



Plant-Based Swaps: *The Milk, Egg & Dairy-Free Essentials*

Most recipes can be made plant-based with just a few simple food swaps. Here's a list of my favorite, essential plant-based substitutions.

BUTTER:

Swap 1 stick of butter for one of the following:

- 8 tablespoons of Coconut Oil
- 8 tablespoons of Extra Virgin Olive Oil
- 8 tablespoons of Earth Balance Vegan Butter



BUTTERMILK or CREAM:

Swap (1 cup) buttermilk or cream for one of the following:

- 1 cup almond milk + 1 tablespoon lemon juice (let stand until slightly thickened, about 10 minutes)
- 1 cup coconut milk

EGGS:

Swap 1 egg for one of the following:

- 1 flax egg or chia egg
- 3 tablespoons unsweetened applesauce (or other fruit puree) + 1 teaspoon baking powder
- 4 tablespoons pureed silken tofu + 1 teaspoon baking powder
- ½ of a mashed banana

HOW TO MAKE:

a Flax Egg

Whisk together 1 tablespoon of ground flax seed or flax meal with 3 tablespoons of warm water. Let stand for 5-10 minutes, until thick. Use without straining.

a Chia Egg

Whisk together 1 tablespoon of chia seed with 3 tablespoons of warm water. Let stand for 5-10 minutes, until thick. Use without straining.

Note: Replacing more than two eggs will change the integrity of a recipe. For recipes that call for a lot of eggs, like a quiche, use pureed silken tofu. To replace one egg white, dissolve 1 tablespoon of plain agar agar into 1 tablespoon of water. Beat, chill for 15 minutes, and beat again.

ICE CREAM:

Swap ice cream for banana ice cream:

HOW TO MAKE:

Banana Ice Cream

Blend one peeled, frozen banana in a mini food processor – scraping down the sides, as needed – until smooth and creamy, approximately 2-4 minutes. Serve immediately.

MILK:

Swap cow's milk for one of the following:

- Nut Milks: almond, cashew, hazelnut or brazil nut
- Coconut Milk
- Seed Milks: hemp or sesame
- Rice Milk
- Oat Milk

HOW TO MAKE:

Almond Milk

Let 1 cup of raw almonds soak in water overnight. Drain and rinse, then add to a high-speed blender with 4 cups of filtered water, blend until smooth. Pour the almond milk through a nut milk bag or cheesecloth, and strain the remaining milk from the nut pulp. Enjoy the almond milk as is or add extra flavor such as vanilla, cinnamon or raw cacao.

SOUR CREAM:

Swap 1 cup of sour cream for:

- 1 cup of cashew sour cream

HOW TO MAKE:

Cashew Sour Cream

INGREDIENTS:

- 1 ½ cups of raw cashews, soaked overnight
- 1 ½ cups of water
- 2 ½ tbsp apple cider vinegar
- 1 ½ tbsp lemon juice
- ½ tsp sea salt

DIRECTIONS:

1. Combine all ingredients in a high-speed blender and blend until smooth and creamy.
2. Add water to thin out and blend until you have reached your desired consistency.

YOGURT:

Swap 1 cup of yogurt for one of the following:

- 1 cup of almond yogurt
- 1 cup of coconut yogurt
- 1 cup of unsweetened applesauce (or fruit puree)

OTHER SWAPS:

- Creamy, buttery avocado for mayonnaise
- Nutritional Yeast for cheese
- Tempeh for chicken breast
- Vegetable Broth for animal-based broths
- Agar Agar for gelatin
- Miso Paste for anchovy