



# Healthy Swap Chart

Mix	Size	Ingredients Call For	Substitute
Muffin Mix	16.3 OZ	1/4 cup oil 3/4 cup water	1/4 cup unsweetened apple sauce 3/4 cup water
Brownie Mix	18.1 OZ	2/3 cup oil 1/4 cup water 2 eggs	2/3 cup unsweetened apple sauce 2 Tbsp water 1 egg
Cake Mix	16.5 OZ	1/3 cup oil 1 cup water	1/3 cup unsweetened apple sauce 1 cup water
Cookie Mix	17.5 OZ Choc. Chip	1/3 cup oil 2 Tbsp water	1/4 cup unsweetened apple sauce no water

