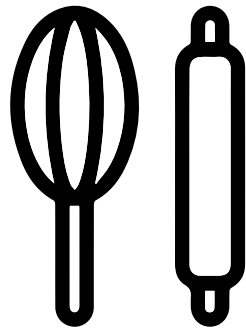


*9 Essential
Cooking Hacks
That Every Vegan
Must Know*



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When switching to a **VEGAN DIET**, almost everyone thinks that their favorite foods will be taken away. You've probably thought that it's impossible to bake a cake or muffins without using eggs. Or that's unreal to make a tasty ice cream without any dairy products. And how about cheese? Will you ever have to say goodbye to the taste of cheese when switching to a vegan diet?

The truth is – you can make all your favorite foods vegan. There are simple hacks that you need to know to bake your favorite muffins without using eggs, make delicious vegan ice cream and even make a vegan mac & cheese which tastes exactly like cheese! Here is a list of 9 essential cooking hacks that every vegan must know.



1. Use **NUTRITIONAL YEAST** to make your vegan food taste like cheese.

When transitioning to a vegan diet, one of the foods that people find hard to give up is cheese. However, there's a real vegan magic ingredient called nutritional yeast. Basically, it's a deactivated yeast. The magical part is that it tastes like cheese. No kidding. Use it to make vegan "cheese" sauces, mac & cheese and vegan Parmesan. You can find it in most health food stores or on Amazon.com.

2. When baking, replace eggs with **FLAX EGGS**.

This is absolutely essential when baking vegan muffins, bread or cookies. To make a flax egg that'll replace one chicken egg, mix 1 tbsp of ground flaxseeds with 3 tablespoons of water. Let it sit for 10 minutes. When it's gelled up, add the mixture to the dough you're preparing.

3. When cooking, replace dairy milk with **PLANT MILK**.

There are different kinds of plant milks to choose from, for example, almond, rice, soy, hempseed milk and more. My favorite is soy and rice milk. Enjoy plant milk on your cereal, when cooking pancakes or muffins!



4. Replace butter with **COCONUT OIL**.



Coconut oil has a similar texture as butter so it's perfect for baking pies and tarts or is a tasty addition to your morning oatmeal. Add coconut oil at the same temperature as the butter. In your local supermarket, there are usually two different versions: refined coconut oil is odorless and tasteless, whereas unrefined (or extra virgin) has a strong scent and a distinctive coconut flavor. For baking, it's a personal preference whether you prefer to have natural coconut flavor in your dessert or not.

5. Crave some ice cream? Use **FROZEN BANANAS** to make one!

Just freeze some bananas overnight and blend them in a high-speed blender the next day. Frozen bananas create a texture that is almost identical to a dairy ice cream (banana magic?). You can go the authentic way and blend only bananas or you can create something fancier, for example, vegan chocolate-mint ice cream.



6. Replace heavy dairy cream with full-fat **COCONUT MILK**.

Coconut milk works perfectly when making creamy soups or sauces. However, if you're not a fan of the coconut flavor, be a bit careful!

7. Use **NUT BUTTER** as a spread on your morning toast.

No need for cream cheese or Nutella. Nut butters taste great, they're versatile and super easy to make! Also, use them in desserts or salad dressings!



8. When making patties, replace meat with **BEANS**.

Beans are filling and nutritious (+ without any cholesterol or saturated fat). And they make perfect burger patties!

9. Always keep some **CASHEWS** in your pantry!

They're incredibly versatile and a **MUST HAVE** for every vegan out there! When soaked, you can blend them in creamy sauces or use in desserts. But when dry, you can blend them together with nutritional yeast and some other spices to get a vegan Parmesan.

So these are the 9 essential cooking hacks that every vegan must know. As you can see, you won't have to sacrifice your favorite foods when switching to a vegan diet. You can make everything – from vegan ice cream and creamy vegan sauces to rich and tasty vegan cakes!

HAPPY COOKING!

Laine



P.S. If you'd like to find a recipe to see each hack in action, just tap on the bolded headline of each hack!