



THE VEGAN LAB

**W**ith the right ingredients, a vegan diet can be as sumptuous as any other. This guide is to help take the mystery out of what to use as an alternative. I've listed both commercial products as well as recipes to make your own. Of course I recommend making your own because it's healthier and cheaper!

When first transitioning to a vegan diet, some feel the need to add fake animal products, such as fake meats and cheeses, to their meal plan. That's fine if it helps you move away from the cows and remove saturated fats from your diet. But remember, many of these packaged items are highly processed and you may be better off without them. So please be aware and ALWAYS read the label for the list of ingredients.

### HIDDEN ANIMAL SOURCES

Most packaged products in our stores are well labeled to indicate whether or not they meet vegan requirements. However, it is always to good to check ingredient lists to ensure you know what you're getting. Sometimes, foods you wouldn't normally associate with animals contain their by-products.

Look out for:

- **Gelatin** – Usually derived from by-products of the meat and leather industry, gelatin is often found in gummy bears, marshmallows, soups, sauces and gel caps (think supplements). Vegan alternatives are sometimes available and are generally labeled.
- **Sugar** – Is often filtered through charred animal bones as part of the bleaching process. You can avoid this by looking for unbleached sugar products or ones that are labeled “vegan.”
- **Soups** – Many canned and restaurant soups use chicken stock or broth as a base. Even miso soup often has a dashi broth, which is made using seaweed and bonito (a type of fish) flakes. Always check the ingredient list or ask the chef or server.

## • DAIRY & CHEESE •

Substituting for dairy is straight forward, usually at a 1:1 ratio (1 cup nondairy milk to replace 1 cup milk). Same rules apply to yogurt, sour cream and butter.

- **Milk** – Adds flavor and richness and creates texture in baking.
- **Cream** – Creates a smooth and sometimes fluffy texture in baked goods. It adds richness, and makes for a satin-like quality.
- **Butter** – Adds flavor and a rich and sometimes a spongy texture in baking. It also helps baked goods rise evenly

and adds to both the density and sweetness.

- **Vegan shortening or margarine** – Works well with cookies and pie crusts.

Replacing cheese in a traditional recipe can be simple or one that requires a little bit of effort, depending on availability in your area. You can use a 1:1 ratio when substituting. There are countless recipes for making cheese alternatives with ingredients such as cashews, walnuts, tofu, nutritional yeast, maca powder, agar and miso that are delicious and gives you a powerful nutritious boost!

When a recipe calls for...	Replace with...
Cow's or goat milk	<a href="#">Homemade nondairy milks</a> Commercial almond, soy, rice, coconut, cashew, oat, or hemp milk
Buttermilk	Combine 1 tbsp lemon juice or vinegar + 1 cup unsweetened nondairy milk
Creamer	Full-fat canned coconut milk Commercial nondairy creamers (Califia Farms, So Delicious, Nutpods)
Sour cream	<a href="#">Tofu Sour Cream</a> Commercial nondairy sour cream (Kite Hill, Follow Your Heart, Tofutti, Daiya)
Whipped cream	Full-fat canned coconut milk (refrigerated, liquid drained, and cream whipped) Aquafaba (liquid from canned or homemade chickpeas, whipped to form soft peaks) <a href="#">Nondairy whipped creams</a>
Ice cream	Blend frozen fruit blended with a small amount of nondairy milk until creamy <a href="#">Coconut Milk Ice Cream</a> <a href="#">Nondairy ice creams</a>
Yogurt	Commercial nondairy yogurt (Almond Dream, Kite Hill, Forager, Silk, So Delicious)
Butter	Coconut oil or coconut butter (also called coconut manna) Commercial vegetable shortening (Earth Balance, Nutiva, and Spectrum) Commercial vegan butter (Miyoko's Kitchen, Earth Balance, Nutiva, Smart Balance)
Cheese	<a href="#">Homemade cheeses</a> <a href="#">Vegan cheeses</a>

## • EGGS •

For the most part, eggs are used in a recipe as emulsifying, binding, leavening, or structure-giving agents. If a recipe calls for only one egg, it can usually be omitted – just add a little extra liquid to the batter. Other baked goods can be made by substituting each egg with one of the following:

