbsp for 1Tbsp</p>
Oil	Yogurt OR Applesauce	<ul style="list-style-type: none"> Great for weight loss because it lowers the total energy or calories Yogurt adds protein, calcium & vitamin D to help you feel fuller and build strong bones & teeth <p>Use(s): ¾ cup yogurt for 1 cup oil OR 1 cup applesauce for 1 cup oil</p>
Eggs	Flax OR Chia Seeds	<ul style="list-style-type: none"> Lowers your risk for heart disease Increases fiber too! Great for bowel movements, lowering cholesterol, and helping you feel fuller <p>Use: Replace 1 egg with 1Tbsp of ground seeds mixed with 3Tbsp water. Let the mixture rest until a gel forms.</p>
White Flour	Whole Wheat Flour OR Beans	<ul style="list-style-type: none"> Again, increased fiber! See any trends? Adds Iron and B vitamins that are essential to feeling alert & energetic <p>Uses: replace ½ of the white flour with whole wheat OR 1 cup of pureed beans for 1 cup of flour</p>

Recipe of the Month: Black Bean Brownie Bites

Servings: 12

Ingredients:

- 2 flax eggs:
2Tbsp ground seeds + 6Tbsp. water
- 15 oz. can black beans
- 3Tbsp applesauce
- ½ cup sugar
- ¼ tsp. sea salt
- ¾ cup cocoa powder
- 1 tsp. vanilla extract
- 1 ½ tsp. baking powder



Optional toppings: crushed walnuts, pecans or semisweet chocolate chips

Preparation:

- Preheat oven to 350°F & lightly grease 12 cups in a muffin pan
- Pulse ground seeds and water in a food processor then let rest
- Add remaining ingredients & puree, about 3 minutes or until smooth
- Add extra water as needed so batter is thinner than frosting & spoon it into muffin tins
- Top with optional items as desired
- Bake for 20-25 minutes, until the tops look dry & edges pull away from the sides
- Let cool for 30 minutes before removing from pan.

Nutrition Facts: Energy: 85Cal, Fat: 1.5g, Carb: 18g, Fiber: 5g, Sugar: 9g

Our Dietitians



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Ask Endo-Nutrition Send your questions to mbrownst@montefiore.org and look for answers in next months issue!