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.

### 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.

### 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.

### 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

### Egg Replacer in Custards and Quiches

- Replace each egg with ¼ 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.

### Mousse Replacer

- 1 Tbsp. baking soda + 1 Tbsp. warm water
- 2 tsp. baking soda + 2 Tbsp. warm water + ½ tsp. oil
- 1 tsp. baking powder + 1 tsp. vinegar
- 1 tsp. baker's yeast dissolved in ¼ cup warm water

### Tip:

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

#### 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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**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!

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.

#### Using Different Substitutes

- Ener-G Egg Replacer
  - 2 Tbsp. corstarch + 2 Tbsp. water
  - 2 Tbsp. potato starch + 2 Tbsp. water
  - 2 Tbsp. instant mashed potatoes
  - Cornstarch
  - Cornstarch egg replacer
  - 2 Tbsp. cornstarch
  - 2 Tbsp. water

Mix until well combined and gelatinous.

Replaces 1 egg

### Is it for binding?

- The final product will be dense and thick.

- Replace cow’s milk in your recipe with equal amounts of these:
  - Soy milk
  - Coconut milk
  - Almond milk
  - Rice milk

#### 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:

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

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

_Be sure to purchase unsweetened flours for baking. Otherwise, you may experience a slightly sweeter finished product._

**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.

Boil gently and stir for approximately 5 minutes.

Makes 14 oz.