

Easy substitution table

Egg	<p>Use egg-free alternative such as egg free mayonnaise.</p> <p>For baking, and depending on the recipe, you can use egg substitutes such as:</p> <ul style="list-style-type: none">• ½ to 1 mashed banana• 60g of apple sauce• 55g of silken tofu• 1 tbsp of ground flaxseed combined with 3 tbsp of water• 2 tbsp of aquafaba (chickpea water) can be used as one egg white and 3 tbsp can replace the entire egg
Gluten	<p>Use gluten-free alternative such as gluten-free flour, cereals, pasta and bread.</p>
Dairy alternatives	<p>Use dairy-free alternative such as plant-based milk, cheese, butter, yoghurt, custard.</p>
Meat and fish	<p>Beans and pulses, tofu or meat substitutes make good plant-based replacements for meat and fish. Think about the shape and texture of the cooked dish to find the best alternative, for example:</p> <ul style="list-style-type: none">• crushed chickpeas can replace tuna in a tuna melt sandwich• black beans or lentils can replace beef mince in a bolognese sauce• meat substitute fillets can be used as chicken fillets• tofu can be used instead of fish fillets in most recipes

