

# VEGAN FOOD Substitutions



[GorgeousWellth.com](http://GorgeousWellth.com)



# DAIRY

Dairy is traditionally defined as being of, or relating to, a type of farming that deals with the production of milk and foods made from milk. It most often refers to products created from cows or goats.

Vegan dairy is nutritious foods made with plant-based alternatives such as rice, soy, coconut, almond, or any other nut, seed, or grain. Vegan dairy foods are better for your health, better for the environment, and better for the animals.

While it's easier than ever to find dairy substitutions in your favorite store, this guide provides you with recipes and techniques to be able to make these substitutions in your favorite recipes at home.

When a recipe calls for 1 cup of milk, for example, it's easy to substitute 1 cup of almond or soy milk. It has the same consistency and provides similar results.

It can get trickier with cheese.

Do a little research into the dairy industry, and you'll quickly have lots of reasons to give it up. Have gut issues or know you're lactose intolerant? That can push you into plant-based milk.

But cheese is tougher. Ever said, "I could never give up cheese?" I understand. It was one of the toughest things for me to avoid.

But there is a way. It's easy. And tastes, oh, so good!

*"We eat for higher achievement, not merely for the sake of eating."*

*Lori*





# EASY VEGAN PARMESAN

This easy parmesan is so easy to make and tastes good too. Make extra and keep it in the refrigerator to top pastas, pizza, salads, and more.



**2/3 cup raw cashews**  
**3 Tbsp nutritional yeast**  
**1 tsp herbes de Provence**  
**1/2 tsp onion powder**  
**1/2 tsp garlic powder**  
**1/4 tsp sea salt, to taste**

Add all ingredients to food processor. Pulse until coarsely ground, the consistency of Panko breadcrumbs. Store in airtight container in refrigerator for up to 2 weeks.

Want to change it up? This is a very flexible recipe.

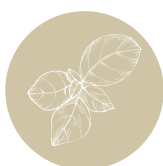
- > Substitute 1/3 cup almonds and 1/3 cup walnut halves for the 2/3 cup raw cashews.
- > Add 3 Tbsp shelled hemp seeds.
- > Change 1 tsp herbes de Provence to other dried herbs of your choice.



# VEGAN RICOTTA CHEESE

---

Instead of giving up your favorite lasagna recipe, substitute this ricotta cheese instead. So good, even non-vegans will love it!



**14 oz water-packed firm tofu, drained**  
**2/3 cup miso**  
**2/3 cup water**  
**1/2 cup tahini**  
**1/4 cup extra-virgin olive oil**  
**5 garlic cloves**  
**2 tsp dried basil**  
**2 tsp dried oregano**  
**1 tsp sea salt**

Place all ingredients in a high-speed blender and blend until smooth. This cheese will keep for 2 days covered and refrigerated.



# VEGAN SPICY CASHEW SAUCE

If you love cheese sauce to add to your Mexican food, this is the cheese for you. It's creamy and good in quesadillas, burritos, and more.



**1 cup raw cashews**  
**2/3 cup water**  
**1 medium jalapeno**  
**2 scallions, chopped**  
**2 garlic cloves**  
**1/3 cup fresh cilantro leaves**  
**1 Tbsp fresh lime juice**  
**1 Tbsp chia seeds**  
**2 Tbsp nutritional yeast**  
**sea salt, to taste**

Soak raw cashews in hot water for 30 minutes, or until soft.

For spicier sauce, use jalapeno seeds. For milder sauce, trim and seed jalapeno before using.

Place all ingredients into a high-speed blender. Blend until smooth. Store in an airtight container in the refrigerator. The sauce will need reheating in a small saucepan over medium heat before serving if it isn't used immediately.





# EGGS

How do you cook and bake without eggs? It's actually quite easy.

Start by looking at the role the egg plays in the recipe. Is it the star of the show? Is it to add moisture? Does it bind the ingredients together?

