

Flax and Chia Eggs

- 1 tablespoon ground flaxseed or chia seeds**
- 3 tablespoons water**

Mix the flaxseed or chia seeds and water. Allow this mixture to sit for 5 minutes until thick. This “egg” works as a binder in baking.

Mashed Banana / Applesauce Egg

- 1/4 cup applesauce or mashed banana**

Use 1/4 cup applesauce or mashed banana as an egg substitute when the egg provided moisture to the recipe. Just remember these substitutes might add a slightly fruity flavor!

Ground Beef

- 1 cup TVP (Textured Vegetable Protein)**
- 1 cup hot water or vegetable broth**

In a bowl, mix together 1 cup of TVP with 1 cup of hot water or vegetable broth. Allow the mixture to sit for 5 to 10 minutes until the TVP is fluffy and rehydrated. Season and cook as you would ground beef.

Cashew Cream

- 3/4 cup pre-soaked cashews**
- 1 cup water**

In a high-speed blender, blend 3/4 cup pre-soaked cashews with 1 cup of water until completely smooth. You can adjust the amount of water if desired. Use in soups and sauces to replace heavy cream.

SUBSTITUTION RECIPES

Tofu Scramble

- 1 tablespoon olive oil**
- 1 14 to 16 ounce block firm tofu**
- 2 tablespoons nutritional yeast**
- 1 teaspoon sea salt**
- 1/2 teaspoon garlic powder**
- 1/4 teaspoon turmeric (optional, for color)**
- Water**

Heat 1 tablespoon of olive oil in a pan over medium heat. Crumble 1 block of firm tofu into the pan and cook, stirring frequently, for 3 to 4 minutes or until most of the water from the tofu has evaporated. While the tofu cooks, whisk together 2 tablespoons of nutritional yeast, 1 teaspoon sea salt, 1/2 teaspoon garlic powder and 1/4 teaspoon ground turmeric (optional, for color) with a dash of water until a pourable sauce forms. Pour this over the tofu and stir well to combine. Continue to cook the tofu for about 5 more minutes before serving!

Tofu Ricotta Cheese

- 1 tablespoon olive oil (optional)**
- 1/2 onion, chopped**
- 2 cloves of garlic, minced**
- 1 block firm tofu**
- 1 tablespoon white/yellow miso**
- 2 tablespoons lemon juice**
- 2 tablespoons nutritional yeast**
- 1/2 teaspoon salt**

Heat the olive oil over medium heat in a skillet and sauté the onion and garlic until the onion is translucent. Transfer the onion and garlic to a food processor and add in the remaining ingredients. Process until fairly smooth and creamy.

Sour Cream

1 cup raw, unsalted, whole cashews, soaked overnight

1/2 cup water

2 tablespoons lemon juice

1 teaspoon apple cider vinegar

1/4 to 1/2 teaspoon sea salt

1. Place the cashews into a bowl and cover them with room temperature water. Allow the cashews to soak in the fridge overnight or for about 8 hours.

Alternatively, if you have a high speed blender, you can simply soak the cashews in boiling water for 15 minutes before proceeding with the recipe.

2. Once the cashews have soaked, drain and rinse them and place them into a blender with the remaining ingredients, starting with just 1/4 teaspoon of salt.

3. Blend until smooth, stopping to scrape down the sides of the blender as necessary.

4. Taste and add more salt for saltiness or lemon juice/apple cider vinegar for a more tangy, sour kick.

5. Pour the sour cream into a jar and seal it with a lid. This sour cream can be stored in the fridge for 1 week or frozen for up to 1 month. If you plan to freeze the sour cream, I recommend freezing it in smaller portions so you can thaw a smaller amount as needed.

Whipped Cream

1 can coconut cream

1/4 to 3/4 cup powdered sugar

To make your own coconut whipped cream, chill a can of coconut cream in the fridge overnight. The next day, without shaking or tipping the can, carefully open the can of coconut cream. Scoop out the thickened coconut cream at the top, leaving behind the liquid.

Place the coconut cream into a chilled bowl and beat it on high for 30 seconds before beating in 1/4 to 3/4 cup powdered sugar. Use immediately or store in the fridge for up to a week!

Nacho Cheese Sauce

1 cup cashews, soaked and drained

1 1/2 tablespoons lemon juice

1 tablespoon soy sauce

1/4 cup nutritional yeast

1/4 teaspoon smoked paprika

1/2 teaspoon onion powder

1/2 teaspoon garlic powder

1/8 teaspoon turmeric (optional for color)

1 teaspoon sea salt

1 cup water

1. Soak the cashews in boiling water for 15 minutes to 1 hour. Alternatively, you can soak them in cold water in the fridge overnight.

2. Drain the soaked cashews and place them into a blender along with the remaining ingredients.

3. Blend until smooth.

4. If desired, heat the cheese sauce in a saucepan, stirring constantly, until warmed through.

5. Use this cheese sauce on tacos, buddha bowls, or for mac n' cheese.

Cashew Cream

3/4 cup pre-soaked cashews

1 cup water

In a high-speed blender, blend 3/4 cup pre-soaked cashews with 1 cup of water until completely smooth. You can adjust the amount of water if desired. Use in soups and sauces to replace heavy cream.

Pulled "Pork" Jackfruit

Green Jackfruit

Drain, rinse and shred green jackfruit (often found in a can in brine.) Sauté the shredded jackfruit with sliced onion before pouring over your favorite BBQ sauce. Sauté together until hot!