

## These simple swaps - make baked goods vegan

Conventional	Vegan options
1 egg	1 Tbsp of ground flaxseed dissolved in 3 Tbsp water for about 10 mins OR ¼ cup applesauce OR half a medium banana, mashed
Egg whites	equal volume of Aquafaba--the liquid in your canned chickpeas—can substitute for egg white and even whips up just like it!
Butter	equal volume of coconut oil, which is solid at room temperature OR vegan shortening or margarine
Milk	pick a nondairy milk that will complement the taste of the dish, like coconut milk in tropical treats or almond milk in nuttier baked goods.
Buttermilk	to make vegan "buttermilk" add 1 tablespoon of lemon juice to 1 cup of nondairy milk.

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