

## **4 LEAF RECIPE SUBSTITUTIONS**

Experiment with your recipes to see what works best for you. **TIP:** don't experiment with guests! Remember, you are adopting a new lifestyle, so be open to new tastes. Don't expect new recipes to taste like your "old" way of eating. Food in its natural state is full of flavor and life-enriching nutrients! You may need to give your taste buds some time to adapt and appreciate real foods. Stop letting your taste buds be overwhelmed with unnatural added sugars, salt and fat that are in processed foods.

Please note that these substitutions are for use in recipes, and are not meant to be eaten on their own on a regular basis (i.e., soy yogurt).

**Cheese:** Use vegan cheeses sparingly, if at all, and make sure to read the labels! Some "vegetarian" cheeses actually have casein (which is an animal protein) in them. Vegan cheeses are still processed and tend to have a lot of oil and other ingredients in them.

In place of cottage or ricotta cheese, you can use crumbled tofu. Since tofu doesn't have a strong flavor on its own, you can add herbs and spices according to your tastes (see attached tofu ricotta recipe for an example).

**Beef or chicken stock:** Water, vegetable broth or use vegetable bouillon cubes.

**Butter:** There are vegan margarines on the market that work well in substituting for butter. Keep in mind that the goal of the 4Leaf program is to reduce fat to 20% and to eat whole foods that are plant-based. Use vegan margarines sparingly.

**Yogurt:** Several companies make soy or coconut yogurts that will substitute well in your recipes. You can find them in fruit flavors and also plain for cooking and baking.

**Sour Cream:** Try plain soy yogurt, especially if used in making dips. There are also a few commercially available vegan sour creams on the market; again, these are processed and likely have a bunch of added oils, etc. (also, they don't taste very good). It's also really easy to make your own "sour cream" from cashews! See attached recipe.

**Mayonnaise.** You can use vegan mayonnaise exactly the way you'd use the non-vegan mayonnaise. Vegan cookbooks often contain a recipe for vegan mayonnaise (that will be less processed than the store-bought kind, but will likely still include oil), as well. Refer to the butter reminder!

**Cow's Milk:** Soymilk, rice milk, oat milk, hemp milk, or nut milk- measure for measure. Please note that coconut milk should not be used as a substitute on oatmeal, in baking, etc. It has a very high fat content and is much thicker in consistency than that other substitutes. Coconut milk is better suited to be used in Thai dishes and in making soups.

## Eggs:

- Tofu scramble in place of traditional scrambled eggs.
- In Baked Goods:
  - ¼ c applesauce = 1 egg
  - ¼ c mashed banana = 1 egg
  - 1/3 c pumpkin (pure pumpkin, not pumpkin pie filling) = 1 egg
  - Ener-G egg replacer
  - Flax egg (1 Tbsp ground flax seed + 3 Tbsp water, whisked) = 1 egg
  - Chia egg (1 Tbsp ground chia seed + 3 Tbsp water, whisked. Let mixture sit 5-10 minutes before using) = 1 egg
- As Binders:
  - Oat flour, soy flour, chickpea flour, rolled oats, cooked oatmeal, bread crumbs, tomato paste.
  - 2 Tbsp cornstarch (non-GMO) or arrow root starch + 2 Tbsp water = 1 egg
- For savory recipes, you can use ¼ cup mashed potatoes to 1 egg.
- For sweeter recipes, you can use prunes pureed with a little water. Use ¼ cup to replace 1 egg.
- Agar is seaweed gel is a good substitute for recipes that call for just egg whites. Mix 1 tablespoon agar powder with 1 tablespoon water. Whip it in a blender or food processor. Let it chill in the fridge about 30 minutes and then whip again.