If the recipe is low on moisture but leavening agents are included (baking soda or baking powder), the egg is primarily used for moisture.

If the recipe doesn't contain leavening agents but acidic ingredients (lemon juice, apple cider vinegar, buttermilk) are included, it's used primarily for leavening. These recipes often call for several eggs at a time.

If the recipe has a fair amount of liquid as well as leavening agents, the egg is primarily used as a binding agent.

One egg replacement:

- 1 flax egg (1 tablespoon ground flaxseeds with 3 tablespoons water whisked and left to stand for a few minutes.
- 1 chia egg (1 tablespoon chia seeds with 3 tablespoons water whisked and left to stand for a few minutes.
- 3 tablespoons natural creamy or crunch peanut, nut, or seed butter.
- 1/4 cup blended soft silken tofu.
- 1/4 cup unsweetened plain vegan yogurt.
- 2 tablespoons organic cornstarch whisked with 2 tablespoons water.

*"We're chasing youth when we should be chasing health."*

*Lori*



# TOFU SCRAMBLE

Tofu scrambles aren't just for breakfast. We often serve them for dinner! I add vegan sausages and baked sweet potato fries for a delicious and hearty meal.



**16 ounces extra-firm tofu**  
**2 tablespoons olive oil**  
**1 small red onion, thinly sliced**  
**1 medium green bell pepper, diced**  
**1 cup cherry tomatoes, chopped**  
**4 cups kale or spinach, chopped**  
**1 teaspoon garlic powder**  
**1 teaspoon ground cumin**  
**1 teaspoon oregano**  
**1/2 teaspoon chili powder**  
**1/2 teaspoon turmeric**  
**Sea salt, to taste**

Press tofu for 15 minutes to remove moisture. Pat dry. Crumble tofu into bite-sized pieces and set aside.

Add olive oil to large skillet over medium heat. Once hot, add onion and green pepper. Cook until soft, about 5 minutes. Add kale and tomatoes. Cover and steam for 2 minutes until wilted.

Push veggies to one side. Add tofu. Mix spices together and add a few tablespoons of water to form a sauce. Stir into the tofu to distribute sauce evenly before mixing veggies in. Cook for another 5 minutes. Season with salt.



# CRANBERRY SCONES

Just because you're plant-based doesn't mean you can't enjoy treats! You'll be amazed at how quickly your tastebuds transform and require less sugar.



**1/1/4 cup whole-wheat pastry flour**  
**1 teaspoon baking powder**  
**1/4 cup light-brown sugar, not packed**  
**1/4 teaspoon salt**  
**3 tablespoons coconut oil, solid**  
**3 tablespoons hazelnut butter or other creamy nut or seed butter**  
**1 teaspoon pure vanilla extract**  
**1/4 cup fresh or dried cranberries**  
**1/3 cup plain vegan yogurt, unsweetened**

Preheat oven to 425 degrees Fahrenheit. Line a baking sheet with parchment.

Add flour, baking powder, sugar, and salt to food processor and pulse a few times to mix.

Add the oil and nut butter, pulsing until combined. Add vanilla, cranberries and yogurt, pulsing until combined. Dough should stick together without being too wet or dry. Add more yogurt or flour 1 tablespoon at a time until desired consistency.

Gather dough on baking sheet and press to shape into a 6 inch circle. Cut into 6 scones. Separate and leave 2 inches between each scone. Bake for 12 minutes or until golden brown on the edges.





# PROTEIN

The most common questions I'm asked is: Where do you get your protein? Protein doesn't just come from animal products. In truth, protein comes from a wealth of resources that are healthier and better for you too.

Now more than ever, there are so many tasty vegan options. But I would suggest you go as natural as possible right from the beginning. Yes, plant-based protein options are popping up everywhere, but you still need to do your due diligence and read the ingredient list. Some are questionable as to how truly healthy they are.

You may have your favorite meals and can't foresee a time when you'll eat anything else. I hear you. But the more you discover about plant-based, the more your tastebuds will change. You'll fall in love with a new entree, and won't imagine a time when you ate anything else.

