



A GUIDE TO
VEGAN
FOOD
SUBSTITUTIONS



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With the right ingredients, a vegan diet can be as sumptuous as any other. This guide is to help take the mystery out of what to use as an alternative.

I've listed both commercial products as well as recipes to make your own. Of course I recommend making your own when possible because it's healthier and cheaper!

When first transitioning to a vegan diet, some feel the need to add fake animal products, such as fake meats and cheeses, to their meal plan. That's fine if it helps you move away from the cows and remove saturated fats from your diet. But remember, many of these packaged items are highly processed and you may be better off without them. So please be aware and ALWAYS read the label for the list of ingredients.

HIDDEN ANIMAL SOURCES

Most packaged products in our stores are well labeled to indicate whether or not they meet vegan requirements. However, it is always to good to check ingredient lists to ensure you know what you're getting. Sometimes, foods you wouldn't normally associate with animals contain their by-products.

LOOK OUT FOR:

- **Gelatin** - Usually derived from by-products of the meat and leather industry, gelatin is often found in gummy bears, marshmallows, soups, sauces and gel caps (like supplements). Vegan alternatives are sometimes available and are generally labeled.
- **Sugar** - Is often filtered through charred animal bones as part of the bleaching process. You can avoid this by looking for unbleached sugar products or ones that are labeled "vegan."
- **Soups** - Many canned and restaurant soups use chicken stock or broth as a base. Even miso soup often has a dashi broth, which is made using seaweed and bonito (a type of fish) flakes. Always check the ingredient list or ask the chef or server.





DAIRY
SUBSTITUTIONS

Substituting for dairy is straight forward, usually at a 1:1 ratio (1 cup nondairy milk to replace 1 cup milk). Same rules apply to yogurt, sour cream and butter.

- **Milk** - Adds flavor and richness and creates texture in baking.
- **Cream** - Creates a smooth and sometimes fluffy texture in baked goods. It adds richness, and makes for a satin-like quality.
- **Butter** - Adds flavor and a rich and sometimes a spongy texture in baking. It also helps baked goods rise evenly and adds to both the density and sweetness.

- **Vegan shortening or margarine** - Works well with cookies and pie crusts.

Replacing cheese in a traditional recipe can be simple or one that requires a little bit of effort, depending on availability in your area. You can use a 1:1 ratio when substituting. There are countless recipes for making cheese alternatives with ingredients such as cashews, walnuts, tofu, nutritional yeast, maca powder, agar and miso that are delicious and gives you a powerful nutritious boost!

When a recipe calls for...	Replace with...
Cow's or goat milk	<ul style="list-style-type: none"> • Homemade dairy-free milk recipes • Commercial nondairy milks
Buttermilk	<ul style="list-style-type: none"> • Combine 1 tbsp lemon juice or vinegar + 1 cup unsweetened nondairy milk, stir and let sit to curdle
Creamer	<ul style="list-style-type: none"> • Full-fat canned coconut milk • Commercial nondairy creamers
Sour cream	<ul style="list-style-type: none"> • Homemade sour cream recipes • Commercial nondairy sour creams
Whipped cream	<ul style="list-style-type: none"> • Full-fat canned coconut milk (refrigerated, liquid drained, and cream whipped) • Aquafaba (liquid from canned or homemade chickpeas, whipped to form soft peaks) • Commercial nondairy whipped creams
Ice cream	<ul style="list-style-type: none"> • Homemade ice cream recipes • Commercial nondairy ice creams
Yogurt	<ul style="list-style-type: none"> • Commercial nondairy yogurts
Butter and Margarine	<ul style="list-style-type: none"> • Coconut oil, Coconut butter (also called coconut manna) • Commercial vegan butter
Vegetable shortening	<ul style="list-style-type: none"> • Earth Balance, Nutiva, and Spectrum brands

Basic Nut Milk

Makes 1 quart

1 cup Raw nuts (soaked in water overnight), rinsed and drained

4 cups Water (use less water for thicker, creamier milk)

1. Purée nuts and water in a blender on high speed until very smooth, about 2 minutes. Strain through a fine-mesh sieve or nut bag into a medium bowl, pressing down on solids. Save pulp for other uses.*
2. Thin with water if necessary to reach desired consistency. Transfer to airtight container and chill until cold.

