

*Plant Based Eating for
Healthy Living*

Healthy Conversations
A YRMC HealthConnect
Livestream Presentation

vegan baking
egg substitutes

	substitution	works best in
	1 overripe banana	<ul style="list-style-type: none"> quick breads muffins cookies
	1/4 cup silken tofu	<ul style="list-style-type: none"> quick breads muffins pound cakes
	1/4 cup vegan yogurt	<ul style="list-style-type: none"> quick breads muffins
	1 T. flaxseed + 3T. water	<ul style="list-style-type: none"> cakes brownies
	1/4 cup fruit or veggie puree	<ul style="list-style-type: none"> quick breads muffins cookies
	1/4 cup chickpea brine	<ul style="list-style-type: none"> meringues cakes cookies
	2 T. cornstarch + 3 T. water	<ul style="list-style-type: none"> custards pies cheesecakes

**EASY VEGAN
FOOD SWAPS**

The 200 Year Project

MILK		Almond Milk Oat Milk Soy Milk Rice Milk
CHEESE		Nutritional Yeast Follow Your Heart Cheese Kite Hill Chao Follow Your Heart Cream Cheese
EGGS		Scrambled Tofu Follow Your Heart Egg Apple Sauce (Baking) Flax Seed Meal (Baking)
ICE CREAM		Ben & Jerry's Non-Dairy So Delicious Coconut Bliss Frozen Blended Bananas
HONEY		Agave Syrup Stevia Maple Syrup
BUTTER		Olive Oil Earth Balance I Can't Believe It's Not Butter
CREAM		Coconut Cream Better Half Cream Cashew Cream
CHICKEN FINGERS		Gardein Crispy Tenders Cauliflower Wings Jackfruit
MAYO		Just Mayo Vegenaise Fabanaise
MEAT ALTERNATIVES		Impossible Burger Beyond Sausage Gardein Seitan/Tofu/Tempeh Field Roast Sausage

www.200YearProject.com



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VEGAN PROTEIN

PER 100G (3.5 OZ) IN WEIGHT