While finding plant-based recipes is easier than ever, you can substitute animal products with plant-based options.

- Use 1 cup of veggie broth in place of 1 cup beef or chicken broth.
- Use 1 cup of soy crumbles in the place of ground beef. (I love Trader Joe's version.)
- Find plant-based sausages and use instead of hot dogs or sausage.
- Create plant-based bacon to replace bacon strips.

*"Everyday your actions are  
creating a body of fear or a body  
of gorgeous bliss."*

*Lori*



# COCONUT BACON

---

Cheese and bacon - two things that people consistently say they miss when going plant-based. Luckily, there are plant-based alternatives.



**2 tablespoons olive oil**  
**2 tablespoons maple syrup**  
**1 tablespoon liquid smoke**  
**2 tablespoons tamari**  
**1 cup unsweetened coconut flakes, not shreds**  
**1 tablespoon tightly packed brown sugar**  
**1/2 teaspoon smoked salt**  
**1/4 teaspoon garlic powder**  
**1/4 teaspoon onion powder**  
**1/4 teaspoon paprika**  
**1/4 teaspoon black pepper**

Grind the brown sugar, smoked salt, garlic powder, onion powder, paprika, and black pepper into a fine powder.

Mix together olive oil, maple syrup, liquid smoke, and tamari. Add the coconut to the marinade and toss to coat. Let sit for 15 minutes to absorb flavors.

Preheat oven to 400 degrees Fahrenheit. Line a baking sheet with parchment. Spread coconut in a single layer. Bake for 5 minutes, remove from oven and toss. Bake for another 5 minutes watching carefully to ensure it doesn't burn. Let it cool completely. It will crisp as it cools. Sprinkle and toss with bacon seasoning. Store in an airtight container.



# CAULIFLOWER TACO CRUMBLES

If you're ready for a soy-free, meat substitute, you'll find this recipe easy to work with and easy to add to your favorite meals.



**12 ounces fresh cauliflower florets**  
**2 teaspoons chili powder**  
**2 teaspoons nutritional yeast**  
**2 teaspoons oat flour**  
**1 teaspoon onion powder**  
**1 teaspoon ground cumin**  
**1/2 teaspoon dried oregano**  
**1/2 teaspoon garlic powder**  
**1/2 teaspoon smoked paprika**  
**1/2 teaspoon cayenne pepper, to taste**  
**1 tablespoon olive oil**  
**Sea salt, to taste**

Preheat oven to 425 degrees Fahrenheit. Line a baking sheet with parchment.

Spin dry cauliflower to remove extra moisture. place cauliflower and all other ingredients in a food processor. Pulse a few times until it resembles ground meat.

Place evenly on baking sheet and bake for 6 to 10 minutes until al dente. Remove from oven and let cool slightly before using.





# VEGGIE BROTH POWDER

Broth is a common base you'll use in all kinds of recipes. This is a healthier version of anything you can buy at the store.



- 3/4 cup nutritional yeast**
- 1/4 cup dried parsley**
- 1/4 cup onion powder**
- 2 tablespoons garlic powder**
- 2 tablespoons salt**
- 1 tablespoon celery seed**
- 2 teaspoons dried oregano**
- 2 teaspoons dried thyme**
- 1 teaspoon black pepper**
- 1 teaspoon turmeric**
- 1 teaspoon dried rosemary**

Add all ingredients to a spice grinder and grind into a very fine powder. A coffee grinder works well too if you dedicate it to your spice cabinet. Store in an airtight container.

When ready to use, mix 1 teaspoon of powder with 1 cup water. Add more salt, to taste.

# Lori Osterberg



*I inspire women in midlife to change the stories they've been feeding themselves about their personal health, so that they can create foundational life enhancing wellness strategies as they design their own Gorgeous Wellth!*

**[GorgeousWellth.com](https://GorgeousWellth.com)**

