

Spices & Substitutions

Mexican Spices

Equal parts Corriander, Granulated Garlic, Cumin, Chili Powder, Sweet Paprika

Indian Spices

1 Tbs. each of Ground Turmeric, Ground Coriander Seeds, and Ground Cumin Seeds. This is the foundation of your curry powder.

Next, add 1/2 tsp. each of any of the following: Ground Nutmeg, Ground Black Pepper, Ground Mustard Seeds, Paprika, Ground Ginger, and Cayenne Pepper. *Feel free to play with these quantities based on your personal preferences.

Substitutions

EGGS SUBSTITUTIONS

- 🌀 Eggs = egg replacer
- 🌀 1 overripe banana best for quick breads, muffins, cookies
- 🌀 silken tofu best for quick breads, muffins, pound cakes
- 🌀 vegan yogurt quick breads, muffins
- 🌀 1 T flax seed + 3 T water for Cakes, Brownies
- 🌀 applesauce
- 🌀 Egg white wash = 1/4 c chickpea brine for egg washes, meringues, cakes and cookies
- 🌀 2T cornstarch + 3T water for custards, pies, cheesecake



MEAT SUBSTITUTIONS

- 🌀 **Chicken** = tofu, tempeh or cauliflower, beans,
- 🌀 **Ground Meat** = black beans, tofu, tempeh, riced cauliflower, ground nuts, chopped mushrooms, lentils
- 🌀 **Meat** = eggplant, black beans, lentils, tofu, jackfruit, mushrooms, ground nuts, beans, cauliflower, beets
- 🌀 **Pork** = jackfruit
- 🌀 **Honey** = Agave, rice syrup, coconut nectar, natural maple syrup



DAIRY SUBSTITUTIONS

- 🌀 **Dairy Milk** = unsweetened nut milk, unsweetened soy milk
- 🌀 **Ricotta Cheese** = Kite Hill ricotta nut cheese, Tofu (use a tofu ricotta recipe)
- 🌀 **Cream Cheese** = Kite Hill, Daiya, Homemade from raw cashews or almonds, pureed silken tofu



LOW-CARB SUBSTITUTIONS

- 🌀 **Pasta** = Zoodles (zucchini noodles), Miracle noodles (Konjac noodles)
- 🌀 **Lasagna noodles** = Par boiled or roasted eggplant slices, sliced sweet potato, sliced zucchini or yellow squash
- 🌀 **Rice** = riced cauliflower, Miracle rice

