Try these ingredient changes to make your treats healthier!

- Substitute plain yogurt for oil or sour cream
- Substitute mashed banana or avocado for butter
- Substitute evaporated milk for heavy cream
- Substitute unsweetened applesauce or vanilla extract for sugar

Healthier Homemade Desserts

Desserts and sweets are delicious, and high in fat and added sugar. Resisting tempting treats is hard when making healthy food choices.

Satisfy your sweet tooth with healthier baked goods!

Why not make your own cakes, cookies and muffins at home? Just substitute sugar and fats with other ingredients. You can keep the same great taste, and still enjoy desserts as part of your diet.