EASY VEGAN DAIRY SWAPS

VEGAN MILK BRANDS
- Silk
- Ripple
- Califia Farms
- Almond Breeze
- So Delicious
- Elmhurst
- Rice Dream

VEGAN ICE CREAM BRANDS
- So Delicious
- Nada Moo
- Coconut Bliss
- Ben & Jerry's*
- Trader Joe's*
- Talenti*
- Haagen Dazs*

VEGAN YOGURT BRANDS
- Silk
- Daiya
- Follow Your Heart
- So Delicious
- 365 (Whole Foods)*
- Kite Hill
- Ripple

VEGAN CHEESE BRANDS
- Miyokos
- So Delicious
- Daiya
- Violife
- Follow Your Heart
- Field Roast
- Kite Hill

*HAS VEGAN OPTIONS

www.pasadosafehaven.org

Pasado's Safe Haven
Pre-animal. Anti-cruelty.
EASY VEGAN EGG SWAPS

VEGAN BAKING SWAPS
(FOR 1 EGG)
1 BANANA
1/4 C APPLESAUCE
1 T GROUND FLAXSEED MIXED WITH 3 T WATER

BOBS RED MILL
JUST EGG
FOLLOW YOUR HEART
THE VEGG
NEATEGG
ENER-G EGG REPLACER

VEGAN SCRAMBLE SWAPS
TOFU (EASIEST!)
CHICKPEA FLOUR & VEGAN MILK
+ SEASONING
ADD KALA NAMAK SALT FOR EGG FLAVOR!

COMBINE AQUAFABA (LIQUID FROM CANNED CHICKPEAS) WITH SUGAR & YOU CAN WHIP INTO A MERINGUE!

VEGAN DESSERT SWAP

www.pasadossafehaven.org
EASY VEGAN PROTEIN SWAPS

VEGAN BURGER/SAUSAGE BRANDS
- Field Roast
- Beyond Meat
- Tofurky
- Lightlife
- Sweet Earth*
- Impossible Foods
- Amy's*

VEGAN ROASTS BRANDS
- Gardein
- Quorn
- Tofurky
- Lightlife
- Sweet Earth*
- No Evil Foods
- Vegetarian Plus (or a homemade lentil loaf!)

VEGAN CHICKEN/COLD CUTS BRANDS
- Gardein
- Quorn*
- Morning Star*
- Yves*
- Tofurkey
- Lightlife
- Sweet Earth*
- No Evil Foods

VEGAN PROTEIN SOURCES
- Legumes
- Chickpeas
- Pumpkin Seeds
- Quinoa
- Broccoli
- Tempeh
- Tofu

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