Plant-Based Swaps Cheat Sheet

Common ingredients and plant-based options

Instead of	Try
Cow's milk	soy, oat or almond milk
Butter	plant-based margarine or a neutral oil
1 egg in baking	1 tablespoon ground flaxseed mixed with 3 tablespoons water, left to thicken
Honey	maple syrup or agave syrup
Yogurt	plant-based yogurt, such as soy or coconut
Cheese	plant-based cheese or nutritional yeast for a cheesy taste
Gelatin	agar-agar
Mayonnaise	plant-based mayonnaise
Chicken or beef stock	vegetable stock
Cream	coconut cream or soy cream

Tip: Swaps work best in a recipe written for them. Taste and adjust.

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