

# Holiday Recipe Food Swaps

 1:1   
Oil Applesauce

 1:3/4   
Sugar Stevia

 1:3/4   
Butter Coconut Oil

 1:1   
Cow's Milk Unsweetened  
Almond Milk

 1:1   
Milk Chocolate 70%+ Dark  
Chocolate

 1:3/4   
Heavy Cream Raw Cashew  
Cream