

**Recipe Redo**

**Challenge**: Create a healthier version of your favorite snack or appetizer

Use the following steps to guide this project:

1. Bring your favorite recipe for your favorite snack or appetizer (or look up a recipe).

2. Analyze the nutritional content of each recipe by creating a comparison chart that will include:

* Calories
* Carbs
* Protein
* Sugars
* Fat
* Salt content

You can use one of the following digital tools OR create a spreadsheet using google sheets/ Microsoft excel.

<http://www.eatracker.ca/> or

<http://nutritiondata.self.com/mynd/myrecipes/welcome?returnto=/mynd/myrecipes>

3. Find healthy substitutions for ingredients. You can use:

<http://greatist.com/health/healthy-baking-recipe-substitutions-infographic>

<http://greatist.com/health/83-healthy-recipe-substitutions>

<http://www.picklee.com/2012/08/01/recipe-substitutions/>

4. Create a new recipe with healthy substitutions. **Make sure your recipe is written with metric measurements.**

5. Hand in both recipes – both must be in metric measurements.

6. Create a shopping list.

7. Create both versions of your favorite snack or appetizer at home. How did it compare in taste? What was the structure like? How was the taste? Create a list of 6 comparison criteria and hand in a comparison chart of the final products. A photo of the products would be an excellent addition!