



**EATING** IN THE **REAL**  
WITH RENÉE™

healthy, creative meal planning for the everyday lifestyle

**HEALTHY BAKING SUBSTITUTIONS**  
(PROCESSED SUGAR AND GLUTEN FREE)

RECIPE CALLS FOR THIS....	SUBSTITUTE THIS...
WHEAT FLOUR	RICE/POTATO FLOUR AND TAPIOCA STARCH BLACK BEANS
SUGAR	APPLE BUTTER (UNSWEETENED) BANANAS WHOLE LEAF STEVIA EXTRACT (AF) VANILLA EXTRACT (AF) AGAVE NECTAR RAW MAPLE SYRUP
BAKING POWDER	CREAM OF TATAR AND BAKING SODA
BUTTER	EXTRA VIRGIN OLIVE OIL (100% FIRST COLD PRESS, UNREFINED) BANANAS MASHED AVOCADO
CREAM	COCONUT CREAM (+ 1 TBSP RAW MAPLE SYRUP) BLENDED ORGANIC TOFU
EVAPORATED MILK	COCONUT OR ALMOND MILK (+1 TBSP RAW MAPLE SYRUP)
CHOCOLATE CHIPS	RAW CACAO NIBS VEGAN, DARK CHOCOLATE PIECES
UNSWEETENED COCOA	RAW CACAO POWDER
CANOLA OIL	EXTRA VIRGIN OLIVE OIL AVOCADO OIL GREEK YOGURT
SHORTENING (MELTED)	EXTRA VIRGIN OLIVE OIL (100% FIRST COLD PRESS, UNREFINED) ORGANIC BUTTER
CORN SYRUP	RAW ORGANIC SUGAR AND DISTILLED WATER RAW ORGANIC HONEY AND DISTILLED WATER RAW ORGANIC MOLASSES, UNREFINED
CONSTARCH (THICKENER)	TAPIOCA FLOUR RICE FLOUR POTATO FLOUR ARROW ROOT POWDER
ALL PURPOSE FLOUR	RICE FLOUR TAPIOCA FLOUR

	OAT FLOUR
SELF RISING FLOUR (CUP)	RICE, TAPIOCA OR OAT FLOUR, PLUS 1/12 BAKING SODA AND ½ TSP SALT