



PLANTPURE COMMUNITIES

PLANTPURECOMMUNITIES.ORG

INFO SHEET: EVERYDAY PLANT- BASED SUBSTITUTIONS

Traditional family favorites at the dinner table can easily be transformed into delicious whole food, plant-based meals. A little ingredient substitution goes a long way, and with tips and tricks to guide you, all of your favorite meals can be transformed into healthful dishes that will nourish you from the inside out. This Info Sheet offers ideas for substituting animal based ingredients and oil with plant-based items to assist you in your transition to a whole food, plant-based diet.

Eggs: These substitutions are equivalent to a single egg. If 2 or 3 eggs are called for in recipe, each ingredient measure listed below should be doubled or tripled.

- 1 tablespoon flax meal OR 1 tablespoon chia seeds + 3 tablespoons water (allow to thicken for 10 minutes)
- 2 tablespoons cornstarch OR 2 tablespoons arrowroot + 3 tablespoons water, combined
- ¼ cup silken tofu (best for brownies, quick breads and cakes)
- ¼ cup unsweetened plant-based yogurt
- ⅓ cup applesauce
- ¼ cup pureed banana
- ¼ cup pureed fruit (even baby food fruit works well)
- ¼ cup prune paste (puree prunes in a processor with a small amount of water)
- 2 tablespoons Aquafaba (the juice from cooked or canned beans)

Oils/Butters:

For Sautéing: When sautéing veggies that have a good amount of water in them, such as onions, you can simply dry sauté and add very small amounts of water as they cook to deglaze the pan. Onions and peppers caramelize beautifully without oil. Instead of oil, try one of the following:

- Low sodium vegetable broth
- Water
- Wines/Juices

For Baking: Oils and butters help to emulsify and soften your final products. Here are some great 1:1 oil substitutions:

- Bananas, mashed
- Applesauce
- Pureed prunes or other fruits
- Soft or silken tofu



PLANTPURE COMMUNITIES

PLANTPURECOMMUNITIES.ORG

For Dressings and Sauces: Use a small amount of nuts, nut butters, avocados or seeds. These foods have just enough natural oils in them to emulsify and thicken a dressing. You don't need much to make a difference and you are getting the whole food with all of its nutrients and fiber mixed in!

- ¼ cup oil = ¼ cup raw nuts (Or ¼ cup nut butter Or ½ cup mashed avocado) + ¼ cup water

Milks:

Try a plant-based milk or you can even make your own! There are a variety of unsweetened milks, so try them all and stick with the ones that you like, are easy to access, and affordable. (Note: Some plant-based milks are naturally higher in fat and/or sugar than others)

- Almond, Soy, Hazelnut, Hemp, Oat, Rice, Flax, Cashew, 7 Grain, Coconut and many more!

Cheeses:

There are many vegan cheese products on the market these days, but most of them are very high in oils. Since cheese can be hard to replicate without using oils, it may be healthiest to leave it out of the recipe and add more veggies. Here are some recommended substitutions:

- Nutritional Yeast: A deactivated yeast nicknamed "nooch" which is available as either a powder or flakes. Nooch has a strong flavor described as cheesy or nutty and is often used in recipes to create a creamy, cheesy sauce. Sprinkle dry on pasta or popcorn!
- Parmesan: Grind up walnuts or any nut you choose, then add bread crumbs and nutritional yeast in equal amounts.
- Ricotta: The PlantPure Nation Cookbook has a delicious tofu ricotta recipe that tastes very similar to cow's milk ricotta and can be used in a variety of recipes. Here's a video of how to make it: <https://youtu.be/V4487Q7sRHE>
- Cheese sauces: Try a 7 ingredient oil-free vegan cheese sauce made from potatoes, carrots, nutritional yeast and more! For the recipe visit: <http://simpleveganblog.com/fat-free-vegan-cheese-sauce/>. The PlantPure Nation Cookbook also offers a couple Alfredo sauces that are wonderful toppers.

Meat Substitutions:

If you are looking for the chewy texture of meat that offers a bit more substance to a casserole, stew, or stir fry, here are some suggestions:

- Mushrooms: There are a variety of mushrooms on the market today and they all absorb flavor well and add a slightly chewy texture.
- Wheat Bulgur: add ¼ - ½ cup of uncooked bulgur to a stew or chilli for a nice bulky texture. It absorbs flavors well, so try seasoning it with a variety of herbs and spices.



PLANTPURE COMMUNITIES

PLANTPURECOMMUNITIES.ORG

- Tofu/Tempeh: These are nice additions but in order to create a more chewy texture you will need to bake tofu and tempeh. Marinate them in your favorite sauce and bake them in a 400 degree oven until golden brown and dry to the touch.
- Soy Curls: Butler Soy Curls are 100% soy beans with no other added ingredients. They come dried and the directions require soaking in water before using. They are a chewy and fun addition to any dish (the curls can be purchased through Amazon).
- Green Jackfruit: Green jackfruit can be bought in a can or fresh. Some stores are now selling it in the vegan specialty food section already marinated and prepared. Green canned jackfruit can be found at most Asian food stores.
- Lentils and Beans: Lentils and beans come in many sizes both dried and canned. You can add them to a dish whole or slightly mashed. They definitely add a thicker heartier consistency.

PPC would like to thank PlantPure, Inc. for putting together an extensive list of plant-based substitution options, which was the starting place for this Info Sheet.