

Substitutions

Match the lower-calorie option for the higher-calorie food that it is suggested to replace.

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| _____ 1. Avocado puree | a. Pasta |
| _____ 2. Mashed cauliflower | b. Mashed potatoes |
| _____ 3. Baked kale leaves | c. Flour in brownies |
| _____ 4. Shredded zucchini | d. Butter in brownies |
| _____ 5. Marshmallow fluff | e. Potato chips |
| _____ 6. Pureed black beans | f. Cake frosting |