

VEGAN INGREDIENT SUBSTITUTIONS

From This...

To This...

Butter

Coconut oil, vegan butter

Eggs

Ground flax or chia mixed with water, egg replacer, mashed banana, apple sauce

Meat

Tofu, tempeh, seitan, quinoa, lentils, beans, plant-based meats

Gelatin

Agar, corn starch, arrowroot powder, xanthan gum

Honey

Maple syrup, agave nectar, coconut sugar

Cheese

Vegan (nut or soy) cheese, nutritional yeast flakes

Mayonnaise

Veganaise brand spread, mustard, nut based spread, hummus

Milk

Nut, hemp, rice, soy, coconut milk

Ice Cream

Coconut or soy ice cream, sherbet

Yogurt

Soy, rice or coconut yogurt