Easy Coconut Milk

Makes 1 quart

2 cups Shredded unsweetened coconut

4 cups Water (use less water for thicker, creamier milk)

1. Purée shredded coconut and water in a blender on high speed until very smooth, about 2 minutes. Strain through a fine-mesh sieve or nut bag into a medium bowl, pressing down on solids. Save pulp for other uses.*
2. Thin with water if necessary to reach desired consistency. Transfer to airtight container and chill until cold.

**Saved pulp: fold into quick-bread batters or pancakes; add to warm oatmeal; fold into granola before baking; freeze in a zip-top bag or in ice trays and toss into smoothies.*

VARIATIONS:

Nuts: Almonds, Brazil nuts, Cashews, Hazelnuts, Macadamias, Peanuts, Pecans, Pistachio, Walnuts

Seeds: Hemp seeds, Pumpkin seeds, Quinoa, Sunflower seeds

Nut-free: Banana, Coconut meat, Cooked brown rice, Cooked soybeans, Rolled oats

Berry milk: Add 1/2 cup Fresh or thawed frozen berries

Chocolate milk: Add 2 tbsp Cacao powder

Vanilla milk: Add 2 tsp Vanilla extract, 2 vanilla beans, scraped, or 1-2 tsp vanilla powder

Cashew Sour Cream

Makes about 1 cup

1 cup Raw cashews (soaked in water for 2+ hrs), rinsed and drained

1/2 - 3/4 cup Unsweetened almond milk or water

1 tbsp Lemon juice

1 tsp Apple cider vinegar

pinch Sea salt

1. In food processor or high-speed blender, add all ingredients and blend until creamy, stopping to scrap down the sides. Add milk or water as needed to create desired consistency.
2. If using fresh herbs, add once the cashew blend is creamy pulsing until just incorporated, or blend in by hand.
3. Refrigerated before serving. Sour cream will thicken upon being chilled.
4. Will keep in refrigerator for 5 - 6 days.

Tofu Sour Cream

Makes about 1-1/2 cups

1 pack Firm silken tofu, drained

1 tbsp White rice vinegar

1 tbsp Lemon juice

1. In food processor or high-speed blender, add all ingredients and blend until creamy.
2. If using fresh herbs, add once the tofu blend is creamy pulsing until just incorporated, or blend in by hand.
3. Refrigerate before serving. Will keep in refrigerator for 5 - 6 days.

VARIATIONS:

Lime Cilantro Sour Cream: Use lime instead of lemon and add a few sprigs of cilantro.

Dill Sour Cream: Add a few dill fronds and 1 tbsp Dijon mustard.

Sour Cream Fruit Topping: Add 2 tbsp maple syrup and a dash of vanilla. Top on fresh fruit.

No-Churn Ice Cream

Makes about 2 cups

2 (13.5 oz) cans Full-fat coconut milk, chilled upside-down overnight in the fridge

1 cup Medjool dates, pitted then soaked in water to soften

1 tsp Vanilla extract

1/2 cup Unsweetened almond milk

1. Place a large mixing bowl in the freezer to chill while you prepare the ingredients.
2. To make the date paste, drain the dates, but keep the soaking water, and add to a food processor. Process until small bits remain. Then add soaking water a little at a time until it forms a thick paste. Set aside.
3. Open the cans of coconut milk right-side-up. Scoop out the chilled coconut cream from the top and reserve the clear liquid at the bottom for other uses like smoothies. Place the chilled cream in the chilled mixing bowl.
4. Using a mixer or a hand whisk, whip the chilled coconut cream until smooth and creamy. Add vanilla, almond milk, and half of the date paste. Whip until fully incorporated. Taste and adjust flavors as needed.
5. Transfer to a freezer-safe container lined with parchment and loosely cover with plastic wrap and freeze for at least 6 hours, stirring occasionally as it freezes.
6. It is best to take the ice cream out of the freezer for about 10 minutes ahead of time so it can have a chance to soften.

VARIATIONS:

Cashew-based: Sub coconut milk with 1 cup raw cashews (soaked in hot water for 1-2 hrs) rinsed and drained; increase almond milk to 1-1/2 cups; and add 2/3 cup Cashew butter.

