

# Replacing Fats in Baking

**Overview:** In this lesson, you'll learn how to remove fat from baking, including replacing eggs, butter, shortening and oil.

**Replacing Fat:** Cutting the fat in baked goods is easy. Although applesauce is the most common way to replace fat, beans and vegetables also work as a replacement.

Fat Replacement	Works Best in	Caution
Applesauce	cakes cupcakes some cookies	Avoid using more than 1 cup of applesauce in any recipe.
Puréed Beans	brownies oatmeal cookies	Beans add a fudgy texture. Be sure to match your beans with the color of your goodies.
Canned Pure Pumpkin	muffins some cupcakes chocolate-flavored treats oatmeal cookies	Adds a hint of pumpkin and an orange color.
Shredded Zucchini	muffins breads chocolate-flavored treats	Locks in moisture.
Vegan Cream Cheese such as Tofutti brand.	pastries biscuits when you need to "cut in" fat	Avoid replacing more than ¼ cup margarine or shortening.

**Caution:** Think about what fat replacement you're using. For example, you want to use black beans for a dark-colored treat, such as chocolate-flavored cookies, and white beans for lighter colored treats, such as oatmeal cookies. Additionally, when using flavored fat replacements, such as pure canned pumpkin, make sure the flavor will be complimentary to your baked good.

**Replacing Eggs:** Because they're loaded with fat and harmful cholesterol, replacing eggs with a fat-free substitute is a great way to make a recipe lower in fat.

<b>= 1 egg</b>	<b>When to Add</b>	<b>Caution</b>	<b>Works Best in</b>
¼ c light silken tofu (2 ounces)	Blend with liquids.	Can be very heavy. Do not use in recipes where multiple eggs must be replaced	a pinch
½ banana, mashed	Cream with sugar.	Very ripe bananas will leave a hint of flavor and increase sweetness.	fat-free cookies, breads, muffins, pancakes
¼ c applesauce	Add with wet ingredients.	Avoid using more than 1 cup of applesauce total in any recipe.	breads, muffins, cakes, cupcakes
¼ c vegan yogurt	Blend with liquid or wet ingredients	Can be heavy.	brownies
2½ tbsp ground flax seeds mixed with 3 tbsp water.	Add as "egg" is originally called for.	Adds an earthy, nutty taste. Can provide firm or chewy texture.	chocolate recipes, granola bars, oatmeal cookies
2 tbsp potato starch	Add as "egg" is originally called for.	Hard to find.	allergy-free baking
1 tsp cornstarch + 3 tsp water	Add as "egg" is originally called for.	Not the best for baking; expect mixed results.	Use in savory dishes, like corn pudding and casseroles.
Ener-G-Egg Replacer	Add as "egg" is originally called for.	Leaves a chalky taste.	for beginners

**Replacing Egg Whites:** Combine 1 tbsp agar agar powder dissolved into 1 tbsp of water. Whip it, chill it, then whip it again.