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| Low fat or Skim Milk – Any almond, oat or soy milk |  |
| Protein powder – vegan protein powder |  |
| Feta Cheese - Bio Cheese Feta | Bio Cheese Feta 200G | Woolworths |
| Scrambled eggs – scrambled tofu + tsp turmeric yeast flakes, or Vegan easy egg replacement | Orgran Vegan Easy Egg 250g | egg substitute - Happy Tummies Pty Ltd |
| Cottage cheese/ cream cheese- SHEESE substitute |  |
| Cheese – | Coles Nature's Kitchen Plant based cheddar style shred Reviews | abillion |
| Greek or non-fat yoghurt – coconut or dairy free yoghurt | Cocobella Dairy Free Coconut Yoghurt Natural |
| Honey/Manuka honey –maple, agave or malt syrup |  |

**INGREDIENT SWAPS:**

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| Egg replacement for baking | USE the following options:   * 1 egg = 1 tbsp ground flaxseed + 3 tbsp water * 1 egg = ¼ cup apple sauce + ½ tsp baking soda |
| Egg replacement for cooking | Use the following options:   * 1 egg = 1 ½ tbsp vegetable oil + 1 ½ tbsp water + 1 tsp baking powder * 1 egg = 3 tbsp chickpea water or aquafaba |
| Egg replacement for scramble/ fry/ omlette etc. | chickpeas, edamame or lentils flour Egg replacement powder Tofu |