

FOOD SUBSTITUTIONS

You can find substitutions for some of your favorite food items at your local health food stores, ABC, or farmers market. Three wonderful cookbooks with recipes for familiar dairy items, condiments and protein substitutes are: **Tasty Vegan Delights, 7 Secrets and Optimal Diet.**

<u>FOOD ITEM</u>	<u>SUBSTITUTION</u>	<u>COOKBOOK & pg #</u>
Dairy Cheese	Sliceable Cheese	7 Secrets (7S) – pg 73
	Simple Cheese Sauce	7S pg. 26
	Almond Cheese	Optimal Diet (OD) 54
Parmesan Cheese	Nondairy Parmesan	7S 67
	Mock Parmesan	Tasty Vegan (TV) 97
Alfredo Sauce	Alfredo Sauce	(OD) 54
	Alfredo Cheese Sauce	(TV) 97
Sour Cream	Tofu Sour Cream	7S 58/TV 73
	Sunflower Sour Cream	TV 73
Cream Cheese	Cream Cheese Spread	7S 74
	Cashew Almond Cheese	TV 97
Mayonnaise	Simple Mayonnaise	7S 57
	Creamy Mayonnaise	7S 57
	Tofu Mayonnaise	TV 73
	Soy Mayonnaise	TV 74
Store Bought Salad Dressings	Oil Free Salad Dressings	TV 74 – 75
	Ranch-Style Dressing	7S 57
	Raspberry Dressing	7S 60
	Lemon Dill Dressing	OD 99
	Hummus 2	OD 63
	Whipped Topping	7S 99
Yogurt	Whipped Topping	7S 99
	Tofu Whipped Cream	TV 126
	Carob Whipped Topping	TV 126
Butter	Strawberry Tofu Yogurt	TV 32
	Millet Butter	TV 76
	Garlic Spread	TV 76
	Simple Butter	7S 56
Mustard	Mock Mustard	TV 76
Ketchup	Ketchup	TV 75
	Ketchup	OD 64
	Refrigerator Pickles	TV 53 & 54
Pickle Relish	Refrigerator Pickles	TV 53 & 54
Barbecue Sauce	Barbecue Sauce	TV 62
Tarter Sauce	Tarter Sauce	TV 73
Burger Crumbles	Walnut Wheat Crumbles	TV 40
	Bulgur Burger	7S 35
Cinnamon	Coriander	
	Cinnamon Substitute	TV 91

Nutmeg	Cardamon	
Cayenne Pepper	Paprika/Fresh Garlic	
Curry	Rhona's Curry Powder	TV 90
Chicken Seasoning	Mock Chicken Seasoning	TV 90
	Chicken Like Seasoning	7S 107
Chili Seasoning	Chili Seasoning	TV 90
Chocolate	Carob/Carob Chips	
	Carob Bavarian Cream	TV 127
	Carob Maple Pudding	TV 119
	Carob Clusters	TV 112
	Carob No Bake Cookies	TV 112
	Carob Chip Squares	TV 121
	Carob Crispies	TV 112
	Carob Frosting	7S 81
	Carob Sauce	7S 99
	Carob Dessert Trifle	7S 98
	Brownies	7S 81/TV 116
White Bread	Whole Grain Bread	
White Rice	Brown Rice	
White Flour	Whole Wheat Flour	
	Spelt Flour	
	Kumut Flour	
	Oat Flour	
	Millet Flour	
	Brown Rice Flour	
	Rye Flour	
	Barley Flour	
White Pasta	Whole Wheat Pasta	
	Brown Rice Pasta	
	Spelt Pasta	
White Sugar	Turbinado Sugar	
	Sucanat	
	Sugar in the Raw	
	Date Sugar	
	Florida Crystals	
Sweeteners	Honey	
	Pure Maple Syrup	
	Agave Nectar	
	Brown Rice Syrup	
Gelatin/Jell-O	Agar Agar	
	Kojel	
Dairy Milk	Soy Milk	
	Almond Milk	TV 31
	Millet or Rice Milk	TV 31
	Cashew Milk	TV 32
	Walnut Milk	TV 32

Soy Sauce	Bragg's Liquid Aminos	
Salt	Redmond's Sea Salt	
	Herbamare	
Meatloaf	Cashew Loaf	TV 36
	Sunflower Seed Nut Loaf	TV 48
	Holiday Loaf	7S 40
	Meatless Meatloaf	TV 36
Hamburger	Oat Burger	7S 35
	Delicious Soy Patties	TV 38
	Fishy Patties	TV 37
	Mock Sausage Patties	TV 40
	Nutty Patties	TV 41
	Tofu-Spinach Patties	TV 41
	Tofu-Millet Burgers	OD 120
Eggs	Scrambled Tofu	TV
	Tofu Scramble with Veggies	7S 24
	Tofu Omelet	TV 22
	Frittata	7S 22
	Tofu-egg gravy on Toast	TV 24
	Tofu Eggless Salad	7S 67
	Egg Like Salad	7S 75
	Egg Replacer (for baking etc)	
	Flaxseed Gel (for baking etc)	OD 62
Cheesecake	Tropical Cheesecake	OD 155
	Lemon Cream Pie	7S 87
	Strawberry Cream Pie	7S 85
Hot Cereal	Whole/Multi Grain Cereals	
	Oat Groats	
	Wheat Groats	
	Kumut Berries	
	Millet	
	Quinoa	
	Spelt Berries	
	Amaranth	
Boxed Cereals	Grape Nuts	
	Uncle Sam's	
	Puffed Cereals	
Baking Powder	Featherweight	
	Flax Seeds	
Cooking Oil	Olive Oil	
	Lecithin	
Black/White Pepper	Garlic	
Salsa	Salsa	OD 64
Macaroni and Cheese	Macaroni and Cheeze	TV 44
	Macaroni and Cheese	7S 30