

# Vegan Baking: Ingredients

*This list is not comprehensive. It does, however, include the ingredients included in the recipes for this course.*

## Eggs

This is definitely the trickiest ingredient to replace in vegan baking. An egg is a complex food that serves many functions in baking.

They leaven or help food to rise. They add richness and moisture. They bind, coagulate, emulsify and thicken. And they help create the right texture.

**Recommendations** (for replacing 1-2 eggs in traditional recipes like cakes and cookies)

Ener-G egg replacer, Orgran No Egg, Vegg

## Milk

This is the easiest ingredient to replace since there are so many non-dairy milks available everywhere. In many cases, soy milk may be a better option than almond milk simply because it has a higher fat content and fat plays a critical role in baking. However, if you use almond milk, you shouldn't notice a difference in the final dessert.

**Recommendations**

Soy milk, almond milk, coconut milk, cashew milk, hemp milk

## Butter

Earth Balance is my tried and true replacement for butter. Smart Balance has a vegan margarine on the market, but it does not have the same buttery taste as Earth Balance. In addition to the tubs, Earth Balance also makes sticks, which are convenient when baking. Stores like Trader Joe's and Whole Foods will always have Earth Balance. But I've also seen it in my local Walmart and Food Lion.

**Recommendations**

Earth Balance, Smart Balance (vegan version)

## Sugar

In a perfect world, all sugar would already be vegan, but for some reason bone char is used to process many sugars.

**Recommendations**

Organic granulated sugar, organic brown sugar, organic confections' sugar

## Agave Nectar

Agave nectar is a great replacement for honey. I usually purchase the light agave nectar, but if you use amber, you should be just fine.

## Chocolate Chips

Contrary to popular belief chocolate itself is vegan since it's made from a plant. Of course milk chocolate isn't vegan because it has milk added to it. There are several brands of vegan chocolate chips on the market. I generally buy Ghiradelli, but there are other brands available in stores and online. If you're not already in the habit, get in the habit of reading labels. I do this for items that I buy all the time that aren't labeled vegan because companies change their formulas from time to time.

### Recommendations

Ghiradelli, Enjoy Life, Chocolate Dream

## Pie Shells

### Recommendations

Marie Callender's, Kroger's House Brand, Keebler Graham Cracker

## Raw Cashews

Raw cashews are amazing! When soaked or boiled then blended with non-dairy milk at just the right ratio they create an amazing cream that you can use for many dishes, like the cashew cream that goes with the balsamic strawberries. You must buy raw cashews for these dishes. Roasted will not work. I have heard that macadamia nuts have a high fat content and might create similar results, but since I haven't tested it I can't recommend a substitution for raw cashews.

## Cream Cheese

### Recommendations

Tofutti, Daiya, Follow Your Heart, Trader Joe's

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150+ Vegan Substitutes: <http://www.vegancookingwithlove.com/vegan-substitutes/>