VEGAN GUIDE

ÃO FUEL FOR LEAVENING, BINDING, AND TO ADD MOISTURE. EACH ITEM BELOW EQUALS 1 EGG.

FOR LEAVENING

- Unsweetened applesauce
- Canned pumpkin or squash
- Soft tofu, puréed
- Ripe bananas, mashed
- Tomato paste
- Agar-agar
- Boiling water
- Potato starch
- Instant mashed potato
- arrowroot powder
- Flaxseeds
- Chia seeds
- Coconut milk
- Maple syrup
- Aquarium
- Soy sauce
- Cornstarch
- Algin

FOR BINDING

- Aquafaba: 1 can of beans yields 1 1/3 cups of liquid
- Neat egg mix
- Bob’s Red Mill Egg Replacer
- Orgran Egg Replacer
- Ener-G Egg Replacer

FOR ADDING MOISTURE

- Diet soda

OTHER IDEAS & TIPS

- Tofu scramble
- Deviled eggs
- Black salt: Kala Namak
- Perfect pudding

NUTS AND DRIED FRUIT

(Almonds, walnuts, peanuts, 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.