



SUPER SWAPS

When you first go vegan, it can be useful to make simple, like-for-like swaps of staple ingredients. These foods can make the process of becoming vegan easier for you, and will help you feel like you're not missing out on any of your favourite foods (so no FOMO!).

EGG ALTERNATIVES (BAKING)

- * Chia seeds- 1 tbsp chia seeds + 1 tbsp water to make a chia 'egg'
- * Flax seeds- 1 tbsp flax seeds + 1 tbsp water to make a flax 'egg'
- * Apple sauce
- * Mashed banana
- * Raising agents e.g. bicarbonate of soda
- * Aquafaba (chick-pea water)
- * Chick-pea flour (for omelettes, quiches, savoury pancakes, flans)



MILK & DAIRY ALTERNATIVES

- * Soya (all-rounder)
- * Hemp (nutty taste, quite distinctive)
- * Rice (sweet, brilliant for coffee and tea)
- * Coconut (best for baking or smoothies)
 - * Almond (all-rounder)
- * Cashew (creamy and indulgent)
- * Oat (best for hot drinks)
- * Hazelnut (nutty flavour)

Cheeses

Store-bought alternatives made using coconut oil and soya come in a range of flavours. Nutritional yeast flakes (sometimes called nooch) are dried, cheesy-flavoured flakes which can be stirred into a sauce or sprinkled on top of dishes.



DITCH THE MEAT

The following are all fantastic plant-based alternatives to meat:

- * Legumes (such as chickpeas, lentils, black beans, butter beans, kidney beans and edamame)
- * Tofu (best for oriental cooking, stir-fry, grilling, BBQ-ing and in salads)
- * Tempeh (best for oriental cooking, stir-fry, grilling, marinating and in burgers, 'meatballs' and burritos)
- * Quorn/Mycoprotein (can be used in a range of dishes. Make sure it does not contain egg.)
- * Soya-based meat alternatives (these include chicken-style pieces, beef-less mince and pork-free slices)
- * Seitan (made using gluten - can be used in burgers, burritos, 'roast' alternatives and curries)
- * Jackfruit (works best as an imitation fish, chicken or pork substitute)



KEEP THE FISH IN THE OCEAN

Fish is also easily replaced with the help of some clever substitutions and some handy seasoning. Try:

- * Smoked carrot 'salmon'
- * Chick-pea 'tuna' (use edible seaweed such as nori to flavour the mixture)
- * Tof-ish (tofu made into fish alternatives)
- * Fish-free products (such as fish-less fillets, fish-free fingers and fish-less tuna cans)

HOW ABOUT HONEY?

Honey is not considered to be a part of a vegan diet as, honey is made by hardworking bees, and is often the only food source for a bee hive during the winter months. Vegan alternatives include date syrup, maple syrup and agave nectar.

