

# VEGAN BAKING SUBSTITUTES



## For 1 egg:

1T ground flax + 3 T water

$\frac{1}{4}$  C mashed banana

$\frac{1}{4}$  C applesauce



## For 1 c butter:

1 C vegan butter

1 C coconut oil

$\frac{3}{4}$  C vegetable oil



## For 1 c milk:

1 C soy milk

1 C almond milk

1 C soy milk + 1 T vinegar  
(buttermilk substitute)