Chocolate: Add 2/3 cup Cacao powder.

Strawberry: Add 3 cups Frozen strawberries, chopped

Green Tea: Add 1 tbsp Matcha powder

**CHEESE
SUBSTITUTIONS**



One of the hardest dairy products to substitute in recipes is cheese, mainly because of how it transforms when cooked. As cheese is heated, the solid milk fat begins to liquefy, creating the familiar gooey texture. So, if you are on a dairy-free or vegan diet, you may think you have to give up cheese completely. Luckily, there are some worth buying

(or making), that offer good overall flavor, creaminess, melt, and stretch.

When buying dairy-free cheese, make sure the product is labeled dairy-free or vegan; those labeled non-dairy or lactose-free may still contain dairy ingredients.

When a recipe calls for...	Replace with...
Cheese	<ul style="list-style-type: none"> • Homemade cheese recipes • Commercial vegan cheeses
Cream cheese	<ul style="list-style-type: none"> • Hummus, Mashed avocado • Homemade cream cheese recipes • Commercial vegan cream cheeses

Basic Nut Cheese

Makes about 2 cups

2 cups Raw nuts (soaked in water for 2+ hrs), rinsed and drained

1 cup Water

1 tsp Probiotic powder

2 tsp Nutritional yeast

1 tsp Lemon juice

pinch Sea salt

1. Blend the nuts, water and probiotic powder in a high-speed blender until smooth. If too thick add 1 tbsp of water at a time until the mixture blends properly. Use the least amount of water possible though.
2. Don't let the cheese mix get too hot during the blending process, this can kill the probiotics.
3. Transfer to a nut bag or strainer lined with cheesecloth. Wrap up the sides of the cloth to cover the cheese and place a weight on top to slowly and gently push out the extra liquid. Place the cheese in a warm location to ferment for 8-72 hours. If temperatures are too cold it inhibits incubation.
4. Transfer the cheese to a covered container and store in the refrigerator. Or place in a small mold or spring-form pan and place in the fridge to chill and set up.

VARIATIONS:

Nuts: Almonds, Brazil nuts, Cashews, Macadamias

Seeds: Hemp seeds, Pine nuts, Pumpkin seeds, Sunflower seeds

Basic Parmesan

Makes about 1-1/2 cups

1 cup Raw sunflower seeds

1/4 cup Nutritional yeast

1 tsp Garlic powder

pinch Sea salt

1. In a food processor, combine all the ingredients and pulse until the nuts break down to small bits.
2. Store in an airtight container in the fridge for 2-4 weeks.

VARIATIONS:

Nuts: Almonds, Brazil nuts, Cashews, Walnuts

Seeds: Hemp seeds, Pine nuts, Pumpkin seeds

Tofu Ricotta

Makes about 1-1/2 cups

1 block Extra-firm tofu, pressed and cut in half

1/2 packed cup Basil leaves

3 tbsp Lemon juice

3 tbsp Nutritional yeast

1 tsp Garlic powder

1 tsp Onion powder

1-2 tbsp Water (more or less depending on consistency)

1 tsp Salt

Freshly ground black pepper

1. Add all the ingredients, except for the water, into a food processor. Pulse a few times until you get a thick, yet somewhat smooth consistency. Add water 1 tbsp at a time if necessary.
2. Season with additional salt or lemon juice if needed, and add freshly ground black pepper.

VARIATIONS:

Cauliflower Ricotta: Sub tofu with 1 head chopped cauliflower, sub basil with chopped parsley.

Basic Cream Cheese

Makes about 3 cups

2 cups Raw nuts (soaked in water for 2+ hrs), rinsed and drained

1 cup Water

1 tsp Probiotic powder

2 tsp Nutritional yeast

1 tsp Lemon juice

pinch Sea salt

1. Blend the nuts, water and probiotic powder in a high-speed blender until smooth.
2. Transfer to a strainer lined with cheesecloth or nut bag. Put a weight on top to allow the juices to drip down into a catchment bowl underneath.
3. Leave at room temperature to culture for 24 hours.
4. Transfer the cheese to a large bowl or food processor and mix in the remaining ingredients.
5. Garnish with chopped chives.

