

EXTRA CREDIT- 5 points

## MAKE A RECIPE HEALTHIER

1. Pick a recipe....maybe family favorite?
2. Write out the recipe...and ways you think you could improve it by decreasing the fat or sugar.

### High fat or sugar example

### New and improved version

1 cup regular sour cream

1 cup light or 1 cup fat free sour cream

1 cup sugar

½ cup sugar or ½ cup applesauce

2 tbsp butter to sauté

1 tbsp olive oil or spray with pam

1 cup whole milk

1 cup 2%, or 1 % or 1/2 %

3. Retype the recipe with the newer options

I've included a Cooking light guideline for substitutions, not all decrease the fat or sugar. There are other sources on line too. 4. Let me know if you use any.