When a recipe calls for...	Replace with...
Binding in baked goods (1 egg per recipe)	3 tbsp Aquafaba (the liquid from canned or homemade chickpeas); 1 tbsp ground flaxseeds + 3 tbsp water; 1/4 cup blended silken tofu; 2 tbsp cornstarch, arrowroot, or any starch + 2 tbsp water; 1/4 cup unsweetened applesauce, mashed banana, soy yogurt, or blended silken tofu; 1-1/2 tsp Ener-G or Bob's Red mill egg replacer + 2 tbsp water
Leavening in baked goods (2 to 3 eggs per recipe)	6-9 tbsp Aquafaba (cooked chickpea water); 1 tbsp mild-flavored vinegar + 1 cup nondairy milk to curdle (works best used in recipes that involve baking soda); 1/4 cup nondairy yogurt; 1-1/2 tsp Ener-G or Bob's Red mill egg replacer + 2 tbsp water
Moisture in baked goods	1/4 cup canned full-fat coconut milk; 1 tsp oil or nut/seed butter + 1/4 cup nondairy milk; 1/4 cup fruit or vegetable puree
Egg whites	2 tbsp Aquafaba (the liquid from canned or homemade chickpeas, whipped); 1 tbsp agar powder + 1 tbsp water, whip, chill thoroughly, then whip again (Not recommended for recipes using 2 egg whites); 1-1/2 tsp Ener-G or Bob's Red Mill egg replacer + 2 tbsp water
Binder in savory foods	1/4 cup blended silken tofu; 2-1/2 tbsp flaxseed meal + 3 tbsp water; 2 tbsp tomato paste or vegetable puree or unsweetened nut/seed butter; 2 tbsp flour, starches, bread crumbs; 1-1/2 tsp Ener-G or Bob's Red Mill egg replacer + 2 tbsp water
Leavening in savory foods	1/4 cup blended silken tofu
Scrambled eggs/baked eggs	<a href="#">Tofu Scramble</a> <a href="#">Frittata</a> Commercial vegan eggs (Follow Your Heart, Ener-G, Orgran, Neat, Bob's Red Mill)
Hard-boiled eggs	Extra- or super-firm tofu
Mayonnaise	<a href="#">Tofu mayo</a> Vegan mayo (Hampton Creek, Follow Your Heart, Nuco)

## • PROTEIN •

When subbing a vegan protein for an animal-based equivalent in a recipe, you generally use the same weighted measure (for 6 oz of beef, use 6 oz of a beef-style seitan).

Remember, many of these packaged fake meats are highly processed and you may be better off without them. So use more whole foods such as mushrooms, beans, nuts, tofu and tempeh.

When a recipe calls for...	Replace with...
Bacon	<a href="#">Coconut bacon</a> Rice paper bacon Shiitake bacon <a href="#">Tempeh bacon</a> <a href="#">Vegan bacon</a>
Beef	Mushrooms, tofu, beans, tempeh, nuts, seitan, hearts of palm <a href="#">Tofu Ground Meat</a> <a href="#">Vegan meats</a>
Burgers	Mushrooms, tofu, beans, tempeh, nuts, seitan <a href="#">Vegan burgers</a>
Beef broth	<a href="#">Vegetable broth</a> 1 tbsp steak sauce + 1 tbsp soy sauce mixed w/ 1 cup plain vegetable broth Better than Bouillon “No Beef” Base brand
Chicken	<a href="#">Vegan chicken</a>
Chicken broth	<a href="#">Vegetable broth</a> Better than Bouillon “No Chicken” base brand
Pork	<a href="#">Hearts of palm</a> , unripe jackfruit
Seafood	<a href="#">Carrot Lox</a> <a href="#">Krab cakes</a> <a href="#">Tun-o salad</a> <a href="#">Vegan seafood</a>
Sausages/Hotdogs	Beet pepperoni <a href="#">Carrot dogs</a> Commercial vegan sausage (Field Roast, Yves, Sweet Earth, Lightlife, Tofurky)
Cold cuts	Commercial alternatives (Tofurky, Yves)

• ANIMAL BY-PRODUCTS •

When a recipe calls for...	Replace with...
Honey	agave nectar coconut nectar maple syrup molasses rice syrup yakon syrup
Gelatin	agar-agar fruit pectin guar gum locust bean gum
Food dye	beet, tomato, spinach, carrot or blueberry juice or powder commercial natural food dye (Watkins)