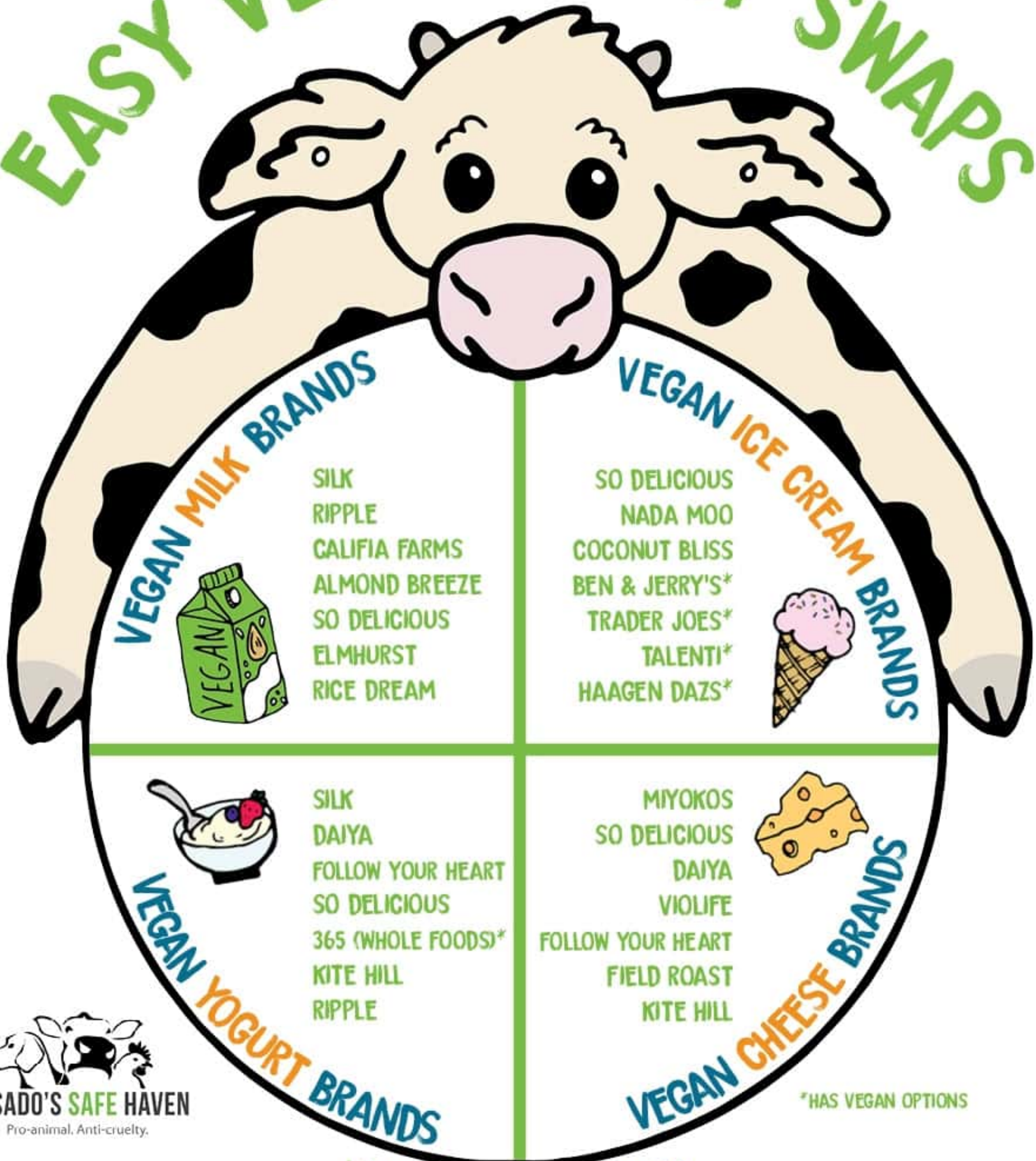


EASY VEGAN DAIRY SWAPS



*HAS VEGAN OPTIONS



PASADO'S SAFE HAVEN
Pro-animal. Anti-cruelty.

WWW.PASADOSAFEHAVEN.ORG

EASY VEGAN EGG SWAPS

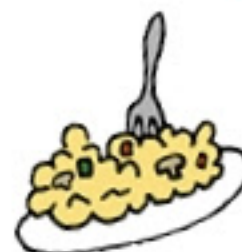


VEGAN BAKING SWAPS



(FOR 1 EGG)
1 BANANA
1/4 C APPLESAUCE
1 T GROUND
FLAXSEED MIXED
WITH 3 T WATER

VEGAN SCRAMBLE SWAPS



TOFU (EASIEST!)
CHICKPEA FLOUR
& VEGAN MILK
+ SEASONING
ADD KALA NAMAK
SALT FOR EGG
FLAVOR!