Tofu Cream Cheese

Makes about 1-1/2 cups

1 (14 oz) block Extra-firm tofu, pressed to remove moisture

1 tbsp Lemon juice

1 - 2 tbsp Nutritional yeast, to taste

1/2 tsp Sea salt

1. Blend all ingredients in a food processor or a high-speed blender until smooth.
- 2 Taste and adjust lemon and salt as desired.
3. Cream cheese will keep in an airtight container in the fridge for up to 5 days.

VARIATIONS:

Herbed: Fold in 1 tbsp each finely chopped chives, parsley and basil.

Rosemary and Cranberry: Fold in 1/4 cup diced dried cranberries and 1 tsp minced rosemary.

Sun-Dried Tomato: Fold in 2/3 cup chopped sun-dried tomatoes (not oil packed, hydrated in warm water and drained).

EGG
SUBSTITUTIONS



For the most part, eggs are used in a recipe as emulsifying, binding, leavening, or structure-giving agents. If a recipe calls for only one egg, it can usually be omitted –

just add a little extra liquid to the batter. Other baked goods can be made by substituting each egg with one of the following:

When a recipe calls for...	Replace with...
For binding in baked goods (1 egg per recipe)	<ul style="list-style-type: none"> • 1 tbsp Ground flaxseeds or Chia seeds + 3 tbsp water; • 1 tbsp Agar agar + 4 tbsp Boiling water; • 2 tbsp Cornstarch or Potato starch + 2 tbsp Water; • 1-1/2 tsp Ener-G or Bob's Red Mill egg replacer + 2 tbsp Water
For leavening	<ul style="list-style-type: none"> • 2 tsp Baking soda + 2 tbsp Warm water; • 1 tsp Baking powder + 1 tsp Vinegar; • 1 tbsp Ground flaxseeds or Chia seeds + 3 tbsp Water; • 1-1/2 tsp Ener-G or Bob's Red Mill egg replacer + 2 tbsp Water
For adding moisture	<ul style="list-style-type: none"> • 1/4 cup Unsweetened applesauce, Puréed pumpkin or Squash; • 1 tsp Oil or Nut/seed butter + 1/4 cup Nondairy milk; • 1/2 cup Ripe bananas, mashed; • 2 tbsp Tomato paste; • 1/4 cup Puréed tofu
Egg whites	<ul style="list-style-type: none"> • 3 tbsp Aquafaba (the liquid from canned or homemade chickpeas, whipped); • 1 tbsp Agar powder +4 tbsp Water, whip, chill thoroughly, then whip again (Not recommended for recipes using 2 egg whites); • 1-1/2 tsp Ener-G or Bob's Red Mill egg replacer + 2 tbsp Water
For binding in savory foods	<ul style="list-style-type: none"> • 1 tbsp Ground flaxseeds or Chia seeds + 3 tbsp Water; • 1 tbsp Agar agar + 4 tbsp Boiling water; • 2 tbsp Cornstarch or Potato starch + 2 tbsp Water; • 2 tbsp Mashed white or sweet potatoes; • 2 tbsp Mashed potato flakes; • 1-1/2 tsp Ener-G or Bob's Red Mill egg replacer + 2 tbsp Water
Scrambled eggs/baked eggs	<ul style="list-style-type: none"> • Vegan egg recipes • Just Egg, Scramblit, The Neat Egg, VeganEgg
Hard-boiled eggs	<ul style="list-style-type: none"> • Extra- or super-firm tofu seasoned with Kala Namak (black salt) and Turmeric
Mayonnaise	<ul style="list-style-type: none"> • Homemade mayo recipes • Commercial vegan mayo

Basic Tofu Scramble

Makes 2-4 servings

1 (14 oz) block Extra-firm tofu	1 tsp Dijon mustard
1/2 Onion, chopped	1/2 tsp Turmeric
1 clove Garlic, minced	1/2 tsp Paprika
1/4 cup Vegetable broth	Black salt (Kala Namak) or sea salt, to taste
2 tbsp Nutritional yeast	Black pepper, to taste

1. Using a fork, mash the tofu into chunks to resemble scrambled eggs.
2. Heat a large frying pan over medium-high heat. Add onions and sauté until fragrant. Add a tablespoon of water if it starts to stick to the pan.
3. Add garlic and tofu and sauté until tofu is slightly browned, adding more water if it starts to stick to the pan. Next add the broth and continue to sauté until the liquid is almost all absorbed.
4. Add the nutritional yeast, mustard, and seasoning, and stir to coat the tofu. Cook for another minute or two. Serve with toast or tortillas.

