

VEGAN GUIDE

To Replacing

EGGS

EGG REPLACEMENTS ARE NEEDED FOR LEAVENING, BINDING, AND TO ADD MOISTURE. EACH ITEM BELOW EQUALS 1 EGG.

FOR LEAVENING

THE EASY WAY TO BAKE A VEGAN CAKE



1/2 CAN

diet soda

FOR COOKIES, MUFFINS, SODA BREAD, AND MUCH MORE



water

oil

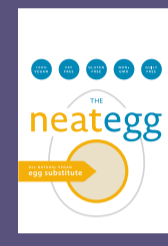
baking powder

MADE FROM CHIA SEEDS AND GARBANZO BEANS



Neat egg mix

water

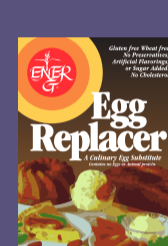


MADE FROM POTATO STARCH AND TAPIOCA FLOUR



Ener-G Egg Replacer

water



MADE FROM SOY FLOUR, WHEAT GLUTEN, CORN SYRUP, AND ALGIN



Bob's Red Mill Egg Replacer

water



MADE FROM POTATO STARCH AND TAPIOCA FLOUR



Orgran Egg Replacer

water



FOR BINDING

A TRIED-AND-TRUE EGG REPLACER



ground flaxseeds

water

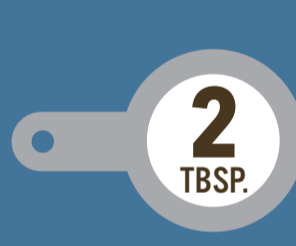
SETS AT ROOM TEMPERATURE, IS CLEAR, AND HAS NO TASTE



agar-agar

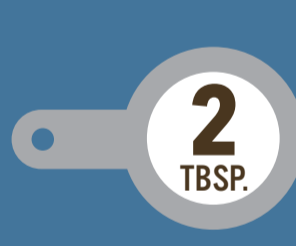
boiling water

USE FOR THICKENING SAUCES



potato starch

ESSENTIAL IN STIR-FRIES



arrowroot powder

GREAT IN SAVORY RECIPES SUCH AS MEATLOAF



mashed white or sweet potatoes

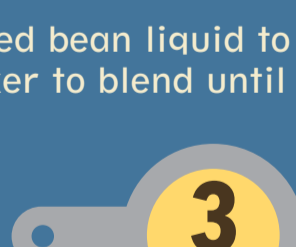
PERFECT FOR BINDING VEGAN MEATLOAF, MEATBALLS, OR BURGERS



instant mashed potato flakes

MAKES A WONDERFUL MERINGUE:

1 part canned bean liquid to 1 1/3 parts sugar—use a mixer to blend until stiff peaks form.



'Aquafaba' (canned bean liquid)

FOR ADDING MOISTURE

GOES WELL IN CHEWY BAKED GOODS LIKE COOKIES AND BROWNIES



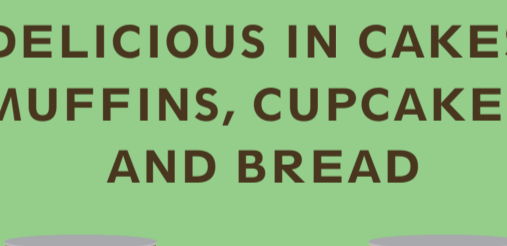
ripe bananas, mashed

CAN REPLACE EGGS, BUTTER, AND OIL IN COOKIES, BROWNIES, CAKES, AND MUFFINS



unsweetened applesauce

DELICIOUS IN CAKES, MUFFINS, CUPCAKES, AND BREAD

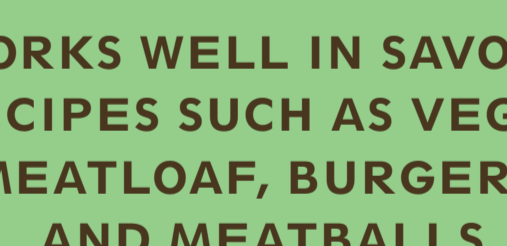


canned pumpkin or squash



canned pumpkin or squash

WORKS WELL IN SAVORY RECIPES SUCH AS VEGAN MEATLOAF, BURGERS, AND MEATBALLS



tomato paste

ADDS A CREAMY TEXTURE



soft tofu, puréed

OTHER IDEAS & TIPS

TOFU SCRAMBLE!



Crumble a block of extra-firm tofu and sauté it with diced veggies, nutritional yeast, turmeric, and other spices.

DEVILED 'EGGS'



Halve and hollow mini potatoes, mix potato with vegan mayo and spices, and add back into the potato skin. Top with paprika and enjoy.

BLACK SALT (KALA NAMAK)

(KALA NAMAK)



This type of salt gives an eggy taste to savory dishes.

PERFECT PUDDING



Just combine 1 Tbsp. chia seeds + 1 can coconut milk + 2 Tbsp. maple syrup.

NUTS AND DRIED FRUIT (DATES, PRUNES, RAISINS, FIGS, ETC.)

Pulse 2 parts nuts and 1 part dried fruit in a food processor to make a raw, vegan pie crust.

