

Applesauce Lowers Fat in Recipes

By Lee Jackson

An important advantage of applesauce is that it can be used in place of fat in many recipes. This works well in foods such as quick breads, desserts, and some cakes. For example, in a cake mix recipe, substitute an equal amount of applesauce for the oil called for in the recipe. Then substitutes an equal number of egg whites for the whole eggs called for in the recipe. Some recipes require a moderate amount of fat for taste and texture. For those recipes, start by reducing the fat by $\frac{1}{3}$ to $\frac{1}{2}$ and substituting applesauce for the remainder of the fat. For instance, in an oatmeal cookie recipe, 1 cup of butter can be reduced to $\frac{2}{3}$ cup and add $\frac{1}{3}$ cup of applesauce. Replacing fat with applesauce is not recommended for pie crusts and yeast breads.

Lee Jackson is a recognized authority on food and cooking. Her website [www.imagesunlimited](http://www.imagesunlimited.com) provides a wealth of informative articles and resources on subjects related to home and family living.