



SUBSTITUTIONS TABLE FOR COOKING WORKSHOPS

Peanuts	Nuts	Sesame seeds
<p><i>Peanut substitutes:</i></p> <ul style="list-style-type: none"> – Nuts (almonds, soy nuts) – Seeds (sunflower, pumpkin) – Roasted seasoned chickpeas – Roasted seasoned edamame 	<p><i>Nut substitutes:</i></p> <ul style="list-style-type: none"> – Sunflower seeds – Soy nuts 	<p><i>Sesame seed substitutes:</i></p> <ul style="list-style-type: none"> – Sunflower, pumpkin, or poppy seeds – Finely chopped nuts
<p><i>Peanut butter substitutes:</i></p> <ul style="list-style-type: none"> – Nut butter – Hummus – Soy spread 	<p><i>Nut butter substitutes:</i></p> <ul style="list-style-type: none"> – Sunflower seed butter – Soy nut butter – Hummus 	<p><i>Tahini substitutes:</i></p> <ul style="list-style-type: none"> – Other butters (soy nut, peanut)
Wheat		Soy
<p><i>Substitutes for 1 cup whole wheat flour:</i></p> <ul style="list-style-type: none"> – ½ cup barley flour – ¾ cup corn flour – ¾ cup oat flour 	<p><i>Wheat-free snacks:</i></p> <ul style="list-style-type: none"> – Rice cakes – Popcorn – Rice crackers – Tortilla chips 	<p><i>Substitutes for soy flour based products:</i></p> <ul style="list-style-type: none"> – Rice, barley, rye, wheat, oat flakes, cornstarch
<p><i>Substitutes for 1 cup all-purpose flour:</i></p> <ul style="list-style-type: none"> – 1 ½ cup potato starch – ¾ cup tapioca flour 	<p><i>Bread substitutes:</i></p> <ul style="list-style-type: none"> – Gluten-free bread – Wheat-free bread – Corn tortillas 	<p><i>Substitutes for soy milk based products:</i></p> <ul style="list-style-type: none"> – Dairy milk – Cheese – Yogurt
<p><i>Pasta substitutes:</i></p> <ul style="list-style-type: none"> – Corn flour pasta – Rice noodles – Buckwheat noodles 	<p><i>Breadcrumb substitutes:</i></p> <ul style="list-style-type: none"> – Oat flakes 	<p><i>Soy sauce substitutes</i></p> <ul style="list-style-type: none"> – 2 tsp molasses, 1 tsp hot water, ¼ tsp salt



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Fish and seafood	Mustard
<p><i>Protein substitutes:</i></p> <ul style="list-style-type: none"> – Meat – Poultry – Legumes – Tofu 	<p><i>Mustard substitutes:</i></p> <ul style="list-style-type: none"> – Horseradish – Mix of ginger, turmeric, and lime
Dairy	
<p><i>Butter substitutes (1 cup):</i></p> <ul style="list-style-type: none"> – 1 cup non-hydrogenated dairy-free margarine – ¾ cup vegetable oil – 1 cup avocado 	<p><i>Yogurt substitutes:</i></p> <ul style="list-style-type: none"> – Soft silken tofu – Sour cream – Soy yogurt – Puréed banana – Rice or soy milk
<p><i>Cheese substitutes:</i></p> <ul style="list-style-type: none"> – Firm silken tofu – Nutritional yeast 	<p><i>Cream substitute:</i></p> <ul style="list-style-type: none"> – Extra soft silken tofu – Soy cream – Coconut milk
<p><i>Dairy substitutes:</i></p> <ul style="list-style-type: none"> – Almond, rice, or soy milk enriched with calcium and Vitamin D 	
<p><i>Dairy-free desserts:</i></p> <ul style="list-style-type: none"> – Dairy-free ice cream and yogurt – Sorbets made with real fruit – Soy or rice based puddings – Real fruit juice popsicles 	



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Eggs

To bind ingredients (1 cup equivalent):

- ½ a mashed banana
- ¼ cup apple or other fruit sauce
- For some recipes (e.g., meatloaf, meatballs),
leave out the eggs and combine ingredients by hand
- ¼ cup plain yogurt, sour cream, extra soft tofu

Mayonnaise substitutes:

- Sour cream
- Plain yogurt
- Soy-based egg-free mayonnaise

Leavening agents (cakes, etc):

- ½ Tbsp vegetable oil mixed with 1 ½ Tbsp water
and 1 tsp baking powder