

VEGAN REPLACEMENTS



EGGS

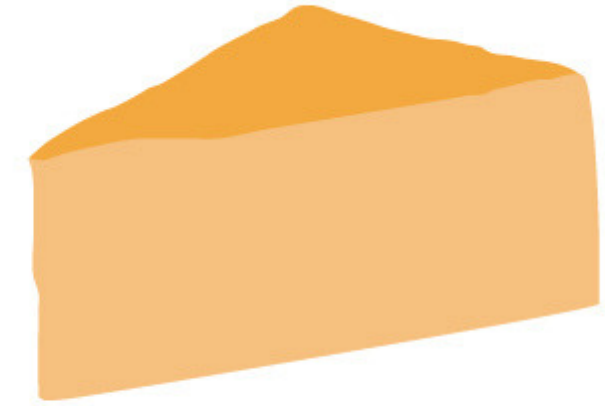
Applesauce
Bananas
Purees
Silken Tofu
Egg replacers
Aquafaba
Water & Chia/Flax Seeds



MILK

Soy Milk
Hemp Milk
Rice Milk
Almond Milk
Coconut Milk

*To substitute buttermilk, simply add about 1 tsp of vinegar for every cup of plant-based milk.



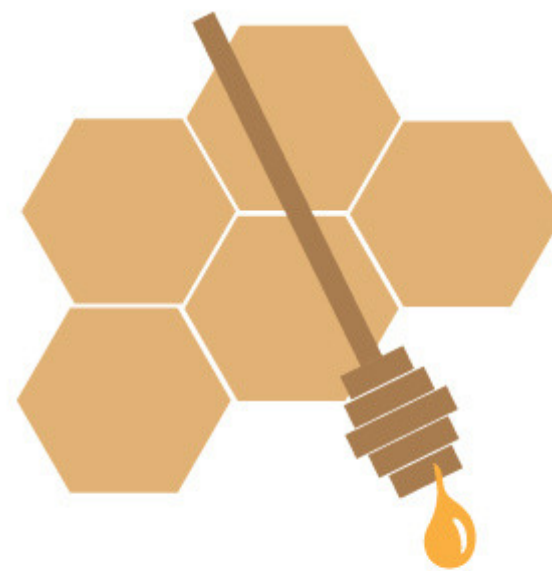
CHEESE

Cheese
Tofu Cheese
Nutritional Yeast
Cashew Cheese
Potato Cheese
Carrot Cheese



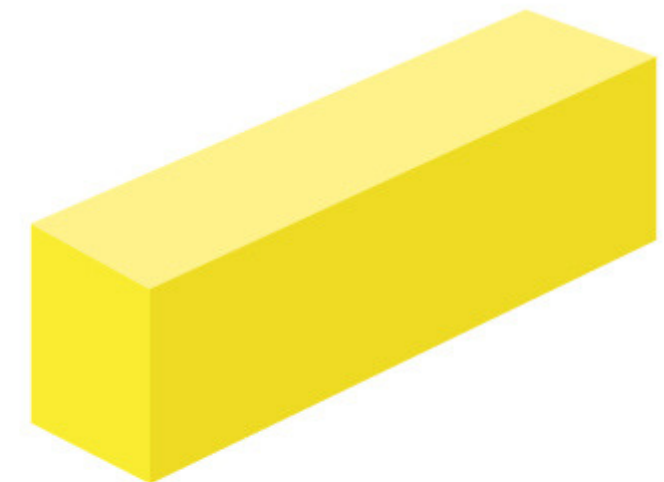
MEAT

Tofu and Tempeh
Beans
Eggplant
Mushrooms
Jackfruit



HONEY

Agave Nectar
Maple Syrup
Coconut Nectara



BUTTER

Coconut Oil
Vegetable Oil
Plant-based Butter