

best vegan substitute for heavy cream

best vegan substitute for heavy cream is a common search for those seeking dairy-free alternatives in cooking and baking. Heavy cream is known for its rich texture and ability to add creaminess to sauces, soups, desserts, and more. However, vegans and individuals with lactose intolerance require plant-based options that replicate these qualities without the use of animal products. This article explores the top vegan substitutes for heavy cream, detailing their composition, applications, and preparation methods. Understanding these alternatives helps maintain the desired texture and flavor in recipes while adhering to vegan dietary choices. Additionally, the article highlights tips for selecting the right substitute depending on the culinary context. Readers will find comprehensive information on non-dairy creams, nut-based options, and homemade blends designed to replace heavy cream effectively. The following sections provide a detailed overview and practical guidance for integrating the best vegan substitute for heavy cream into various recipes.

- Popular Vegan Substitutes for Heavy Cream
- Homemade Vegan Heavy Cream Alternatives
- Choosing the Right Substitute for Different Recipes
- Tips for Using Vegan Cream Substitutes

Popular Vegan Substitutes for Heavy Cream

Several commercially available vegan substitutes replicate the texture and richness of heavy cream. These alternatives vary in ingredients, fat content, and culinary compatibility. Understanding the characteristics of each option allows for informed decisions based on recipe requirements and dietary restrictions.

Coconut Cream

Coconut cream is a thick, creamy product derived from the flesh of mature coconuts. It offers a rich texture similar to heavy cream and is high in fat, making it an excellent substitute in both sweet and savory dishes. Coconut cream has a subtle coconut flavor that may influence the final taste of the dish, which is desirable in certain recipes but less so in others.

Cashew Cream

Cashew cream is made by blending soaked cashews with water until smooth and creamy. It has a neutral, slightly nutty flavor and a smooth texture that closely resembles heavy cream. Cashew cream is versatile and commonly used in sauces, soups, and desserts where a rich, dairy-free creaminess is needed without the coconut taste.

Soy-Based Heavy Cream Alternatives

Soy-based cream substitutes are widely available and provide a neutral flavor with a creamy consistency. These products are often fortified with additional fats and stabilizers to mimic the properties of heavy cream. Soy cream works well in cooking and baking, maintaining stability when heated or whipped.

Oat Cream

Oat cream is a relatively new vegan cream option made from oat milk concentrated to a thicker consistency. It has a mild, slightly sweet flavor and a smooth texture. Oat cream performs well as a heavy cream substitute in sauces, coffee, and baked goods, especially for those seeking allergen-friendly options.

Almond Cream

Almond cream is prepared from ground almonds blended with water and sometimes additional oils. It has a light texture and a mildly nutty flavor. Almond cream is suitable for many applications but may require stabilization or thickening agents to match the richness of heavy cream fully.

Homemade Vegan Heavy Cream Alternatives

Creating vegan heavy cream substitutes at home is an effective way to tailor the consistency and flavor to specific recipes. Several easy-to-make blends can replicate the richness and creaminess of traditional heavy cream using common plant-based ingredients.

Cashew Cream Recipe

To prepare cashew cream, soak 1 cup of raw cashews in water for 4 to 6 hours or

overnight. Drain and rinse the cashews, then blend them with $\frac{1}{2}$ cup of fresh water until smooth and creamy. Adjust the water quantity to achieve the desired thickness. This cream can be used immediately or refrigerated for later use.

Coconut Cream from Canned Coconut Milk

Canned full-fat coconut milk can be chilled in the refrigerator for several hours or overnight. After chilling, the thick coconut cream separates and solidifies on top. Scoop out this thick layer and use it as a direct substitute for heavy cream in recipes requiring richness and body.

Silken Tofu Blend

Silken tofu offers a smooth texture and mild flavor suitable for creamy applications. Blend $\frac{1}{2}$ cup of silken tofu with $\frac{1}{4}$ cup of plant-based milk until smooth. This mixture provides a thick, creamy consistency that works well in sauces, dressings, and some desserts.

Plant-Based Milk and Oil Mixture

A simple homemade substitute combines plant-based milk with a neutral oil to mimic the fat content of heavy cream. Mix $\frac{3}{4}$ cup of unsweetened plant milk (such as almond, soy, or oat) with $\frac{1}{4}$ cup of vegetable oil or melted coconut oil. Whisk thoroughly to create a creamy liquid that enriches soups and sauces.

