

VEGAN INGREDIENT SUBSTITUTIONS

From This...

To This...

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| 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 | Vegan mayo, 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 |