SIMPLE SWAPS FOR BAKING & COOKING

Whole Lifecycle NUTRITION

NEED THIS?	SUB THIS (1:1 UNLESS NOTED)
Egg	Flax "Egg" or Chia "Egg" (1 Tbs ground flax or chia + 3 Tbs water)
Parmesan Cheese	Nutritional Yeast
Milk	Alt Milks: Almond, Oat, Soy
Oil (in baked goods)	Applesauce or Mashed Banana
Sour Cream	Full-Fat Greek Yogurt
White Wine	Vegetable Broth
Vinegar	Citrus (lemon or lime juice)
1 cup Buttermilk	Milk + Vinegar (1 Tbs vinegar + milk to 1 cup mark)
Honey	Pure Maple Syrup, Agave Nectar
Mayonnaise	Mashed Avocado or Plain Greek Yogurt (creamy salads, sandwich spread)
Corn Starch	Tapioca Starch, Arrowroot Starch
Breadcrumbs	Crushed Corn Flakes, Quick Oats, Almond Meal