Basic Chickpea Omelet

Makes about 3 omelets

1 cup Chickpea flour	1 tsp Baking powder
1/4 tsp Turmeric	1 cup Nondairy milk or water
pinch Black salt (Kala Namak) or sea salt	Vegan butter (optional) for frying
pinch Black pepper	Your favorite fillings and toppings
2 tbsp Nutritional yeast	

1. In a mixing bowl, combine all ingredients except for milk and mix until well blended. Whisk in enough milk until you have a smooth, but not too runny, pancake batter.
2. Add a small amount of butter, if using, to a very hot non-stick skillet or griddle. Pour about 1/2 cup of batter into the pan and swirl to spread out evenly, but not too thin. Cook until it starts to dry on top then spoon in your favorite filling onto one half of the omelet. With a spatula, lift one side of the omelet and fold it over.
3. Allow to cook for a little longer. Remove then serve with your favorite toppings.

VARIATIONS:

Tandoori: Add 2 tsp Tandoori seasoning. Vegetables - add diced potatoes, chopped green onions, sliced mushrooms, and spinach.

Southwest: Add 1/2 tsp cumin and 1/4 tsp chili powder. Vegetables - add cooked black beans, chopped cilantro, and salsa.

Moroccan: Add 1 tsp ras al hanout, 1/2 tsp cumin, 1/4 tsp paprika, and 1/4 tsp cayenne. Vegetables - add cherry tomatoes cut in half, sliced olives, and spinach.

Cashew or Tofu Mayo

Makes 1 cup

1 cup Raw cashews, soaked in hot water for 30 minute then drained;
or 1 (12.3 oz) package Silken firm tofu, pressed to remove water

2 tbsp Lemon juice

1 tbsp Apple cider vinegar

2 tsp Yellow mustard

1/2 tsp Sea salt

1/4 cup Water (for cashew version only)

1/4 tsp Coconut nectar or preferred sweetener (for tofu version only)

1. In a high-speed blender, add all the ingredients and blend until smooth and creamy.
2. Taste and adjust for tanginess with lemon juice or vinegar.

Vegan Aioli

Makes 1 cup

1 cup Raw cashews, soaked in hot water for 30 minute then drained;
or 1 (12.3 oz) package Silken firm tofu, pressed to remove water

2 large cloves Garlic, finely minced

2 tbsp Lemon juice

1 tbsp Apple cider vinegar

2 tsp Yellow mustard

1/4 tsp Onion powder

1/2 tsp Sea salt

1/4 cup Water

1. In a high-speed blender, add the all ingredients and blend until smooth and creamy. Add more water to get the right consistency.
2. Taste and adjust the tanginess with lemon juice.

PROTEIN
SUBSTITUTIONS



When subbing a vegan protein for an animal-based equivalent in a recipe, you generally use the same weighted measure (for 6 oz of beef, use 6 oz of a beef-style seitan). Remember, many of these

packaged fake meats are highly processed and you may be better off without them. So use more whole foods such as mushrooms, beans, nuts, tofu and tempeh.

When a recipe calls for...	Replace with...
Bacon	<ul style="list-style-type: none"> • Vegan bacon recipes • Commercial vegan bacon
Beef	<ul style="list-style-type: none"> • Mushrooms, Tofu, Beans, Tempeh, Nuts, Seitan, Hearts of Palm • Commercial vegan meats
Burgers	<ul style="list-style-type: none"> • Mushrooms, Tofu, Beans, Tempeh, Nuts, Seitan • Black Bean and Mushroom Burger/Loaf recipe • Commercial vegan burgers
Beef broth	<ul style="list-style-type: none"> • Vegetable broth • 1 tbsp Vegan steak sauce + 1 tbsp Soy sauce mixed w/ 1 cup Vegetable broth • Commercial vegan bouillon
Chicken	<ul style="list-style-type: none"> • Jackfruit, Hearts of Palm, Mushrooms, Chickpeas • Curried Chick'N Salad recipe • Commercial vegan chicken
Chicken broth	<ul style="list-style-type: none"> • Vegetable broth • Commercial vegan bouillon
Pork	<ul style="list-style-type: none"> • Hearts of Palm, Jackfruit • BBQ Pulled "Pork" recipe • Commercial vegan ham products
Seafood	<ul style="list-style-type: none"> • Tofu, Mushrooms, Hearts of Palm • Lobster-Free Bisque recipe • Commercial vegan seafood
Sausages/Hot dogs	<ul style="list-style-type: none"> • Seitan, Mushrooms, Eggplant, Carrots • Carrot dogs • Commercial vegan sausage
Cold cuts	<ul style="list-style-type: none"> • Commercial vegan deli slices

