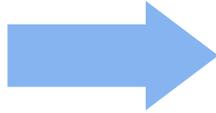


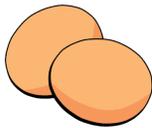
# VEGAN BAKING SUBSTITUTIONS



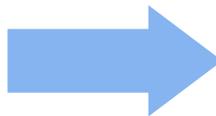
Dairy Milk



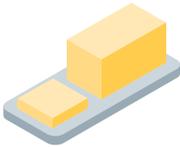
Soy, almond, oat\*, cashew, rice, coconut, or flax milk



Eggs



Ground flaxseed, mashed banana, applesauce, silken tofu, cornstarch or arrowroot powder\*



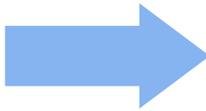
Butter



Coconut oil or non-dairy butter (vegetable oil-based)



Heavy Cream



Coconut, cashew cream\*, or tofu cream



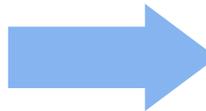
Caramel



Date caramel\*



Buttermilk



Non-dairy milk + vinegar or lemon juice\*

*\* = recipe on back*

**Blue Market AK**  
1406 W 31st Ave  
Anchorage, AK 99503



[www.bluemarketak.com](http://www.bluemarketak.com)  
[info@bluemarketak.com](mailto:info@bluemarketak.com)  
907-677-2583

# VEGAN BAKING SUBSTITUTIONS: SIMPLE RECIPES

## Vanilla Oat Milk Recipe

Recipe credit: [loveandlemons.com](http://loveandlemons.com)

Ingredients:

- 1/2 cup rolled oats
- 3 cups water
- 2 tsp maple syrup
- 1/2 tsp vanilla extract
- 1/8 tsp salt

(Leave out maple syrup and vanilla to make a plain oat milk)



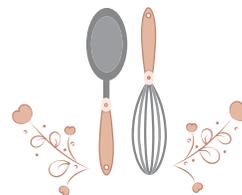
- Combine the oats, water, maple syrup, vanilla, and salt in a blender and blend for 30 seconds.
- Place a fine mesh strainer over a large bowl and strain the milk without pushing any excess pulp through the strainer. This will create a creamier texture that's not gritty or gummy.
- Add more maple syrup, to taste, if desired. Chill overnight.

1 Egg =

- 1 tbsp ground flaxseed + 3 tbsp water
- 1/2 banana, mashed
- 1/4 cup applesauce
- 1/4 cup silken tofu
- 2 tbsp cornstarch or arrowroot powder + 3 tbsp water

## Cashew Cream

Soak 1/2-1 cup raw cashews (1/2 cup for a lighter cream, 1 cup for a thicker cream) in hot water for 30 minutes. Blend in a high-speed blender with 1 cup water until smooth.



## Date Caramel

Recipe credit: [minimalistbaker.com](http://minimalistbaker.com)

To make 1 cup of date caramel, soak 20 large, pitted dates in hot water for 10 minutes, then drain. Pulse dates in a food processor or blender on low until only small date bites remain. Steam in hot water until you reach the desired consistency. Add a pinch of salt (optional).

## Vegan Buttermilk

1 cup plant milk of your choice (soy milk has worked best in our experience)

+

1 tbsp white vinegar or lemon juice

**Blue Market AK**  
1406 W 31st Ave  
Anchorage, AK 99503



[www.bluemarketak.com](http://www.bluemarketak.com)  
[info@bluemarketak.com](mailto:info@bluemarketak.com)  
907-677-2583