Choosing the Right Substitute for Different Recipes

Selecting the best vegan substitute for heavy cream depends largely on the recipe and desired outcome. Factors such as flavor impact, cooking temperature, and whipping ability influence the choice of alternative.

For Cooking and Sauces

Coconut cream and cashew cream are ideal for savory sauces and soups due to their richness and ability to withstand heat. Coconut cream adds a unique flavor suited for tropical or Asian-inspired dishes, while cashew cream offers a more neutral taste.

For Baking and Desserts

Silken tofu blends and soy-based creams are excellent in baked goods and desserts, providing moisture and creaminess without overpowering flavors. Oat cream also works well in desserts, especially for those avoiding nuts and soy.

For Whipping and Toppings

Some vegan creams, such as specific coconut cream brands or commercially prepared soy-based whipping creams, can be whipped to achieve a fluffy texture similar to whipped heavy cream. Homemade coconut cream chilled and whipped can also serve as a dairy-free topping.

For Coffee and Beverages

Oat cream and almond cream are popular choices for adding creaminess to coffee and other beverages. Their mild flavor profiles complement the taste of coffee without overwhelming it.

Tips for Using Vegan Cream Substitutes

Effective use of vegan substitutes for heavy cream requires understanding their properties and how they interact with other ingredients during cooking or baking.

- **Adjust Consistency as Needed:** Some substitutes may be thicker or thinner than heavy cream; adjust by adding water or blending longer to achieve the desired texture.
- **Mind the Flavor:** Coconut-based creams impart a noticeable flavor, while nut-based creams tend to be more neutral. Choose according to recipe compatibility.
- **Heat Stability:** Not all vegan creams behave the same under heat; cashew and soy creams generally tolerate cooking well, while some may separate or curdle if overheated.
- **Whipping Ability:** Commercial vegan whipping creams are best for recipes requiring whipped cream. Homemade alternatives may not whip as effectively without stabilizers.
- **Storage:** Store homemade creams in airtight containers in the refrigerator and use within 3 to 5 days for optimal freshness.

Frequently Asked Questions

What is the best vegan substitute for heavy cream in cooking?

The best vegan substitute for heavy cream in cooking is coconut cream. It has a rich texture and high fat content, making it ideal for sauces, soups, and desserts.

Can I use cashew cream as a vegan alternative to heavy cream?

Yes, cashew cream is an excellent vegan alternative to heavy cream. It is made by blending soaked cashews with water until smooth and provides a creamy texture suitable for both savory and sweet dishes.

Is canned coconut milk a good replacement for heavy cream in vegan recipes?

Canned coconut milk, especially the thick part that separates, can be used as a substitute for heavy cream. It's rich and creamy, but it has a distinct coconut flavor that may affect the taste of some dishes.

How do I make a vegan heavy cream substitute at home?

To make a vegan heavy cream substitute, blend 3/4 cup of soaked cashews with 1/4 cup of water until smooth, or use the thick part of canned coconut milk. Both options provide a creamy consistency suitable for most recipes.

Are there any store-bought vegan heavy cream alternatives?

Yes, several brands offer store-bought vegan heavy cream alternatives made from soy, oats, or coconut. These products are designed to mimic the texture and taste of dairy heavy cream and can be found in many grocery stores.

Which vegan substitute for heavy cream works best in baking?

Cashew cream and silken tofu blended until smooth are great vegan substitutes for heavy cream in baking. They provide moisture and richness without altering the flavor significantly.

Additional Resources

1. *The Ultimate Vegan Creams: Delicious Heavy Cream Alternatives*

This book explores a variety of plant-based substitutes for heavy cream, from cashew creams to coconut blends. It provides easy-to-follow recipes for making creamy sauces, soups, and desserts without dairy. Perfect for those transitioning to a vegan lifestyle or anyone looking to reduce dairy consumption.

2. *Plant-Based Creams: Mastering Vegan Heavy Cream Substitutes*

Discover the art of crafting rich and creamy vegan heavy cream alternatives using nuts, seeds, and plant milks. The book covers the science behind each substitute and tips for achieving the perfect texture in cooking and baking. Includes a range of recipes for savory and sweet dishes.

