



*Eating well for you, our animal friends, and the planet*

## Dairy, Egg and Meat Substitutes

### Milk Substitutes

Use rice milk, soy milk, oat milk or nut milks (such as almond milk or hazelnut milk). They come in a wide variety of flavors and work very well on cereal or for drinking. They are available in calcium-fortified and regular versions, and many have vitamin fortification. These can be used just like milk in cooking and baking. If you add them to hot tea or coffee, heat them before adding them to the drink so the “milk” will not separate. If a recipe calls for sour milk, buttermilk, or plain yogurt, one teaspoon of cider vinegar can be added to one cup of the alternative milk.

### Ice Cream Substitutes

There are several products that are very good, including Soy Delicious, Soy Dream, Rice Dream, Coconut Bliss, Tofutti Cuties (ice cream sandwich substitutes), and dairyless sorbet. New brands continually appear on the market. Fresh fruit sorbets are non-dairy and can be excellent replacements for ice cream.

### Cheese Substitutes

- For a cheesy flavor for topping popcorn, making macaroni and cheese, putting on pasta, or an eggless-tofu omelet, use nutritional yeast flakes (not brewer’s yeast or bread rising yeast).
- Try making “Parmesan” Cheese – ½ cup almonds, ½ cup nutritional yeast, ½ teaspoon salt, 1 teaspoon garlic powder, 1 teaspoon onion powder, all put in a blender and blended until almonds are ground (don’t turn it into butter!).
- There are now many recipes for homemade cheeses made from only plant foods. You may look online for them or try out the recipes in either of these books:
  - *The Ultimate Uncheese Cookbook: Delicious Dairy-Free Cheeses and Classic "Uncheese" Dishes*, by Jo Stepaniak
  - *Artisan Vegan Cheese*, by Miyoko Schinner
- For cheese on crackers, pizza, quesadillas several cheese substitutes are available, some of which are made from only plant foods. Avoid those with casein (it is milk protein). Try different ones. Follow Your Heart brand and Daiya brand melt. Most of them are quite high in fat.
- For yogurt, soy yogurts are available in similar containers in the dairy compartment of some health food stores. Be aware of the amount of sugar in them.
- For cream cheese, you can buy vegan cream cheese, but read the ingredient list to decide if you want it. It may have a lot of fat. Some brands have fewer chemicals or “junk” than others. There are soy-based cream cheeses from companies such as Galaxy Foods and Tofutti. Many new soy, rice, and nut-based alternatives to dairy and animal products are appearing on the market all the time, so browsing through your local health food store or the web is a great way to discover them.

### Mayonnaise Substitutes

- **Veganaise, Nayonaise, Just Mayo** or other purchased plant-based mayonnaise can be used as substitutes
- Put hummus, mustard, horseradish, or salsa on sandwiches instead of mayonnaise to add flavor and moisture

### Butter Substitutes

- Nutritional yeast flakes (on air-popped popcorn)
- For butter, you can buy Earth Balance or other soy margarine (read the ingredient list carefully to make sure there is no casein in it).
- Use olive or other vegetable oils when sautéing.
- Olive oil may be used in many things. You may dip bread in it or spread it on bread.
- Lemon pepper or lemon juice liven up vegetables, instead of butter.
- For baking, vegetable oils work well when replacing melted butter. Try using Earth Balance or Spectrum Naturals Spread, which are non-hydrogenated vegetable spreads, for cookies and those times when a recipe calls for "cutting in butter", such as in pie crusts and pastries.
- Try sliced bananas and fruit and no-oil-added nut butters on toast in place of butter.
- Pancakes can be very delicious with just maple syrup or with a fruit sauce made with blended combinations of your favorite fruits.

