

Healthy Recipe MODIFICATIONS



reduce sugar
by $\frac{1}{3}$



omit or reduce
salt by $\frac{1}{2}$



reduce fats
by $\frac{1}{3}$



substitute
whole grain
or bran flour



substitute
oat bran
or oatmeal



Healthy Recipe Modification

Y Pai



Healthy Recipe Modification:

Immerse yourself in heartwarming tales of love and emotion with is touching creation, Experience Loveis Journey in **Healthy Recipe Modification** . This emotionally charged ebook, available for download in a PDF format (Download in PDF: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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