3. *Creamy Vegan Cooking: Heavy Cream Replacements for Every Meal*

This cookbook focuses on incorporating vegan heavy cream substitutes into everyday meals. With detailed guidance on ingredients like tofu, coconut cream, and blended cashews, it helps readers create luscious sauces, dressings, and desserts. A great resource for home cooks seeking dairy-free options.

4. *The Dairy-Free Cream Handbook: Vegan Alternatives to Heavy Cream*

A comprehensive guide to understanding and using various dairy-free creams derived from plants. It includes nutritional information, storage tips, and culinary applications for each substitute. Ideal for those with dietary restrictions or allergies needing reliable heavy cream replacements.

5. *Vegan Cream Magic: Transform Your Recipes with Plant-Based Heavy Cream*

Learn how to enhance your favorite recipes with vegan heavy cream substitutes that deliver richness and flavor. This book features innovative recipes using oat, almond, and soy-based creams, alongside tips for customization. Suitable for chefs and home cooks aiming for cruelty-free cooking.

6. *From Nuts to Cream: Creating Vegan Heavy Cream Alternatives*

Focuses on transforming nuts and seeds into smooth, creamy alternatives to heavy cream. Offers step-by-step instructions and creative recipe ideas, including dairy-free ice creams and creamy soups. Perfect for those interested in homemade, natural vegan ingredients.

7. *The Vegan Baker's Guide to Heavy Cream Substitutes*

Specifically tailored for bakers, this guide explains how to replace heavy cream in cakes, frostings, and pastries with plant-based options. It addresses texture, moisture, and flavor challenges unique to baking. A must-have for vegan baking enthusiasts looking for foolproof cream substitutes.

8. *Healthy Vegan Creams: Nutrient-Rich Heavy Cream Alternatives*

This book highlights wholesome, nutrient-dense vegan substitutes for heavy cream, emphasizing health benefits. Recipes include smoothies, creamy dressings, and soups made from wholesome ingredients like avocado, silken tofu, and coconut. Ideal for health-conscious readers seeking delicious dairy-free options.

9. *Creative Vegan Creams: Innovative Heavy Cream Alternatives for Every Dish*

Encourages culinary creativity with unique vegan heavy cream substitutes made from

unexpected ingredients like cauliflower and chickpeas. It showcases inventive recipes that challenge traditional cream-based dishes. Great for adventurous cooks looking to expand their plant-based repertoire.

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best vegan substitute for heavy cream: Great Gluten-Free Vegan Eats Allyson Kramer, 2012-06-01 A Vegetarian Times Top 5 Cookbook of the Year: "Being a gluten-free vegan just got a whole lot better." —Tamasin Noyes, author of American Vegan Kitchen A VegNews Top 10 Vegan Cookbook of the Year Full of fresh and all-natural ingredients, the 101 fully photographed, scrumptious recipes you'll find inside this book prove that eating vegan and gluten-free can be a delight instead of a sacrifice. From tempting appetizers to hearty mains to luscious desserts, you'll find dishes to suit your every need and craving, including: • Cherry Vanilla Bean Pancakes • Mediterranean Croquettes • Coconut Asparagus Soup • Roasted Red Pepper & Fava Salad • Walnut Ravioli with Vodka Sauce • Rosemary, Leek & Potato Pie • Chocolate Hazelnut Brownie Cheesecake • Banana Berry Cobbler • and more healthy, sustainable, compassionate, wheat-free recipes impressive enough for even the most seasoned foodie! "Filled with gorgeous photographs and mouthwatering recipes." —Julie Hasson, author of Vegan Diner

best vegan substitute for heavy cream: How to Bake Everything Mark Bittman, 2016-10-04 In How To Bake Everything, the most comprehensive book of its kind, New York Times bestselling author Mark Bittman offers the ultimate baker's resource—for beginners and pros alike! Finally, here is the simplest way to bake everything, from American favorites (Crunchy Toffee Cookies, Baked Alaska) to of-the-moment updates (Gingerbread Whoopie Pies). The book explores global baking, too: Nordic ruis, New Orleans beignets, Afghan snowshoe naan. Bittman's recipes satisfy every flavor craving thanks to more than 2,000 recipes and variations: a pound cake can incorporate polenta, yogurt, ricotta, citrus, hazelnuts, ginger, and more. New bakers will appreciate Bittman's opinionated advice on essential equipment and ingredient substitutions, plus extensive technique illustrations. The pros will find their creativity unleashed with guidance on how to adapt recipes to become vegan, incorporate new grains, improvise tarts, or create customized icebox cakes using a mix-and-match chart. Demystified, deconstructed, and debunked—baking is simpler and more flexible than you ever imagined.

