



Plant-Based Baking Guide

A quick reference guide to find effective alternatives to make all of your favourite recipes plant-based. (Results may vary)

Buttermilk



+

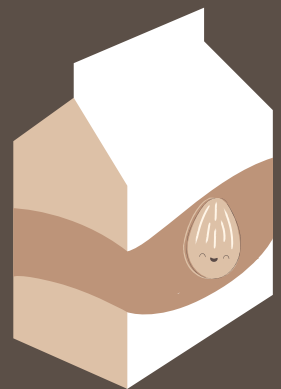


1 tbsp Acid + 1 cup Milk 5-7 minutes

Acids

- Lemon Juice
- Apple Cider Vinegar

Milk



1:1

- Almond Milk
- Soy Milk
- Pea Milk
- Oat Milk
- Coconut Milk
- Cashew Milk

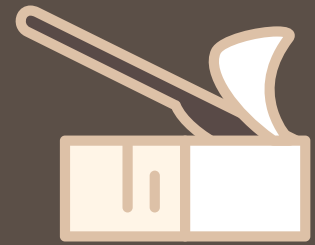


Heavy Cream

1:1

- Full-Fat Coconut Milk

Butter



1:1

- Coconut Oil
- Olive Oil
- Plant-Based Butter
- Nut Butter
- Margarine
- Mashed Banana
- Vegetable Oil
- Apple Sauce

Eggs



+



+



1 tbsp Chia or Flax Seeds 3 tbsp water 5-7 minutes

1:

- 1/4 Silken Tofu
- 1 Mashed Banana
- 1/4 Applesauce



Reference

Britt. (2020, May 28). Vegan Baking 101. The Banana Diaries. <https://thebananadiaries.com/vegan-baking-made-easy/>.

