

# VEGAN FOOD SWAPS THAT WON'T AFFECT FLAVOUR

Animal-based food	Plant-based swap	Notes
Cow's or goat's milk	Soy milk or any vegan milk	-Soy works best when swapping dairy in recipes -For buttermilk flavour, add two tablespoons of lemon juice to soymilk.
Margarine	Vegan margarine	-Can be purchased.
Butter	Vegan butter	-Can be purchased.
Mayonnaise	Vegan mayonnaise	-Can be purchased or made.
Gravy	Mushroom gravy or other Vegan gravies	-Can be purchased or made.
Beef or Chicken broth	Vegetable broth, beefless or chickenless broth	-Can be purchased or made.
Beef or Chicken soup base powder	Vegetable soup base powder, beefless or chickenless soup base powder	-Can be purchased.
Yogurt, sour cream and cream cheese	Vegan yogurt, sour cream and cream cheese	-Vegan yogurt tastes like non-vegan yogurt, and the texture is the same. -There may be a difference in the taste when using plain sour cream and cream cheese. The flavour is similar in recipes (spinach & artichoke dip recipe can be found on website).
Ice Cream	Vegan ice cream	-Most have a very creamy texture and are a delicious treat. -No change in consistency compared to non-vegan ice cream.
Honey	Agave nectar or Maple syrup	-Some people on a plant-based diet consume honey as it comes from an insect, not an animal. Most vegans do not. -There are also bee-free honey brands that can be purchased that have a thicker consistency than syrup.
Whipped Cream	Vegan creams/toppings, canned coconut milk fat	-Can purchase ready-made whipped topping. -Refrigerate a can of full-fat coconut milk for 3 hours or more. Empty the can into a bowl and whip using a hand mixer. It can be used in place of whipped cream.
Salad dressings	Vegan salad dressing	Depending on the brand, it may have a slightly different flavour but is not always detectable.