best vegan substitute for heavy cream: The Elements of Baking Katarina Cermelj, 2024-10-03 'As soon as I read The Elements of Baking, I knew it would have a permanent spot on my kitchen bookshelf.' Dorie Greenspan, New York Times bestselling author of Baking with Dorie Armed with a PhD in Inorganic Chemistry, Katarina Cermelj lays out the science behind baking and the ingredients that make it work, so you can easily adapt your baking to your diet and lifestyle, and still make sure it tastes spectacular. With an abundance of mouth-watering recipes together with quantitative modification rules that you can use to convert any recipe into whatever version you fancy, The Elements of Baking will transform the way you think about ingredients. It will be a constant companion in the kitchen and the book you refer to every time you want to bake. Just like the recipes of her popular baking blog The Loopy Whisk, the recipes Katarina shares in her latest book are always approachable, reliable and incredibly delicious, ranging from savoury dishes like

Gluten-free Cheesy Garlic Pull-apart Bread and Vegan Veggie & Hummus Galette to sweet delicacies like Dairy-free Apple Pie Cupcakes and Egg-free Lemon Swirl Cheesecake Bars. And the gluten-free vegan chapter will delight anyone who has to avoid gluten, eggs and dairy, with recipes such as Gluten-free Vegan Cinnamon Rolls and Gluten-free Vegan Lemon Meringue Cake. With a completely novel approach to baking and modifying recipes, *The Elements of Baking* will demystify allergy-friendly baking once and for all.

best vegan substitute for heavy cream: **Best of Americas Test Kitchen 2018** America's Test Kitchen (Firm), 2017 The best of the best—including recipes, tastings, and testings—from the current year, all compiled into one must-have collection from America's most trusted test kitchen.

best vegan substitute for heavy cream: *Very Vegan Christmas Cookies* Ellen Brown, 2013-08-20 Take vegan charge of the holidays and impress your friends and family with your baking skills—all without milk or eggs! With more than 125 innovative recipes created by a well-known cookbook author, a feast of flavors awaits.

best vegan substitute for heavy cream: *Vegan Mob* Toriano Gordon, 2024-02-27 Discover more than 80 recipes for mouthwatering plant-based fusion food from the cult favorite Oakland BBQ joint Vegan Mob. “Vegan Mob comprises all of the things that inspire me; a love of my city, a love of hip-hop, and of course, a love of good-ass food.”—Toriano Gordon Toriano Gordon, the chef behind Vegan Mob, grew up sharing soul food with his family and friends. When he began eating vegan after wanting to improve his health, he was nostalgic for those childhood flavors, so he spent hours painstakingly recreating them from scratch. His innovative dishes became the backbone of Vegan Mob, a Bay Area original that draws in vegans and carnivores alike. In his first cookbook, he shares favorites from the restaurant as well as new recipes, inviting readers to try crowd-pleasing favorites like Brisket, Smackaroni, and Mobba'Q Baked Beans. In an homage to his youth in the Fillmore (not Fillmore) and his San Francisco and Oakland communities, he also draws inspiration from a multitude of cuisines with recipes like La La Lumpia, Mafia Mobsta Noodles aka Garlic Noodles, Mob Lasagna, and Mob Taco Bowls, all made accessible for the home cook. Vegan Mob also takes you out of the kitchen and into Toriano's life, highlighting his many family connections to the Bay Area and his connection to Bay Area rap and music. With inspirational advice from Toriano, vibrant photographs, and tons of energy, Vegan Mob is an invitation for everyone to come to the table and enjoy a meal together.

best vegan substitute for heavy cream: *Vegetarian Ketogenic Diet Guide* Kristy Jenkins, 2019-06-05 Can You Incorporate Vegan Eating Into Your Present Diet A vegan diet is a type of vegetarian diet, in which only plant based foods are consumed and all animal products and byproducts (butter, milk) are excluded. This makes a vegan diet distinctly different from other forms of vegetarianism, which allow the consumption on some animal products, most commonly dairy, and eggs. These days increasing numbers of people are turning to vegan diets than ever before, however their motivation to embrace such a lifestyle can often vary, with common reasons for adopting a vegan diet including concerns about animal rights, religious requirements and the environmental sustainability of meat and dairy production. When adopting a vegan lifestyle it is important to do your research to ensure that you are obtaining all the essential nutrients your body requires to be healthy. Poorly planned vegan diets can quickly result in nutritional deficiencies that in the short term will result in you feeling fatigued and lethargic and in the long term can have some serious consequences to your health. There are many foods which are able to be consumed on a vegan diet, these include: • Breads, cereals and grain foods • Fruits and vegetables • Soy products • Nuts and seeds • Legumes such as kidney beans, chickpeas and lentils How does a vegan diet fit into a Ketogenic lifestyle? Quite simply put following a vegan diet is incompatible with being keto . This is because many of the foods that Keto promotes are excluded by those following a vegan lifestyle but If you find a high-carb vegan diet doesn't work for you and a standard ketogenic diet may be what you need, you can combine the two to get the best of both diets. In addition to this many of the foods that vegans require such as whole grain cereals, legumes, fruit, and even soy products are forbidden when following a vegan diet. Following a Keto diet in addition to being vegan would place an

individual in a situation where achieving their nutritional requirements would be virtually impossible, resulting in a number of nutritional deficiencies in the short and long term. It is certainly not appropriate for vegans, as it would require the avoidance of many foods that are critical for vegans to consume so that they meet their nutritional requirements, these foods include fruit, legumes, grains, soy, and some plant based oils. It may not be fair to compare Keto based with vegan because there is an inherent difference in that vegan is not only a diet; it is a lifestyle and a philosophy. Vegans believe in earth friendly practices, the protection of all living things and a general motto of veganism is compassion in action. However, when only looking at foods consumed and comparing the diet itself at its core, vegan seems to win when your goal is general health and disease prevention.

best vegan substitute for heavy cream: Making Artisan Cheesecake Melanie Underwood, 2015-08-15 This new, adventurous, and modern take on the classic desert answers any questions that home cooks, bakers, or foodies might ask.

best vegan substitute for heavy cream: A Grain, a Green, a Bean Gena Hamshaw, 2025-04-15 In this collection of over 80 delicious, plant-based recipes, nutritionist, blogger, and author of The Vegan Week explores one simple meal planning formula: a grain, a green, and a bean. "Gena's fun formula, made accessible by her bright recipes, is for anyone who wants to consume fewer animal products (me) and not feel unsated doing so (also me)." —Emma Laperruque, associate director of cooking at Bon Appétit and Epicurious This simple trinity of foods lends itself to endless possibilities. Gena Hamshaw expands on the nourishing and economical trio with meals that include not only dark, leafy greens, whole grains, and beans, but also pasta, bread, zucchini, edamame, and tofu. She offers an approach to wholesome vegan eating that's welcoming and adaptable to any lifestyle. Keeping busy schedules in mind, A Grain, a Green, a Bean includes time-saving methods and formulas, including sheet-pan meals and one-pot wonders. Bring the beans and grains in your pantry to life with recipes such as: • Bowls & Salads: Baked Pita, Crispy Chickpeas, and Spinach with Curried Cauliflower and Beet Couscous, Cheesy Tofu, and Watercress • Beans and Greens on Bread: Kidney Beans and Kale over Savory Waffles and French Onion Brothy Beans and Greens with Garlic Toast • Stovetop Meals: Red Wien Braised Mushrooms and French Lentils with Farro and Gochujang Pasta with Scallions, Kale, and Edamame • Oven to Table: Spinach Lasagna Rolls and Sheet Pan Shawarma-Spiced Soy Curls and Freekeh • Basics: Cashew Sour Cream and Eggy Tofu • Sweet Things: Freezer Fruit Crumble and Olive Oil Cake These recipes serve as flashes of inspiration for when you've looked in your cabinets ten times for dinner ideas and still don't know what to make. A Grain, a Green, a Bean will quickly set you up to create an array of beautifully balanced grain bowls, soups, salads, toast, and more—with the promise of endless possibilities to keep you inspired.

