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!

The first thing we need to determine is the purpose of the egg in your recipe. Eggs aren’t just for binding foods together; they can also be used for leavening, thickening, and enriching in many different ways.

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.

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.

Margarine: Are You Trying to Butter Me Up?

Cows used by the dairy industry are killed after a mere four or five years of confinement and misery.

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

Egg Replacer in Custards and Quiches

Replace each egg with ¼ cup puréed 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.

The final product will be dense and thick.

Is it for binding?
Ener-G Egg Replacer
2 Tbsp. cornstarch
2 Tbsp. water
Mix until well combined and gelatinous.
Replaces 1 egg

Buttermilk Replacer
2 tsp. baking soda + 2 Tbsp. warm water + ½ tsp. oil
2 tsp. baking soda + 1 tsp. vinegar
1 tsp. baker’s yeast dissolved in ¼ cup warm water

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

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

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

Sweetened Condensed Milk Replacer
2 cups soy milk
2 Tbsp. vegan margarine
¼ tsp. 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.
Let gently simmer, not boil, for approximately 40 minutes.
Makes 14 oz.

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 a endorsement for or by a company.