

Top Substitution Foods At-A-Glance

-  Chia or ground flax seeds + water = eggs
-  Soaked, blended cashews = cream
-  Nutritional yeast = ground parmesan
-  Unsweetened applesauce and coconut oil = baking butter
-  Overripe bananas, dates, prunes, sweet potatoes or butternut squash = refined sugar and texture in baking
-  Avocados = healthy binder for mousse and brownies
-  Celery, mushrooms or citrus = salt
-  Nuts and nut flours = gluten-free baking ingredients
-  Quinoa or puffed rice cereal = glutenfree breading
-  Cornstarch or arrowroot flour + water = roux
-  Mashed potatoes = soup thickener