VEGAN EGG BRANDS

BOBS RED MILL
JUST EGG
FOLLOW YOUR HEART
THE VEGG
NEATEGG
ENER-G EGG REPLACER

COMBINE
AQUAFABA (LIQUID
FROM CANNED
CHICKPEAS) WITH
SUGAR & YOU
CAN WHIP INTO A
MERINGUE!



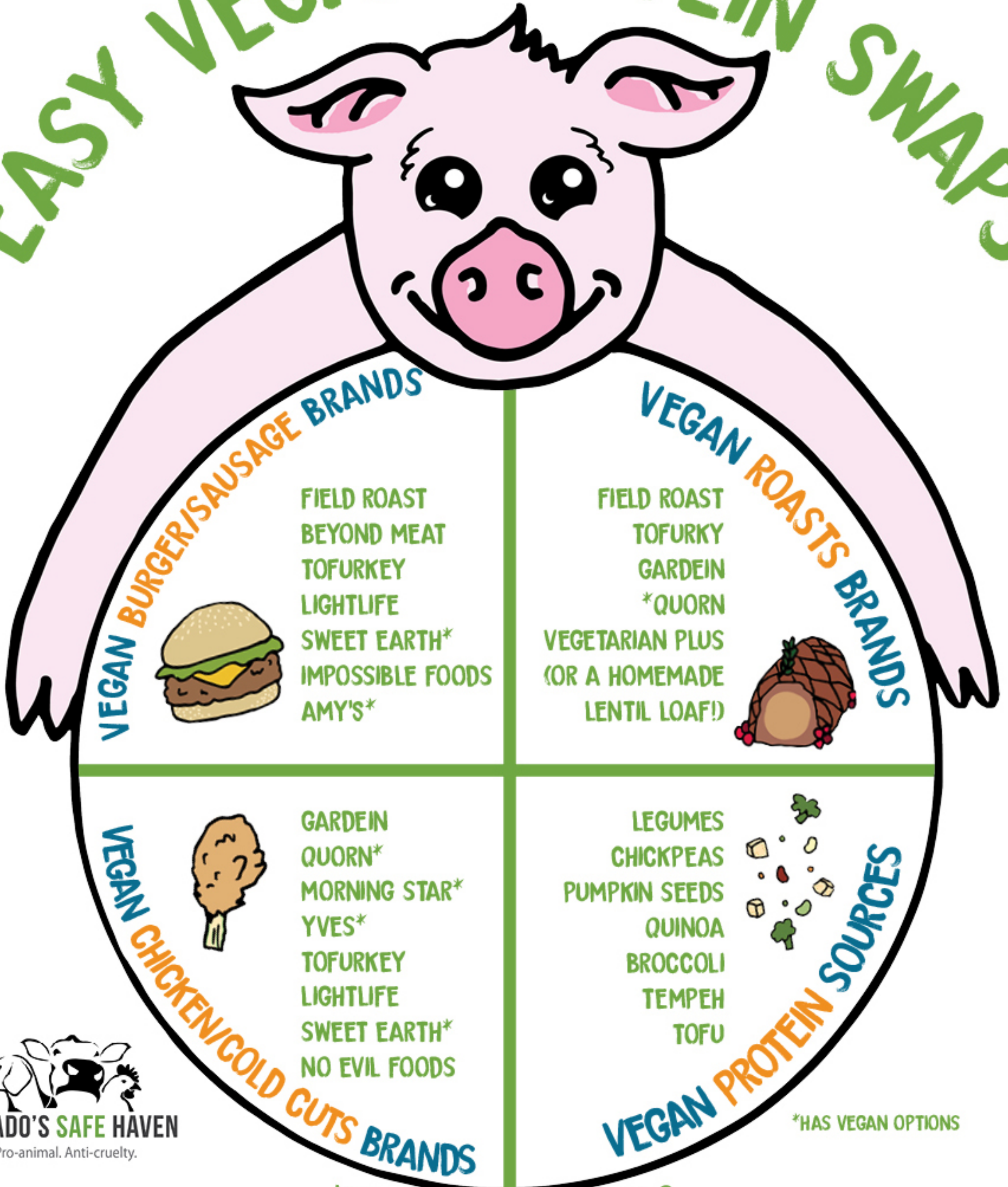
VEGAN DESSERT SWAP



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Pro-animal. Anti-cruelty.

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EASY VEGAN PROTEIN SWAPS



*HAS VEGAN OPTIONS