



**PALOMAR
HEALTH**

VEGAN HACKS

Give these tasty, healthy and fun kitchen hacks a try!

Make your own buttermilk without milk!

Add 1 Tbsp. of lemon juice to every 1 cup non-dairy milk such as nut, rice or soy.



Create your favorite "meat" sauce

or stew with mushrooms instead. This swap is hearty and cheap. Choose Cremini or Portobello variety for the "meaty" texture.



Replace eggs with a flax egg when baking:

Add 1 Tbsp. flax meal to 3 Tbsp. water for 1 egg



Chickpea flour is magical:

use it to replace unbleached white flour for dredging, breading or making chickpea omelets! It's gluten free and high in protein*

Ice cream fix?

Try 2 large frozen bananas + 2 Tbsp. peanut butter + 2 Tbsp. cocoa powder and blend!



Jack fruit is the new pulled pork.

How to: young green jackfruit in water (canned), chop off the center "core" portion, mix with BBQ sauce, stir on low heat for 20 min, shred with a fork.



Make a soup creamy without cream.

Try adding potato. The soup becomes rich, thick and velvety.



Craving whipped cream?

Refrigerate coconut milk overnight and whip!



Want ceviche or fish tacos without the fish?

Try heart of palm (canned) instead. Looks just like a fish!



Want cheese flavor?

Try nutritional yeast flakes. For 2 Tbsp. it also has 8-10 gr. of PROTEIN and 4-5 gr. Fiber



Need chicken flavor?

Use poultry seasoning (thyme, sage, marjoram, rosemary, black pepper, and nutmeg). Big flavor – without the meat.

