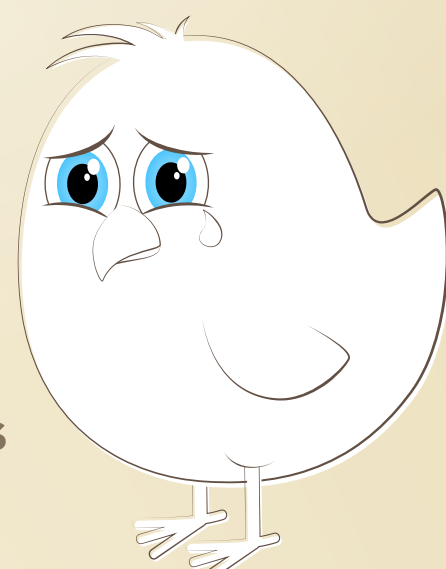


The Ultimate Vegan Baking Cheat Sheet

Many of your favorite recipes can easily be made vegan by substituting a few key ingredients. Use this list to get started!

Eggs: They're Not All They're Cracked Up to Be

Millions of day-old male chicks are killed (usually in a high-speed grinder) every year because they are considered to be worthless to the egg industry.



First, you need to determine why your recipe calls for eggs. Then use one of the following to replace each egg in your recipe.

Is it for leavening?

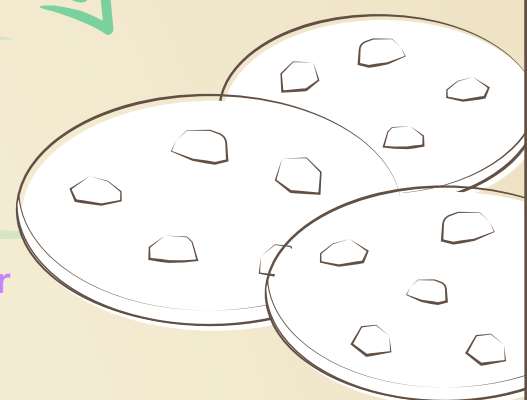
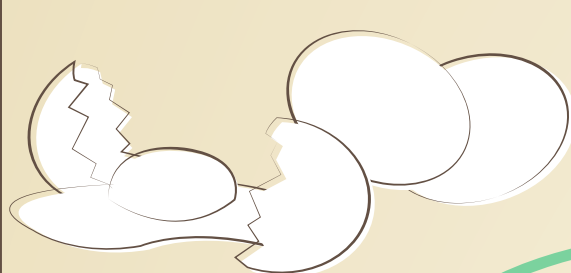
The final product will be light and fluffy.

- 1/4 cup puréed soft tofu
- 1/4 cup apple sauce
- 1 mashed ripe banana
- 3 Tbsp. puréed fruit
- Flaxseed

Is it for binding?

The final product will be dense and thick.

- Ener-G Egg Replacer
- 2 Tbsp. cornstarch + 2 Tbsp. water
- 2 Tbsp. potato starch + 2 Tbsp. water
- 2 Tbsp. instant mashed potatoes
- Baking powder + oil



Flaxseed Egg Replacer

- 1 Tbsp. ground flaxseeds
- 3 Tbsp. water

Mix until well combined and gelatinous.

Replaces 1 egg

Baking Powder Egg Replacer

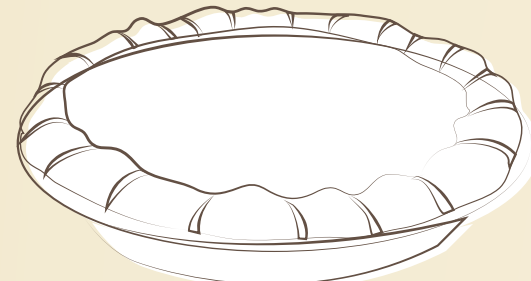
- 2 tsp. baking powder
- 2 Tbsp. water
- 1 Tbsp. oil

Mix until well combined and gelatinous.

Replaces 1 egg

Egg Replacer in Custards and Quiches

→ Replace each egg with 1/4 cup puréed soft tofu.

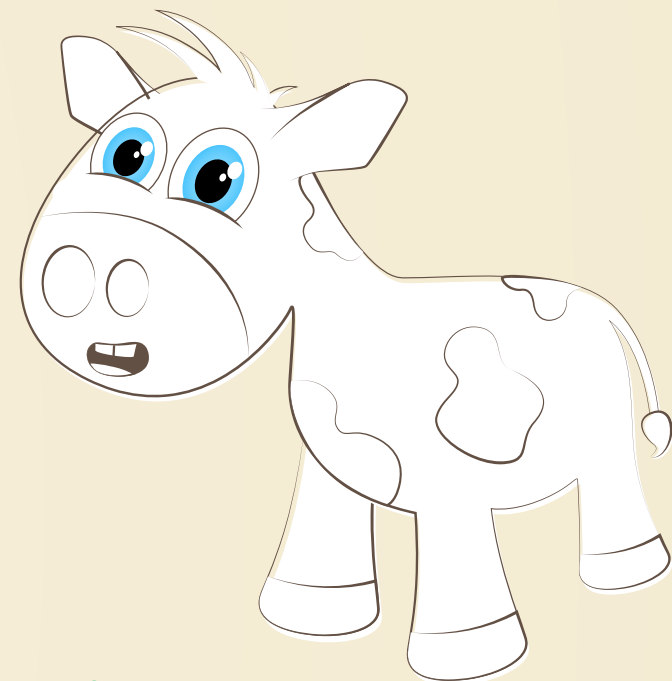


Tip: If you're in a pinch, a can of diet soda can be used to replace 2 eggs in many cake recipes, and it won't add any calories!

