



## LESSON 16: "VEGAN BAKING 101"



If you love to bake but are afraid that going vegan will limit you, fear not. There are many ways of “veganizing” your favorite recipes and even making them healthier.

To “veganize” something means to look at the list of ingredients and to think of alternatives for every non vegan item.

Here are some of the best alternatives:

### **Eggs**

Eggs are used to bind the ingredients in the dough, so in order to replace them, you just need to look for plant-based options that’ll have the same or at least a similar effect.

Alternatives (each equals 1 egg):

- 1 tbsp ground flax seed + 3 tbsp water
- ¼ cup unsweetened applesauce
- 1 tbsp chia seed + 1/3 cup water
- 1 tbsp soy protein powder + 3 tbsp water
- 1 tbsp agar agar + 1 tbsp water
- 1/2 – 1 ripe, mashed banana
- 1/4 cup unsweetened apple sauce
- 3 tbsp peanut butter

Note: aquafaba, which is the liquid in chickpea cans/jars, also works great as an egg alternative!

### **Butter alternatives**

- Unrefined coconut oil
- Vegan butter or margarine
- Olive oil (has a less neutral taste than coconut oil)
- Ripe, mashed avocado
- Unsweetened apple sauce (if you want a version that’s low fat, just make sure you line your baking tray with parchment paper)

### **Cow's milk alternatives**

Water, coconut milk, oat milk, hemp milk, rice milk, walnut milk, soy milk, cashew milk, hazelnut milk, almond milk, brazil nut milk....

### **Sugar**

You've read right, not all sugar is vegan as some refined sugar is processed with animal bone char. If you can, always opt for organic sugar (brown sugar, preferably) or use natural sweeteners like:

Dates, molasses, maple syrup, agave, brown rice syrup, coconut sugar, coconut nectar, apple sauce, bananas or any other sweet fruit.

To exemplify the use of these alternatives in action, here's a sample recipe for vegan brownies:



## VEGAN BROWNIE RECIPE

Ingredients:

3/4 cup natural unsweetened apple sauce

1 large super ripe banana, mashed

3/4 organic brown sugar

1 cup vegan butter (or coconut oil)

1/2 cup walnut almond milk

1 3/4 cups gluten-free all purpose flour

1tsp baking powder (aluminum free)

3/4 cup raw cacao powder

1/2 cup chopped walnuts

Pinch of salt

Optional: vegan chocolate chips

Instructions:

1. Preheat the oven to 350 degrees Fahrenheit/ 180 degrees Celsius.
2. Melt the vegan butter in a small pot at low to medium heat and remove from the stove as soon as it's completely melted.
3. In a large bowl, mix all the dry ingredients and add the melted butter, apple sauce, almond milk, banana and banana one by one.
4. Mix well until the batter is smooth and even.
5. Add the chocolate chips (optional).
6. Either line a 8.5 x 6.5in/21 x 16cm baking tray (with parchment paper or grease it with a little bit of oil or vegan butter and add the batter.
7. Bake at 350F for about 20 minutes.
8. Note: Enjoying this with some vegan ice cream (see the lesson on homemade ice cream and sorbet) will significantly increase the joy of eating this:)

If you choose to use chocolate chips, simply look for “dairy free” or even “vegan” on the package and then double check the ingredients list. Most dark chocolates are vegan, but there are always exceptions, so I like to make sure it really doesn't contain any animal products. One thing that confused me in the beginning was the “may contain traces of...” mention. That means that the product was made in a facility that also processes animal products and the mention is added for legal reasons. That does not mean that it contains animal products, however, and most vegans I know (including myself) choose to consume foods with that mention as long as the ingredient list is 100% vegan. A great alternative to cacao an chocolate chips (if you want to avoid cacao as it is a stimulant) are carob powder and carob chips.

# The Ultimate Vegan Baking Cheat Sheet

Many of your favorite recipes can easily be made vegan by substituting a few key ingredients. Use this list to get started!

## Eggs: They're Not All They're Cracked Up to Be

Millions of day-old male chicks are killed (usually in a high-speed grinder) every year because they are considered to be worthless to the egg industry.



