"vegan-ize it" cheat sheet
substitutions to make anything vegan!

**EGGS**

For Moisture

1 egg = 1/4 cup applesauce

For Binding

1 egg = 1 tbsp ground flaxseed + 3 tbsp water

For Quiches & Pies

1 egg = 1/4 cup silken tofu

**MILK**

Almond Milk
Soy Milk
Coconut Milk

**BUTTERMILK**

1 cup milk = 1 cup soy milk +2 tbsp lemon juice

**CREAM**

Coconut Cream
OR
1 cup cream = 3/4 cup soy milk + 1/4 cup vegan margarine

**HONEY**

Agave Syrup
Maple Syrup
Rice Syrup

**BUTTER**

Coconut Oil
Olive Oil
Vegan Margarine