best vegan substitute for heavy cream: Effortless Eggless Baking: 100 Easy & Creative Recipes for Baking without Eggs Mimi Council, 2022-11-29 The author of The Mountain Baker takes her motto—"Desserts for everyone!"—to the next level with these allergy-friendly bakes. One of the most common allergens after dairy and peanuts, eggs are often thought to be a necessity in baking. But what eggs do contribute to your sweets—fat, flavor, structure, fluffiness, moisture—can actually be found in countless alternative ingredients that are easy to find. And with meticulous experimentation, Mimi Council has tested them all: aquafaba (the liquid in a can of chickpeas) for fluffiness, yogurt for flavor and structure, cornstarch for thick and creamy custards, and more. Explaining the role that eggs—and other powerhouse ingredients—play in baking, Mimi ensures that readers understand exactly how and why her recipes work. From classics like Blueberry Muffins and Chocolate Chip Cookies, to original creations like Orange Cardamom Loaf Cake, Lemon Poppy Seed Biscotti, and Raspberry Rhubarb Tart, these desserts are flawless. Colorful photographs and easy substitutions for vegan, gluten-free, and nut-free bakes make this book a diet-friendly delight.

best vegan substitute for heavy cream: HowExpert Guide to Vegan Food for Non-Vegans HowExpert, Tim Fedorko, 2021-05-13 HowExpert Guide to Vegan Food for Non-Vegans takes a unique approach to vegan cooking. Instead of focusing on veganism as a diet or lifestyle, this book approaches it as a cuisine. The belief is that by viewing it through that lens, resistance to trying the

cuisine can be reduced. This book consists of recipes, tips, and important reminders for those interested in going vegan entirely. Still, most importantly, it is for those who either want to eat some vegan food or those who are trying to increase the number of healthy options they make for their friends and family. While there are a few tips that may only resonate with readers trying to transition fully to a vegan diet, these tips are still presented in a way that allows them to provide nutritional information that would benefit all readers. The writing style in this book has hints of sarcasm, bits of corny humor, and above all, is intended to come off as inclusive. The author, who was vegan for some time, is no longer vegan and can present the case for increasing the amount of vegan food you eat without some of the forced tones that some may associate with the cuisine. There was also some time devoted to dispelling (or confirming) some of the myths related to vegan food. About the Expert Tim Fedorko is a freelance restaurant consultant and food writer who currently resides in Nashville, TN. Raised in Florida, he has spent nearly two decades in the restaurant industry. Spending time as a chef in a few high-volume corporate restaurants and later opening several of his own concepts. Among them, a successful vegan café and bakery. Tim transitioned from the restaurant industry into writing after moving to Tennessee during the pandemic to be closer to his parents. He has recently published a short dining guide to some of Nashville's local restaurants and is working on a historical fiction novel that has nothing to do with food and everything to do with Tim's other passion, ancient history. HowExpert publishes quick 'how to' guides on all topics from A to Z by everyday experts.

best vegan substitute for heavy cream: Fall Baking Favorites: 275+ Seasonal Breads, Pies, Cookies & More Julian Hayes, 2025-09-06 Do you love the warm, comforting scents of autumn baking? Are you looking for the perfect recipes for the fall season? Fall Baking Favorites is the only cookbook you will need from the first cool day until Thanksgiving. This giant collection is packed with over 275 seasonal recipes to make your autumn delicious and special. This book celebrates all the best flavors of the season. You will find everything from pumpkin spice and apple cinnamon to maple and pecan. Each recipe is designed with clear, simple instructions so you can bake with confidence. This is your complete guide for cozy weekends and holiday gatherings. Inside this huge collection, you will find: Warm breakfast breads, fluffy muffins, and tender scones. Every pie, tart, and cobbler you need for a perfect Thanksgiving. Dozens of cookies, brownies, and bars for fall festivals and parties. Beautiful cakes full of autumn spices for any celebration. Easy-to-follow directions for home bakers of all skill levels. This book gives you endless ideas for the entire season. You will have a reliable, go-to recipe for every occasion. Make this your most delicious autumn ever. Scroll up and click the Buy Now button to get your copy today.