First, you need to determine why your recipe calls for eggs. Then use one of the following to replace each egg in your recipe.

| Is it for leavening?<br>The final product will be light and fluffy. | Is it for binding?<br>The final product will be dense and thick. |
|---|--|
| 2 tsp. baking soda + 2 Tbsp. warm water                             | Ener-G Egg Replacer  |
| 2 tsp. baking soda + 2 Tbsp. warm water + 1/2 tsp. oil              | 2 Tbsp. cornstarch + 2 Tbsp. water                               |
| 1 tsp. baking powder + 1 tsp. vinegar                               | 2 Tbsp. potato starch + 2 Tbsp. water                            |
| 1 tsp. baker's yeast dissolved in 1/4 cup warm water                | 2 Tbsp. instant mashed potatoes                                  |
| Flaxseed  | Cornstarch   |



### Flaxseed Egg Replacer

1 Tbsp. ground flaxseeds  
3 Tbsp. water  
Mix until well combined and gelatinous.  
Replaces 1 egg.

### Cornstarch egg replacer

2 Tbsp. cornstarch  
2 Tbsp. water  
Mix until well combined and gelatinous.  
Replaces 1 egg.

## Egg Replacer in Custards and Quiches

→ Replace each egg with 1/4 cup pureed soft tofu.



Tip: If you're in a pinch, a can of diet soda can be used to replace 2 eggs in many cake recipes, and it won't add any calories!

Tip: If you need to replace just an egg white, try 1 Tbsp. plain agar powder dissolved in 1 Tbsp. water, whipped, chilled, and whipped again for each egg white.

## Dairy Products: Don't Steal From a Baby!

Cows produce milk for the same reason humans and other mammals do—to nourish their young, but their babies are taken away from them shortly after birth.



### Buttermilk Replacer

1 cup unsweetened soy milk  
2 Tbsp. lemon juice or vinegar  
Combine ingredients in a mixing bowl and whisk until well combined and creamy.  
Equal to 1 cup buttermilk.

Replace cow's milk in your recipe with equal amounts of these:



- Soy milk (better for rich desserts)
- Coconut milk (better for rich desserts)
- Almond milk
- Rice milk

Tip: Be sure to purchase unsweetened flavors for baking. Otherwise, you may experience a slightly sweeter finished product.

## Margarine: Are You Trying to Butter Me Up?

A cow's natural lifespan is about 25 years, but cows used by the dairy industry are killed after a mere four or five years of confinement and misery.



Use one of the recommended products listed below, and when baking, simply substitute the same amount of vegan margarine for butter:

- Coconut oil
- Earth Balance Buttery Spread
- Earth Balance Vegan Buttery Sticks
- Smart Balance Light Original Buttery Spread with Flax

Tip: For baking, always use full-fat margarine, not light.

### Sweetened Condensed Milk Replacer

2 1/2 cups soy milk  
6 Tbsp. vegan margarine  
1/2 cup sugar  
Dash of salt

Heat the soy milk in a pan until boiling.  
In a separate pan, melt the vegan margarine over medium heat. Add sugar.

When the sugar begins to melt, add the hot soy milk and a dash of salt.

Boil gently and stir for approximately 5 minutes.

Makes 14 oz.

Follow these tips and you'll be baking treats like these in no time!



Disclaimer: All companies referenced above produce and sell vegan foods at the time of the creation and release of this resource (August 2011). Always double-check the labels prior to purchasing, as many companies change their formulations without notice. Inclusion in this list does not indicate an endorsement for or by a company.

Made with lots of by PETA

Last but not least, I want to tell you about one of my biggest inspirations when it comes to vegan baking, Katie Higgins. On her blog [chocolatecoveredkatie.com](http://chocolatecoveredkatie.com) she shares daily 100% vegan recipes and her creations are simply sublime. [Click here to read my interview with her \(and find the recipe of the this delicious pie\)](#) or go directly to [chocolatecoveredkatie.com](http://chocolatecoveredkatie.com) to see all that her site has to offer:

