Health Tip of the Month

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.

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

Cornell University
Cooperative Extension
New York City

Worksite Wellness Initiative: by Jaclyn Vingan, Dietetic Intern
CUNY School of Public Health, Hunter College 60: 10/15
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