Vegan “Bacon”

Marinade:

2 tbsp Maple syrup
2 tbsp Tamari
2 tsp Smoked paprika
1/2 tsp Liquid smoke
1/4 tsp Garlic powder
Salt and pepper, to taste

Suggested vegetables:

3 large Carrots, cut lengthwise into 1/8th” to 1/6th” slices;
1 medium Eggplant, cut lengthwise into 1/4th” to 1/8th” slices;
1 package Tempeh, sliced into thin strips;
12 oz Extra-firm tofu, pressed and cut into strips;
8 oz Mushrooms, cut lengthwise into 1/8th” to 1/6th” slices; or
3 cups Large unsweetened coconut flakes

1. Preheat oven to 400°F and line a baking sheet with parchment paper.
2. Combine the marinade ingredients in a small bowl and mix well.
3. Individually coat the sliced veggies in the marinade then place in a single layer on the sheet pan. Season generously with salt and pepper.
4. Bake for 15 minutes. After 7 minutes, carefully flip bacon and brush with more marinade and season again with salt and pepper.
5. After 15 minutes remove from the oven. The “bacon” should be crisp in places.

Black Bean and Mushroom Burger/Loaf

1-1/2 tsp Ground flaxseeds	1/2 cup Walnuts, lightly toasted
1-1/2 tbsp Water	1 tsp Smoked paprika
1-1/4 cups Cooked black beans, rinsed and drained	1 tbsp Spicy brown mustard
1 cup Cooked brown rice	1/2 tsp Apple cider vinegar
1-1/4 cups Mushrooms, roughly chopped	Sea salt and black pepper, to taste

1. Preheat oven to 375° F and line a baking sheet with parchment paper or grease a loaf pan.
2. Combine flaxseeds and water in a small bowl. Set aside.
3. In a large mixing bowl, add the beans and mash them well with a fork.
4. In a food processor, process the walnuts until they are crumbly and powdery, then add to the mixing bowl. Process the mushrooms to a crumble and add to the mixing bowl.
5. Then add the cooked rice and the rest of the ingredients to the mixing bowl and mix well.
6. Form patties and place on the prepared sheet pan. To make a loaf, add mixture to loaf pan and press to smooth out. Bake for 25 minutes. Let cool 10 minutes.

Curried Chick’N Salad

Makes 4 servings

1 (15 oz) can Chickpeas, drained
2 Celery stalks, finely diced
2 tbsp Apple cider vinegar
1/2 Green apple, cored and diced
Plain, unsweetened nondairy yogurt or vegan mayo
2 tbsp Raisins or dried cranberries
2 tsp Curry powder
Sea salt and pepper, to taste

1. Mash chickpeas with a fork or food processor. Place in a large mixing bowl.
2. Add remaining ingredients and stir well to combine. Taste and adjust seasoning.
3. Serve over a bed of greens or in pita bread pockets.

BBQ Pulled “Pork”

Makes 6 sandwiches

2 (14 oz) cans Hearts of palm, drained
1-1/2 cups Your favorite BBQ sauce
BBQ rub:
2 tbsp Coconut sugar
1 tsp Paprika
1 tsp Garlic powder
1/2 tsp Sea salt
1/2 tsp Pepper
1/2 tsp Chili powder

1. To make the BBQ rub, place the ingredients in a small bowl and mix well.
2. Place the hearts of palm into a food processor and pulse a few times until pieces are chopped into bite-size shreds. Place in a mixing bowl and add the BBQ rub. Toss to coat.
3. Heat a large non-stick skillet over medium heat, add seasoned hearts of palm. Cook for 2-3 minutes, adding a tablespoon of water if it starts to stick to the pan. Add the BBQ sauce, stir, and reduce heat to low-medium and cook covered for another 5 minutes, stirring occasionally.
4. Serve on your favorite bread/buns.

