

# How To Create Your Own Clean Eating Recipes

## Objective

The purpose of this information is to help you understand just how easy it is to convert from conventional eating to clean eating. It's not complicated or difficult. The simple truth is, most of your favorite recipes can be "cleaned up". I'd like to show you how.

1. Converting recipes is a fairly simple process of exchanging some basic ingredients. Once you know which ingredients to substitute with, it's simply a matter of going through the recipe, making the substitutions and then making minor adjustments for flavor.
2. While this obviously cannot work with some recipes, it does work with the majority. And you don't need expensive or hard-to-find ingredients to do it.

## Basic Substitutions

Ingredient	Substitution	Substitution Amount
Flour	Whole Wheat Pastry Flour	Equal amounts
Sugar	Honey, brown rice syrup or agave	Equal amounts by weight only. Generally, it's 3/4 cup syrup for every 1 cup of sugar called for.
Cream of Mushroom Soup (used in many recipes)	Clean Eating Cream Of Mushroom Soup: <a href="http://www.thegraciouspantry.com/clean-eating-cream-of-mushroom-soup">http://www.thegraciouspantry.com/clean-eating-cream-of-mushroom-soup</a>	Equal amounts □(make a large batch and keep in the freezer for up to 6 months)
Beef	Bison or ground turkey	Equal amounts

Ingredient	Substitution	Substitution Amount
Wine for cooking	White or red balsamic vinegar (depending on the wine called for - white or red) + 1-2 tbsp. honey or agave.	Use 1/4 of the amount called for. For example, if a recipe calls for 1 cup red wine, use 1/2 cup balsamic vinegar + 1 tbsp. honey or agave.
Sour cream	Non-fat Greek Yogurt	Equal amounts, but usually a little yogurt goes a long way. Use sparingly.
Cream (whipping or heavy)	Non-fat Greek Yogurt + a splash of milk to loosen it up OR Milk that has been thickened slightly with either flour (like a roux) or arrow root or cornstarch.	Equal amounts
White sauce	Use milk, flour and cornstarch OR Blend cottage cheese till smooth	Equal amounts
Brown Sugar	Combine a liquid sweetener like honey or agave with a little molasses.	For every cup of sweetener, use 1 tbsp. molasses
Oil (excessive amounts)	For frying, use chicken broth in place of oil.	This will vary greatly depending on the temperature you cook at.
Whole Eggs (While eggs are not unclean, using many at once can be high in cholesterol.)	As a general rule of thumb, I substitute 2 egg whites for every second egg called for.	2 eggs called for = 1 whole egg and 2 egg whites

Ingredient	Substitution	Substitution Amount
Butter (in baking)	Apple sauce, bananas, olive oil or safflower oil	For every 1 stick of butter, I use 1/4 cup oil + 1/2 cup apple sauce. For recipes that are really dependent on the butter content, I will also add a banana.

## Procedures

While there are too many different recipes out there for me to cover everything in this short document, the general rule of thumb is to follow recipe directions as the recipe calls for, and simply substitute ingredients.

Now, obviously this won't work for some recipes. A change in ingredients sometimes means a change in process and procedure. But overall, you can generally stay pretty close to what the recipe tells you to do.

And above all else, go into it being willing to fail. Don't be disappointed if you don't get the hang of it right away. With time and practice, you'll be converting recipes like a clean eating pro!

## About Tiffany McCauley

Tiffany was born in the San Francisco region and resides in Pleasant Hill, Calif. with her husband Michael and their three-year-old son.

She is currently pursuing a health and dietetics degree and has several new clean eating titles in production.

In her spare time, she enjoys writing about healthy eating, designing recipes and networking with other clean eating enthusiasts.

Visit The Gracious Pantry at <http://www.TheGraciousPantry.com> and follow Tiffany McCauley on Facebook at <http://www.facebook.com/TheGraciousPantry> and Twitter at @graciouspantry.

You may also contact Tiffany at [www.thegraciouspantry.com/contact/](http://www.thegraciouspantry.com/contact/).

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