Tip: If you need to replace just an egg white, try 1 Tbsp. plain agar powder dissolved in 1 Tbsp. water, whipped, chilled, and whipped again for each egg white.

Dairy Products: Don't Steal From a Baby!

Cows produce milk for the same reason humans and other mammals do—to nourish their young, but their babies are taken away from them shortly after birth.



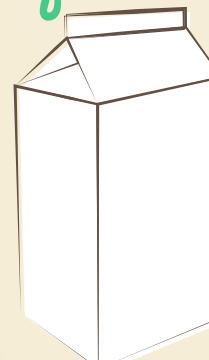
Buttermilk Replacer

- 1 cup unsweetened soy milk
- 2 Tbsp. lemon juice or vinegar

Combine ingredients in a mixing bowl and whisk until well combined and creamy.

Equal to 1 cup buttermilk

Replace cow's milk in your recipe with equal amounts of these:

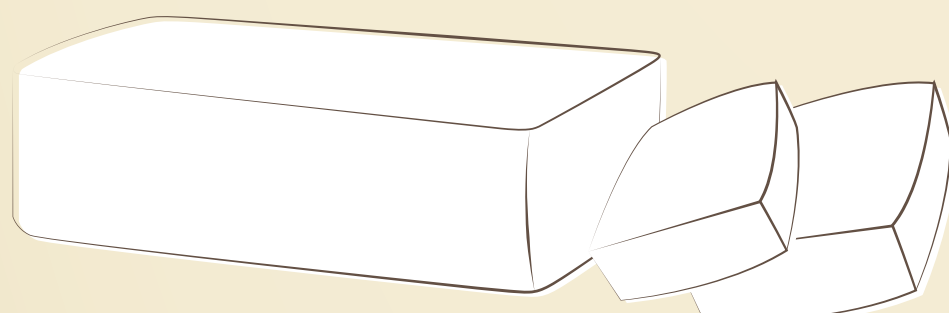


- Soy milk (better for rich desserts)
- Coconut milk (better for rich desserts)
- Almond milk
- Rice milk

Tip: Be sure to purchase unsweetened flavors for baking. Otherwise, you may experience a slightly sweeter finished product.

Margarine: Are You Trying to Butter Me Up?

A cow's natural lifespan is about 25 years, but cows used by the dairy industry are killed after a mere four or five years of confinement and misery.



Use one of the recommended products listed below, and when baking, simply substitute the same amount of vegan margarine for butter:

- Coconut oil
- Earth Balance Buttery Spread
- Earth Balance Vegan Buttery Sticks
- Smart Balance Light Original Buttery Spread with Flax

Tip: For baking, always use full-fat margarine, not light.

Sweetened Condensed Milk Replacer

- 2 1/2 cups soy milk
- 6 Tbsp. vegan margarine
- 1/2 cup sugar
- Dash of salt

Heat the soy milk in a pan until boiling.

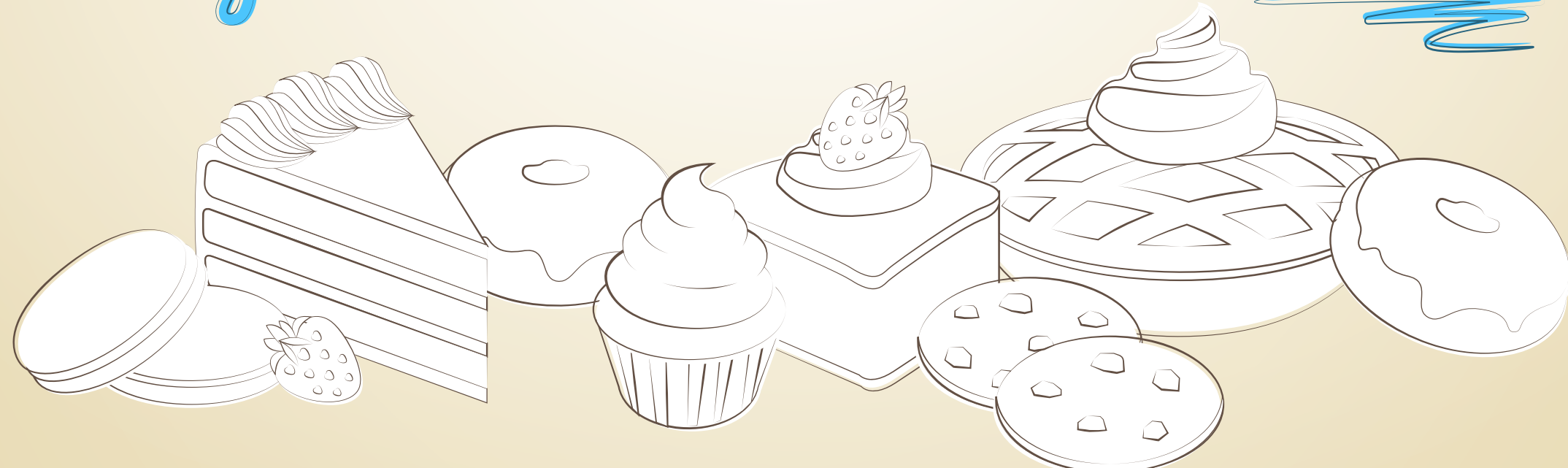
In a separate pan, melt the vegan margarine over medium heat. Add sugar.

When the sugar begins to melt, add the hot soy milk and a dash of salt.

Boil gently and stir for approximately 5 minutes.

Makes 14 oz.

Follow these tips and you'll be baking treats like these in no time!



Disclaimer: All companies referenced above produce and sell vegan foods at the time of the creation and release of this resource (August 2011). Always double-check the labels prior to purchasing, as many companies change their formulations without notice. Inclusion in this list does not indicate an endorsement for or by a company.

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