



Recipe Substitutes

When the recipe calls for:

Use these heart-smart picks instead:

1 whole egg.....	2 egg whites or ¼ cup egg substitute
1 cup butter.....	1 cup soft tub margarine or ⅔ cup vegetable oil
1 cup shortening or lard.....	1 cup soft tub margarine or ⅔ cup vegetable oil
1 cup whole milk.....	1 cup fat-free milk
1 cup cream	1 cup evaporated fat-free milk
1 cup sour cream	1 cup fat-free sour cream

