

# "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

