

# How to make your favorite recipes healthier

- Substitute coconut oil for cooking/baking.
- When appropriate, reduce oven temperature and cook longer (not greater than 350°).
- Use x-virgin olive oil for salad dressings.
- Substitute xylitol or stevia for sugar.
- Use unrefined salt.
- Use fresh herbs in place of dried.
- Leave starches out of recipes (potatoes, rice, noodles).
- Healthier starches are brown, black or red rice, barley, teft, quinoa.
- Use arrowroot in place of flour for thickening.