

## Tips for Vegan or Vegetarian Eating

Cream substitute for desserts etc can be made with almond milk, cashews, coconut milk and oil, agar agar, sugar and vanilla. It's amazing.

<http://www.thepk.com/2011/04/rad-whip/>

Vegan cakes

- Typically use soy or almond milk curdled with lemon juice or vinegar for binding. Plenty of recipes online.

Pancakes

- Use bananas instead of eggs.

Yoghurt replacer:

- soy yoghurt or green smoothie - soy milk, banana and kale

pie crusts

- Most puff pastry in the supermarket is vegan
- Making your own pie crust is easy, just partially freeze some olive oil and rub into flour as you would butter.

Cheesy substitutes:

- cashew cheeses are amazing <http://botanicalcuisine.com/tree-based-cheeses/>
- dukkah as a sprinkle on pasta etc in place of parmesan
- hummus on toast instead of cheese toasties
- lots of guacamole in avocado season.

Tips from Elvira and Jan