

# VEGAN RECIPE SUBSTITUTIONS

## One egg is equal to:

- 1 Tbsp. ground flaxseeds or chia seeds + 3 Tbsp. water; whisk and allow to thicken for 10 minutes
- ¼ C silken tofu
- ½ C soy yogurt
- ¼ C pureed fruit
- 3 Tbsp. aquafaba (canned chickpea liquid)
- ¼ C Just Egg®
- 1-1/2 tsp. Bob's Red Mill Egg Replacer®, Ener-g Egg Replacer®, potato starch (follow package directions)

## Dairy Cheese Alternatives

- Plant- or nut-based cheese (VioLife®, Mioko's®, etc.): cheddar, mozzarella, Parmesan, Goat, Mexican blend
- Nutritional yeast

## Other Alternatives

- Mayonnaise: Hellman's Vegan®, Follow Your Heart®
- Whipped Cream: Vegan whipped topping (ex. TruWhip®)
- Marshmallows: Dandies®, Great Value® (Walmart)
- Dairy Sour Cream: Vegan sour cream

## Meat substitutes:

- For beef: Impossible Burger®, Beyond Meat®
- For poultry (turkey): Trader Joe's, Gardein®, Field Roast®, Tofurky®
- Tofu (regular or silken, depending on application) Old Capitol, Wildwood, Nasoya; portobello mushrooms, tempeh, seitan
- Cooked beans, peas, lentils

## Buttermilk

- 1 Tbsp. lemon juice or vinegar + 1 C plant milk; let stand 5 minutes.

## Gelatin Replacement

- 1-1/2 tsp. agar powder + 2 Tbsp. fluid; stir, heat until dissolved

- Ice Cream: Oatly®, So Delicious®, Daiya®, Coconut Bliss®. A lot of other brands also have dairy free ice creams like Traders Joe's, Ben & Jerry's, Breyers®, Halo Top®.
- Dairy Cream Cheese: vegan cream cheese