Lobster-Free Bisque

Makes 6 servings

Hearts of Palm “scallops”:

1 lb Hearts of palm, cut into thick slices

2 tsp Nori powder

Sea salt and white pepper, to taste

1 tbsp Water

Bisque:

1 tbsp Water

1 cup Onion, diced

1/2 cup Celery, diced

1/2 cup Carrots, diced

1/2 tsp Salt

1/2 Bay leaf

1 tsp Old Bay spice

1 tsp Dulse or kelp powder

1/2 cup Dry white wine

2 cups Vegetable broth

1 (28 oz) can Whole tomatoes, peeled and drained

1 (15 oz) can White beans, drained (reserve 1/4 cup of beans for garnish)

1 cup Soy creamer

1 tbsp Parsley, chopped

Lemon wedges

1. To make the “scallops”, sprinkle sliced hearts of palm with nori powder, salt and pepper. Heat a non-stick skillet over high heat; when very hot, add water and scallops and sear 1-2 minutes per side. Set aside while you make the bisque.
2. Heat a stock pot over medium heat. Add water, onion, celery, and carrots. Saute until softened about 3-5 minutes. Add the bay leaf, Old Bay spice, dulse, wine, and broth, and simmer for 20 minutes and season with salt and pepper to taste.
3. In a blender, combine the white beans and soy creamer and blend until smooth, then set aside.
4. Remove the bay leaf and transfer to a blender and blend until smooth. Pour soup back into the stock pot and add the white bean-soy mixture to the soup and stir until blended. Heat thoroughly then ladle into bowls.
5. Garnish with a sprinkle of reserved white beans, chopped parsley, “scallops”, and lemon wedge.

Carrot Dogs

Makes 4 dogs

4 medium Carrots, peeled

Marinade:

1/2 cup Tamari

1/4 cup Maple syrup

1 tsp Onion powder

1 tsp Garlic powder

1 tsp Smoked paprika

1 tsp Liquid smoke

1. Cut the carrots into the length of a usual hot dog, then using a veggie peeler, shape each end so it's rounded.
2. Parboil them in water until a fork can pierce the carrot easily but not all the way to the center (about 10-15 minutes). Remove from the water and pat dry.
3. Combine all the marinade ingredients in a small casserole dish and mix well. Add the parboiled carrots making sure they are submerged all the way. Add more marinade if needed. Cover and place in the refrigerator to marinate overnight.
4. Take carrots out of the marinade and bake or grill. Place in a hot dog bun and top with your favorite condiments.



**ANIMAL BY-PRODUCT
SUBSTITUTIONS**

Many vegans do not eat sugar since some brands are refined using bone char from animals. Others object to using sugar simply because it's often full of pesticides, and sugar plantation workers aren't always treated very well.

There are many liquid sweeteners on the market that you can use in your recipes. However, they

all vary in consistency and sweetness, making substitution a guessing game, at least initially. You may have to experiment with ratios until you figure out what works best in your recipes.

In general, however, maple syrup and agave nectar can be substituted measure for measure in recipes.

When a recipe calls for...	Replace with...
Sugar	<ul style="list-style-type: none"> • Date sugar, Coconut sugar, Maple crystals, Lucuma powder, Granulated FruitSource, Natural organic sugar, Unbleached cane sugar, Turbinado sugar
Honey	<ul style="list-style-type: none"> • Coconut nectar, Maple syrup, Yakon syrup, Sorghum syrup, Concentrated fruit syrups, Brown rice syrup, Molasses
Gelatin	<ul style="list-style-type: none"> • Agar-agar, Fruit pectin, Guar gum, Locust bean gum
Food dyes	<ul style="list-style-type: none"> • DIY food coloring • Commercial natural food dyes: We've Got You Colored, Natural Candy Store, Nature's Flavors



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