



Low Carb Substitutions for Cooking & Baking

For Baking:

Coconut Flour - It's sugar-free, has protein and is high in fiber.

Almond Flour - Makes for a moist, nutty & tender cake or muffin. Higher in fat than coconut flour.

Flax meal - This can be ground and used in place of flour in equal measurements.

Stevia or Splenda - These will hold up to heat and replace sugar in your recipe.

Pork Rinds - Crush these and use in place of cracker or bread crumbs when coating chicken or fish before baking.

Nuts - Grind up any variety in a food processor in place of cracker or bread crumbs when coating chicken or fish before baking.

Cinnamon or Vanilla extract - These will add a hint of sweetness without adding sugar or an artificial sweetener.

For Cooking:

To thicken sauces - Add heavy cream, cream cheese or shredded cheese to make a smooth creamy sauce.

In place of pasta - Try steamed cauliflower with your favorite cheese sauce to greatly reduce your carbs. Strips of zucchini or eggplant will work in place of lasagna noodles.

Skip the spaghetti - Spaghetti squash or Shirataki noodles are perfect for your sauces or to use in a stir fry. You can make 'zoodles' with zucchini & yellow squash as well, sauté with a bit of butter and enjoy!

Instead of mashed potatoes - Use mashed cauliflower blended with a bit of cream cheese, garlic and onion salt (or powder), toss in some crumbled bacon and top with cheddar cheese and chives for a real treat!

Fogo the fries - Cut carrot & zucchini strips as a side to your burger. Toss with a bit of olive oil and season with salt & pepper before baking at 400 degrees for 20-25 minutes. Turnips make a great substitution for home fries! Dice & toss in olive oil, sprinkle with salt, pepper and a bit of parmesan for a delicious addition to breakfast or dinner.

Breads/Crackers:

Buns - Portabello mushroom caps work great as a bun to your burgers. Try making sliders with the baby portabellos or wrap them in lettuce leaves and secure with a toothpick.

Tortillas - There are many good low carb options in the market - find your favorite! We have a great recipe for Cauliflower Tortillas on our Pinterest site - give it a try.

Taco Shells - Make your own with the tortillas above.

Pancakes - You can try using one of the flour substitutes above or whip together 2 oz of cream cheese, 2 eggs, add a drop of vanilla or ½ tsp of cinnamon. Let the bubbles settle a bit and then pour onto your prepared griddle. Top with sugar-free syrup or berries - Yum!

Pizza Crust - Flatout makes a wrap that works well as a thin crust. Crisp it a bit in the oven before adding your favorite toppings. To save even more carbs, just toss your toppings in an oven-safe dish and pop in the oven to heat through - you won't miss the crust!

Bread sticks - mashed cauliflower mixed with egg and seasonings makes a tasty breadstick substitute when baked and then broiled with a sprinkling of cheese.

Croutons - Baked parmesan crisps will add crunch to your salads or crumble some of the Proti toast rusks on top.

Crackers - When searching for a vehicle for your favorite spread, look at slices of cucumber or sweet pepper wedges. The Proti toast rusks work great for this too - we carry them in the Nutrition store.