

No Fat Baking with Applesauce and Prune Puree

Nowadays, there are choices available for those who want to bake but don't want to use butter, margarine or oil. Applesauce and prune puree are two choices which work in brownies, cakes, quick breads, muffins and cookies.

How do I use applesauce in place of the fat in baked goods?

Try substituting half of the fat with applesauce, up to 1/2 cup. For example, if the recipe calls for 1 cup of fat, use 1/2 cup applesauce and 1/2 cup butter, margarine, oil or shortening.

You can substitute 1/3 cup of applesauce for the oil in regular boxed cake mixes. Some boxed cake mixes list low fat baking ingredients and instructions using applesauce in place of the oil in the regular fat version.

Prune puree

Prune puree or fruit puree is another substitute for fat in baking. Make your own pureed prunes (see below), buy puree in the form of baby food (select jars labeled "first stage") or buy a fruit puree (such as "Lighter Bake™" - a prune and apple mixture*) at the store.

How do I use prune (fruit) puree in place of the fat in baked goods?

To substitute: Try omitting the fat in the recipe and replace with 1/2 that amount of puree. For example, if the recipe calls for 1 cup of fat, use 1/2 cup puree. You may need to experiment before you get a product you are happy with. You can start out by keeping 1/3 of the original fat in the recipe and replacing the rest with puree. Then, begin to use recipes that use half the amount of puree for the fat (adding a tablespoon or two of fat back to the recipe may improve your final product).

Making your own prune puree: Combine 8 ounces (1 1/3 cups) pitted prunes and 6 tablespoons hot water in food processor. Process until smooth. Makes 1 cup. Store in refrigerator for 1 - 2 months.

How do I use prune puree in place of the fat in baked goods?

Use in chocolate-flavored baked products such as brownies and cakes (for a sweet and chewy texture) or carrot cake and gingerbread. Purees work best in recipes with other wet ingredients such as honey, milk, molasses and eggs.

*Brand names do not imply endorsement.

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- References:
1. California Prune Board, Department M, PO Box 10157, Pleasanton, CA 94588
 2. "Fake and Bake," *Eating Well*, March/April 1997
 3. "Reducing Fat in Baked Goods," *The American Dietetic Assn.*,
 4. "Substitute Teaching," *Eating Well*, September 1997

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