

Milk -> plant milk	<i>Baking</i> : almond/soy/vanilla soy/cashew/coconut (M,C,O) <i>Cooking</i> : oat/soy/rice/cashew (creamier) (M,C,O) <i>To drik</i> : soy/chocolate soy/oat/almond (M,C,O)
Butter -> margarine	M : Balance, Kokos, M-Budget Margarine C Free From, Rama 100% végétal, Becel Pro
Yogurt -> vegan yogurt	M Soyog (<i>soy</i>), Coyog (<i>coconut</i>) C Alpro, Sojasun, Sojo, Jocos
Cream	Coconut milk/cream M Soja crème cuisine (<i>soy</i>) C Veganz crème de riz (<i>rice</i>)
Crème fraiche/Ma scarpone	O, V or gently whisk silken tofu with plant milk/yogurt, following recipes (internet)
Cheese	M Soja mousse, Wilmersburger tranches, cashewnella C Simply V, Wilmersburger, Violife O, V depending on shop I New roots, recipes for homemade

“Meats”	<i>Falafels</i> (M,C,O) <i>Tempeh</i> (O) <i>Tofu</i> : smoked, curry, herbs etc. (M,C,O) <i>Seitan</i> (O, V or homemade (C Veganz)) <i>Textured soy</i> (C Veganz, O, V) <i>Quorn</i> (M Cornatur, C Délicorn, vegan) /! Not all of them are vegan
Spreads	Peanut butter, jam, molasses, syrups (agave, maple,...) «Nutella» : C Bionella, M Lupinen choco, Nocciolata
Ice cream	Most of the <i>sorbets</i> , M Coco Ice-Land, Glaces aha ! C Karma (coconut or soy), Ben&Jerry’s vegan
Mayonnais e	M Véganaise aha! C Free from, Thomy mayo vegan
Vegan snacks	Grissini, crisps, chips, hummus, guacamole, <i>Alnature</i> dips (M), spreads, bretzels, <i>Farmer</i> , fruits, dried fruits&nuts, <i>Cœurs de France</i> , <i>Speculoos</i> , <i>Oreos</i> , dark chocolate, biscuits (C Veganz,B)

M = Available in Migros, **C** = Coop, **O** = Organic shops , **I** =
Internet, **V** = vegan shop

Replace 1 egg (depending on use) :

To bind: 50g silken tofu/50 g pureed fruits / squashed half banana / 1tbsp starch + 30mL water / 50g pureed vegetables/ 1tsp oil or nut puree + 45mL plant milk / 50g plain plant yogurt

To raise dough: baking powder (for ex. in pancakes)

To jellyfy: Agar-agar (4g/liter)

Taste: Kala Namak black salt (**O, I, V**) or Himalaya salt

Whisked whites: canned chickpeas preserving juice (named Aquafaba) is tasteless and can be whisked (for ex. for meringues, mousses, etc.)

Scrambled eggs-> scrambled tofu, recipes on internet

Basic foodstuffs of a vegan diet:

Fruits, vegetables, mushrooms, grains (bread, pasta, rice, ...), legumes (lentils, chickpeas, beans, ...), nuts (walnuts, cashew, almond, ...), seeds and germinated seeds, herbs and spices.

Reoccurring ingredient: Nutritional yeast in flakes (**O, I, V**) -> full of nutrients and has a cheesy taste.

Quick homemade:

Grated parmesan: blend cashews, nutritional yeast, salt and garlic powder into a fine powder

Creamy white sauce: plant milk bechamel + nutritional yeast (+ melted vegan cheese)

Recipes and resources

www.minimalistbaker.com, www.bosh.tv
www.avantgardevegan.com, Youtube: *The Easy Vegan*, *Caitlin Shoemaker*, *Bite Size Vegan*, *Edgy Veg*
www.vegansociety.com, www.vegan.com,
www.veganhealth.org

Is this alcohol vegan? -> www.barnivore.com

When following a vegan diet, a vitamin B₁₂ intake is necessary (**O, I, V** or in a pharmacy):

In <u>fortified</u> foods, eaten 2-3x/day	3 µg each
1x/day in tablets	10-25 µg
1x/week in tablets	2000 µg = 2 mg

-> [more infos on \[veganhealth.org/vitamin-b12\]\(http://veganhealth.org/vitamin-b12\)](http://moreinfosonveganhealth.org/vitamin-b12)

