

SUBTLE PLANT-BASED SUBSTITUTIONS

Simple nudges for baking - swap animal ingredients with plant-based alternatives for delicious bakery menu items.

BENEFITS OF SUBTLE SUBSTITUTIONS

- **Environment:** Lower GHG emissions, preserves land, water, and global biodiversity.
- **Health:** Plant-based ingredients have higher fiber and antioxidant content. And most recipes are lower in saturated fat and cholesterol.
- **Avoids Allergies:** Plant-based ingredients eliminates 4 of the “Big 9” allergens including milk and eggs.
- **Saves Money:** Cherry Creek School District removed animal-derived ingredients from the district’s baked goods, saving \$13,600 per year in ingredient costs!



PLANT-BASED SUBSTITUTIONS

Ask Your favorite café or bakery to make the swaps



Replace eggs with plant-based alternatives (Bob's Redmill, Just Egg, or Acremade), or try flax/chia "eggs" (seeds mixed with water), applesauce, mashed banana, or pureed pumpkin.

Substitute 1 egg for:
3 tablespoons aquafaba, the liquid in a can of chickpeas. Also, try tofu scramble recipe for an easy breakfast staple!



Replace dairy milk with oat, almond, soy, or your favorite plant-milk in equal amounts.

For butter in recipes, swap it with coconut, vegetable, or olive oil or try melting a plant-based butter alternative (Earth Balance, Violife, or Melt). Need creamy texture? Try almond or cashew butter instead.



PLANT
BASED
TREATY



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