

Suck an Egg

Here's a quick guide for replacing eggs in your other favorite recipes (each one replaces one egg):

½ banana

¼ cup applesauce

¼ cup pureed soft tofu

¼ cup non-dairy yogurt (plain, unsweetened)

2 & ½ tablespoons ground flax seeds + 3 tablespoons of water

Better Believe It's Not Butter

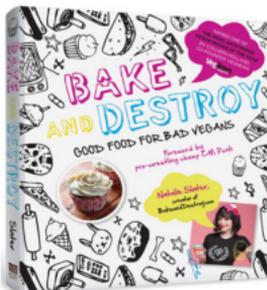
Margarine can easily replace butter in most recipes - look for non-hydrogenated vegan margarine like Earth Balance Buttery Sticks.

Depending on the recipe, you can also often replace butter with vegetable oil or coconut oil. 1 cup butter = ¾ cup oil.

Not Milk?

I prefer unflavored, unsweetened non-dairy milk - especially in savory recipes. Soymilk and almond milk are easy substitutions for dairy. Coconut milk is great, too, but it tastes like coconut, and rice milk is generally too watery to use as a milk substitute.

To make vegan buttermilk, add 1 teaspoon of white vinegar or lemon juice to 1 cup of soy milk and set aside to curdle for a few minutes.



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Banana Bread French Toast Cupcakes

If you've spoken to my mom lately, you might know that I won a Cooking Channel competition with this recipe. Inspired by a dish at Salt & Pepper Diner in Chicago, these moist cupcakes combine cinnamon, maple and banana for a breakfasty-dessert.

Makes 12 cupcakes



Ingredients

CUPCAKES:

- ½ cup (113 g) mashed overripe banana
- 1 ¼ cups (156 g) all-purpose flour
- ¼ teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- ¾ cup (150 g) sugar
- ⅓ cup (80 ml) canola oil
- ⅔ cup (160 ml) rice or soy milk
- 1 teaspoon vanilla extract
- ½ teaspoon almond extract
- ½ cup (60 g) chopped, toasted walnuts

VEGAN MAPLE BUTTERCREAM FROSTING:

- 2 cups (250 g) confectioners' sugar
- 6 tablespoons (85 g) nonhydrogenated vegetable shortening
- 6 tablespoons (85 g) vegan margarine
- 2 tablespoons (40 g) pure maple syrup
- ½ teaspoon maple flavoring
- Pinch of salt

Directions

Preheat your oven to 350°F (180°C) and line a twelve-cup muffin pan with paper liners.

Throw your mashed banana in a blender or just smash it with a fork.

Sift the flour, baking soda, baking powder, cinnamon, salt and sugar into a large bowl and mix well.

In a smaller bowl, whisk together the oil, rice milk, vanilla, almond extract and mashed banana.

Stir or fold the wet ingredients into the dry. Small lumps are fine. Finally, add the walnuts, folding gently.

Fill the liners two-thirds full. Bake for 20 to 22 minutes, or until the tops spring back when lightly touched. Let cool in the pan on a wire rack for 10 minutes, then remove from the pan and let cool completely before frosting.

To make the vegan maple buttercream frosting, beat all the ingredients together in a bowl until they're light and fluffy.