## Egg Substitutes

- In cooking use soft tofu or silken tofu, bananas, potatoes, or applesauce (all depending on the context). Generally, you can substitute two ounces of these ingredients for each egg called for in a recipe, or follow these suggestions:
  - 1/4 cup Mori-Nu silken style, firm or extra firm tofu, pureed until smooth
  - 1/4 cup applesauce or pureed bananas + 1/2 teaspoon baking powder
  - 1 tablespoon cornstarch or flour whisked with 1 tablespoon water
  - 1 tablespoon finely ground flax seeds + 3 tablespoons water blended until frothy, and let rest 30 min. - 1 hour
  - 1 1/2 teaspoon Ener-G Egg Replacer whisked with 2 tablespoons water
- When making cookies, breads, and baked goods you can use applesauce, pureed bananas, pureed dates, or Ener-G Egg Replacer when you need the "binding" properties of eggs. To help with the leavening factor originally created by eggs, you can use 2 teaspoons of baking powder for every two ounces of egg substitute (after ~ 2 teaspoons of baking powder a slight bitter taste begins to appear).
- Other substitutions for an egg include 2 tablespoons of cornstarch or 2 tablespoons of arrowroot flour.
- Flaxseeds provide another substitute for eggs: grind 1 tablespoon flaxseeds to a powder in a blender; add 3 tablespoons of water and blend until mixture becomes thick and sticky.
- To have scrambled "eggs", use crumbled tofu and sauté with chopped peppers, onions, nutritional yeast and a little bit of soy or tamari sauce, and a bit of turmeric to make them yellow.
- In veggie burgers or casseroles, you would want a "binding" or "thickening" effect, so you could add arrowroot powder, cornstarch, flour, oats, or breadcrumbs to reach your desired consistency.
- To achieve the "thickening" qualities of eggs in pie fillings or custards, use agar-agar, kudzu, arrowroot, cornstarch, or flour.

## Meat Substitutes

- **Beans**
  - All kinds of beans can be used instead of meat as excellent sources of protein. They may be added to soups or pasta sauce, turned into veggie burgers, added to stir fry dishes, and put into salads.
- **Tofu**
  - Tofu, made from soybeans, is a hearty and very malleable food. Think of it as a blank slate, an excellent substitute for fish, chicken, cheese, cream, eggs, and mayonnaise. Tofu packed in water should be drained before using. There are endless recipes online for tofu used in many different ways. The spices, herbs or other foods cooked with it will lend their flavors.
  - Tofu can be soft or hard. Soft or silken tofu blends into a smooth cream and is excellent in desserts. Hard or firm tofu retains its shape and can be sliced or crumbled. Most tofu is about 40 percent fat (except for low-fat versions).
  - Firm or extra-firm tofu can be drained and then pressed firmly with a cloth to remove excess water. Crumble, slice, or dice it, and add it to the skillet for a spin with your favorite vegetables and seasonings.
  - Marinate tofu the way you would chicken or fish—with herbs, citrus juice, cracked black pepper, vinegar, tamari, soy sauce, or wine. Cook marinated tofu in a sprayed skillet, under the broiler, or on a sprayed grill until it is nicely browned on both sides.
  - Try freezing a drained block of tofu in the freezer. After it thaws, frozen tofu soaks up marinades easily since it becomes more porous in the freezing process. It also changes slightly in consistency, becoming chewier.
- **Seitan**
  - Seitan is a wonderful, chewy substitute for chicken or beef, and comes in both flavors. Derived from wheat in a process that extracts and uses the gluten (wheat protein), it slices and dices easily without falling apart, and is delicious plain.
- **Tempeh**
  - Tempeh is a form of fermented, unprocessed tofu and is remarkably nutritious. It usually comes in hard bricks that can be sliced or chopped, then added to stir-fries or chili.
- **TVP**
  - Texturized vegetable protein, TVP, comes in the form of crumbles, and can be found dried in the bin section or frozen in the vegetarian section of the grocery store. Use TVP in place of ground beef or sausage. To reconstitute dried TVP, mix it with an equal portion of hot water before seasoning and sautéing. Frozen TVP is referred to as meatless grounds or meaty crumbles, and is generally already seasoned.
- **Prepared Meat Substitutes**
  - Many products are now available for veggie hot dogs, burgers, and sausages. Watch the fat and salt content!

More substitutes and links to recipes may be found at: <http://mindfulcooking.org/kitchen/substitutes-meat-dairy-and-eggs>