



RECIPE SUBSTITUTION GUIDE

Nutrim® users can double their benefits by putting Nutrim® to work in the kitchen! Nutrim® can replace fat in recipes while oat β-glucans attach to and remove some of the fat in foods before they are absorbed by the body. Nutrim® can also replace some of the flour in recipes, giving them an oat β-glucan boost!

For best results, experiment with your favorite recipes. Nutrim® will naturally make recipes creamier and a bit thicker. If desired, add additional water to off-set thickening from Nutrim®. See the "Nutrim® Consistency Adjustment" chart below.

MEASUREMENT EQUIVALENTS

| STANDARD | SCOOPS |
|----------------|----------------|
| 4½ teaspoons | 1 scoop |
| 1½ Tablespoons | 1 scoop |
| ¼ cup | 2½ scoops |
| ⅓ cup | 3 round scoops |
| ½ cup | 5 scoops |
| 1 cup | 10 scoops |

This chart may be helpful as you experiment with recipes. It shows common standard measurements and their equivalent in Nutrim® scoops.

CONSISTENCY ADJUSTMENT

| Water amount + 1 scoop Nutrim® | Desired consistency like: |
|--------------------------------|---------------------------|
| ¼ cup water | Sour Cream |
| ⅓ cup water | Yogurt |
| ½ cup water | Heavy cream |

Use the proportions to the left as a guide for adding water to compensate for the amount of Nutrim® added and the desired consistency.

MAYO + SOUR CREAM REPLACER

Use this recipe or proportions to substitute for ¼ of the mayo or sour cream in a recipe.

Proportion: 2 scoops of Nutrim® + ½ cup of water

Tip: Add this mixture to a 16 oz container of sour cream or mayonnaise to give them lower fat and a heart healthy oat β-glucan boost.

OIL REPLACER

Use the Nutrim® “oil” proportions to substitute $\frac{1}{4}$ of the oil normally in a recipe.

Proportion: 1 heaping scoop of Nutrim® + 1 cup of water

For example: If recipe calls for 1 cup of oil add $\frac{3}{4}$ cup of oil, 1 heaping tsp Nutrim® + $\frac{1}{4}$ cup water instead.

FLOUR SUBSTITUTE

Replace up to $\frac{1}{3}$ of the flour in a recipe with Nutrim®.

Some recipes, (such as bread), do well with a full $\frac{1}{3}$ flour swap, while other recipes (such as cookies) do well with less Nutrim®. Start substitution slowly, building up to a $\frac{1}{3}$ swap.

For example: If recipe calls for 2 cups of flour add $\frac{2}{3}$ cup Nutrim® + $1\frac{1}{3}$ cup of flour.

BUTTER SPREAD ALTERNATIVE

Make butter spreadable + reduce the fat in with this recipe.

2 scoops of Nutrim®
 $\frac{1}{2}$ cup olive oil
 $\frac{1}{2}$ cup butter (1 stick, softened)
2 Tbsp water

In a medium bowl, add Nutrim® to oil. Mix well with a hand mixer or blender. Add water + butter. Mix until creamy. Store in refrigerator like regular butter.

BUTTER REPLACER

(Also for Margarine or Shortening)

Use this recipe or proportion to replace up to $\frac{1}{4}$ of the butter, margarine, or shortening in a recipe.

Proportion: $\frac{1}{3}$ cup of Nutrim® + 1 cup water

Examples:

If recipe calls for 2 sticks butter add $1\frac{1}{2}$ sticks butter + 1 scoop Nutrim® + $\frac{1}{4}$ cup water

If recipe calls for 1 stick butter add 6 Tbsp butter + 2 tsp Nutrim® + 2 Tbsp water