best vegan substitute for heavy cream: Cook. Heal. Go Vegan! Bailey Ruskus, 2021-08-31 Finally, a professionally trained chef to lead us on a journey to eat more plants in a most delicious and joyful way. I'm not fully vegan yet, but Chef Bai has really helped me see it is very possible. So buy the book, it will fast become a favorite! - Amazon Customer, 5-Star Review 70 Amazing Recipes to Kick-Start Your Plant-Based Journey With the guidance of professional plant-based chef Bailey Ruskus, adopting a whole-food, plant-based lifestyle is full of fun and flavor. Learn to make easy, nutrient-dense dishes you'll want again and again, while inviting purpose and intention into every meal. Consider this collection a gateway into the colorful and delicious plant kingdom. Each recipe is designed to teach core culinary techniques, so you can become confident and creative in the kitchen. Comforting classics—think pizza, falafel, tacos and curry—get a vibrant vegan makeover, ensuring tasty alternatives for any craving. Savor Spaghetti Alfredo in an indulgent sauce that won't weigh you down; experience better-than-takeout Miso-Mushroom Ramen, low in sodium but big on umami; or dig into a chocolate-studded oatmeal cookie, packed with good-for-you ingredients. Fridge staples are made healthier and cheaper with essentials like Not Your Mama's Salted Butter, Herbed Creamy Feta and Cashew-Hemp Milk. To encourage holistic healing from the inside out, most of Bailey's recipes are gluten-free and all are free of refined sugars. Whether it's a quick garden bowl or slow-simmered chili, these dishes are fuss-free and seriously nourishing. Let Bailey lead the way as you embrace Earth's abundance, cook consciously and feel better than ever. *70 Recipes & 70

Full-Page Photographs*

best vegan substitute for heavy cream: The Complete Plant-Based Cookbook America's Test Kitchen, 2020-12-01 Eating a plant-based diet can be easy, budget-friendly, and inclusive with these 500+ crowd-pleasing recipes you can make vegan or vegetarian! America's Test Kitchen offers their best tips for preparing vegetables and plant-based meats, boosting flavor and nutrition, and stocking your pantry with healthy staples. Plant-based cooking means different things to different people. ATK's diverse, modern plant-based cookbook offers foolproof recipes you can tailor to suit your own needs—whether you're vegetarian, vegan, or simply curious about eating less meat. Inside you'll find:

- 500+ plant-based recipes inspired by cuisines around the world
- Vegan and vegetarian variations for each recipe, with easy ingredient swaps
- Overview of the modern plant-based diet, including meat and dairy alternatives
- Simple strategies for grocery shopping and storage
- ATK-approved tips for maximizing vegetables, boosting flavor, and meeting nutritional needs

ATK's plant-based diet strategy is easy, budget-friendly, and inclusive—cuisines around the world are rich with boldly flavored, naturally vegan dishes. From building a plant-centric plate to cooking with plant-based meat and dairy, you'll find everything you need here to create varied, satisfying meals everyone will love.

best vegan substitute for heavy cream: Artisan Vegan Cheese Miyoko Schinner, 2013-03-14 Gourmet restaurateur and vegan food expert Miyoko Schinner shares her secrets for making homemade nondairy cheeses that retain all the complexity and sharpness of their dairy counterparts while incorporating nutritious nuts and plant-based milks. Miyoko shows how to tease artisan flavors out of unique combinations of ingredients, such as rejuvelac and nondairy yogurt, with minimal effort. The process of culturing and aging the ingredients produces delectable vegan cheeses with a range of consistencies from soft and creamy to firm. For readers who want to whip up something quick, Miyoko provides recipes for almost-instant ricotta and sliceable cheeses, in addition to a variety of tangy dairy substitutes, such as vegan sour cream, creme fraiche, and yogurt. For suggestions on how to incorporate vegan artisan cheeses into favorite recipes, Miyoko offers up delectable appetizers, entrees, and desserts, from caprese salad and classic mac and cheese to eggplant parmesan and her own San Francisco cheesecake.

best vegan substitute for heavy cream: The Homemade Vegan Pantry Miyoko Schinner, 2015-06-16 A guide to creating vegan versions of pantry staples—from dairy and meat substitutes such as vegan yogurt, mayo, bacon, and cheese, to dressings, sauces, cookies, and more. Kitchen crafters know the pleasure of making their own staples and specialty foods, whether it's cultured sour cream or a stellar soup stock. It's a fresher, healthier, more natural approach to eating and living. Now vegans who are sick of buying over-processed, over-packaged products can finally join the homemade revolution. Studded with full-color photos, *The Homemade Vegan Pantry* celebrates beautiful, handcrafted foods that don't take a ton of time, from ice cream and pizza dough, to granola and breakfast sausage. Miyoko Schinner guides readers through the techniques for making French-style buttercreams, roasted tomatoes, and pasta without special equipment. Her easy methods make slow food fast, and full of flavor. *The Homemade Vegan Pantry* raises the bar on plant-based cuisine, not only for vegans and vegetarians, but also for the growing number of Americans looking to eat lighter and healthier, and anyone interested in a handcrafted approach to food.

best vegan substitute for heavy cream: The Vegan Baked Donut Cookbook Ally Lazare, 2025-06-17 Bake up a delectable mix of classic and creative vegan donuts There's nothing like hot, fresh donuts to delight your taste buds—and now you can bake them at home using nutritious, vegan ingredients! This cookbook is full of tasty recipes and expert advice for making healthy-ish donuts in your own kitchen. What sets this vegan donut cookbook apart from other vegan baking cookbooks: All sorts of delicious donuts—Satisfy every craving with baked, vegan versions of both cake and yeasted donuts in a wide variety of flavors and styles, including glazed, sugared, stuffed, and even savory. Healthier ingredients—Explore ways to sweeten your donuts without relying on refined sugar, and adapt recipes to address specific dietary considerations by avoiding ingredients like

gluten or nuts. Versatile recipes—Recipes can be made in standard or mini donut pans, or adapted for use with a mini donut machine. Create crave-worthy donuts without eggs and dairy thanks to The Vegan Baked Donut Cookbook.

best vegan substitute for heavy cream: The Absolute Best Mug Cakes Cookbook

Rockridge Press, 2015-03-02 Baking Has Never Been This Easy Discover how simple it is to bake amazingly tasty cake from scratch. All you need is a mug, a microwave, and a few basic ingredients, and you'll be feasting on a delicious homemade cake in minutes. Whether you're craving the classics, seasonal flavors, holiday-themed treats, bottomless chocolate, or fresh fruit galore, The Absolute Best Mug Cakes Cookbook ensures that everyone in your household will get exactly what they want. Bake your way through a wide range of satisfying and easy-to-prepare treats with: 100+ irresistible mug cake recipes, including Salted Caramel, Cinnamon Roll, Mexican Chocolate, and Confetti Dozens of options for gluten-free, dairy-free, nut-free, paleo and vegan diets so that no one will miss out on the fun Troubleshooting tips to ensure immediate mug cake success Inventive ideas for mug cake activities, gifts, and parties A creative guide to developing your own mug cake recipes

best vegan substitute for heavy cream: How to Cook Everything Vegetarian

Mark Bittman, 2017 A definitive, one-stop vegetarian cookbook showcases more than two thousand different recipes and variations for simple meatless meals, including salads, soups, eggs and dairy, vegetables and fruit, pasta, grains, legumes, tofu and other meat substitutes.

best vegan substitute for heavy cream: The Complete Guide to Vegan Food

Substitutions Celine Steen, Joni Marie Newman, 2010-12-01 "It reveals exactly how to replace any ingredient in any recipe. The results aren't just stellar—they're even better than the 'real' thing!" —Rory Freedman, #1 New York Times bestselling author of *Skinny Bitch* The Complete Guide to Vegan Food Substitutions is your secret weapon to turning any recipe imaginable into a deliciously "veganized" success—no guesswork or hard labor involved. And no more kitchen failures or recipe flops either. Simply look up whatever non-vegan ingredient you want to sub out, and expert author team Celine Steen and Joni Marie Newman will explain exactly what substitution is best to use and how to make it without compromising taste or flavor, so you'll create dishes that are not only better than the "real" thing, but healthier, too. With more than 200 recipes and substitutions that show the swaps in action, you'll find step-by-step instructions for replacing everything from butter and bacon to gelatin and gouda. You'll also find healthy substitutions for replacing things like gluten, sugar, and fat, so you can fine-tune any recipe to your dietary needs. You and your family and friends will be amazed and delighted with these and more plant-based dishes: Eggs Benedict with Ham Western Bacon Cheeseburgers Indian-Spiced Pumpkin Gratin Cheesy "Chicken" Casserole Fish-y Sticks with Tartar Sauce Walnut Chocolate Brownies Vanilla Latte Ice Cream Stunning photography and easy-to-follow charts appear in every chapter, making it a cinch to dip in and out whenever you need a quick reference or recipe. If you've always wanted to turn your aunt's famous mac and cheese into a veganized taste sensation, or your grandma's buttermilk pie into a rousing, "reinvented" success, this guide is the solution you've been looking for!

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