

cream cheese vegan replacement

cream cheese vegan replacement options have become increasingly popular as more individuals adopt plant-based diets or seek dairy-free alternatives due to allergies or lactose intolerance. This article explores the best substitutes for traditional cream cheese that are entirely vegan, offering comparable taste, texture, and versatility. From store-bought products to homemade recipes, the range of vegan cream cheese replacements caters to various culinary needs. Understanding the ingredients, nutritional benefits, and preparation methods can help consumers make informed choices. Additionally, this guide highlights practical applications in cooking and baking, ensuring that the transition to a vegan cream cheese alternative does not compromise flavor or quality. The following sections provide comprehensive insights into the types, benefits, and uses of cream cheese vegan replacement options.

- Understanding Cream Cheese Vegan Replacement
- Popular Store-Bought Vegan Cream Cheese Options
- Homemade Vegan Cream Cheese Recipes
- Nutritional Comparison Between Vegan and Dairy Cream Cheese
- Uses and Applications in Cooking and Baking

Understanding Cream Cheese Vegan Replacement

Choosing a cream cheese vegan replacement involves recognizing the functional and sensory qualities that traditional cream cheese provides. Vegan substitutes aim to replicate the creamy texture, tangy flavor, and smooth consistency typical of dairy-based cream cheese. These alternatives are formulated

using plant-based ingredients such as nuts, soy, tofu, coconut, and various starches. Each base ingredient influences the taste profile and nutritional content differently, making it essential to select a replacement that aligns with dietary preferences and recipe requirements. Understanding the composition of vegan cream cheese helps consumers appreciate the diversity of products available and their suitability for different culinary applications.

Common Ingredients in Vegan Cream Cheese

Vegan cream cheese replacements typically utilize plant-derived ingredients that provide creaminess and the desired mouthfeel. The most common bases include:

- **Cashews:** Known for their rich, buttery texture, cashews are soaked and blended to create a smooth and creamy consistency.
- **Tofu:** Silken tofu offers a neutral flavor and smooth texture, making it an excellent base for tangy, spreadable cream cheese.
- **Coconut cream:** Adds richness and a slightly sweet flavor, often combined with other ingredients to balance taste.
- **Soy protein:** Used in some commercial products to mimic dairy protein structure and enhance texture.
- **Starches and thickeners:** Ingredients such as tapioca starch or arrowroot powder are incorporated to improve firmness and spreadability.

Popular Store-Bought Vegan Cream Cheese Options

Many brands now offer commercially available cream cheese vegan replacements that cater to diverse dietary needs, including organic, gluten-free, and soy-free options. These products provide convenience and consistency, often closely mimicking the flavor and texture of traditional cream cheese.

Leading Brands and Their Features

Several vegan cream cheese products stand out in the market for quality and consumer satisfaction.

These include:

- **Tofutti Better Than Cream Cheese:** Made from soy, this brand is known for its tangy flavor and creamy texture, ideal for spreads and dips.
- **Violife Cream Cheese:** A coconut oil-based product that offers a smooth consistency and is free from soy and gluten.
- **Miyoko's Cream Cheese:** Crafted from organic cashews, Miyoko's provides a rich, buttery texture with a natural tang.
- **Follow Your Heart Vegan Cream Cheese:** Utilizing coconut and soy ingredients, this option is versatile and widely available.
- **Kite Hill Cream Cheese:** Almond milk-based, known for its fresh taste and suitable for various culinary uses.

Homemade Vegan Cream Cheese Recipes

Making a cream cheese vegan replacement at home allows for customization of flavor, texture, and ingredients to suit personal preferences and dietary restrictions. Homemade versions often use simple, accessible ingredients and require minimal preparation time.

Basic Cashew-Based Vegan Cream Cheese

This recipe uses cashews as the base to create a creamy, tangy vegan cream cheese substitute that can be flavored further according to taste.

1. Soak 1 cup of raw cashews in water for at least 4 hours or overnight.
2. Drain and rinse the cashews thoroughly.
3. Add soaked cashews to a blender with 2 tablespoons of lemon juice, 1 tablespoon of apple cider vinegar, 2 tablespoons of water, and 1/2 teaspoon of salt.
4. Blend until smooth and creamy, scraping down the sides as needed.
5. Optionally, add nutritional yeast for a cheesy flavor or garlic powder for a savory twist.
6. Chill for several hours to thicken before use.

Tofu-Based Vegan Cream Cheese Alternative

Using silken tofu provides a lighter, less rich cream cheese substitute that is excellent for spreads and baking applications.

1. Drain and press 1 block of silken tofu to remove excess moisture.
2. Place tofu in a food processor with 2 tablespoons of lemon juice, 1 tablespoon of white vinegar, 1/2 teaspoon of salt, and 1 teaspoon of olive oil.
3. Blend until smooth and creamy.
4. Adjust seasoning to taste and refrigerate before serving.

Nutritional Comparison Between Vegan and Dairy Cream Cheese

Understanding the nutritional differences between cream cheese vegan replacement options and traditional dairy cream cheese is important for health-conscious consumers. Vegan alternatives often have distinct macronutrient profiles and micronutrient content.

Calories, Fat, and Protein Content

Traditional cream cheese is high in saturated fat and calories, derived mainly from dairy fat. In contrast, vegan replacements vary based on their primary ingredients:

- **Cashew-based:** Typically rich in healthy unsaturated fats, moderate calories, and some protein.
- **Tofu-based:** Lower in fat and calories, with a higher protein content compared to nut-based options.
- **Coconut-based:** Higher in saturated fat but free from cholesterol and lactose.

Vitamins and Minerals

Vegan cream cheese replacements may contain added vitamins such as B12 and D to compensate for nutrients found in dairy. Natural ingredients also provide minerals like magnesium, iron, and calcium depending on the base used. Consumers should check product labels to ensure nutritional adequacy in their diet.

Uses and Applications in Cooking and Baking

One of the main advantages of cream cheese vegan replacement products is their versatility. These substitutes can be used in a wide range of recipes, from spreads and dips to baked goods and sauces, without sacrificing texture or flavor.

Spreads, Dips, and Sandwiches

Vegan cream cheese replacements are ideal for spreading on bagels, toast, or crackers. They also serve as a base for dips, combined with herbs, spices, or vegetables to create flavorful accompaniments.

Baking and Cooking Applications

Many vegan cream cheese alternatives hold up well under heat, making them suitable for recipes such as cheesecakes, frostings, and savory dishes like stuffed mushrooms or creamy pasta sauces. Adjusting moisture and acidity levels may be necessary to achieve optimal results.

Flavor Variations and Enhancements

Adding ingredients such as garlic, chives, smoked paprika, or nutritional yeast can enhance the flavor profile of vegan cream cheese replacements, allowing customization for specific recipes or personal taste preferences.

Frequently Asked Questions

What are some popular vegan replacements for cream cheese?

Popular vegan replacements for cream cheese include cashew-based cream cheese, tofu-based cream cheese, coconut cream cheese, and store-bought brands like Kite Hill, Tofutti, and Miyoko's.

How can I make vegan cream cheese at home?

You can make vegan cream cheese at home by blending soaked cashews with lemon juice, apple cider vinegar, nutritional yeast, salt, and a bit of water until smooth and creamy.

Is vegan cream cheese suitable for baking and cooking?

Yes, many vegan cream cheeses can be used in baking and cooking, though some may have a slightly different texture or flavor. It's best to choose a variety designed for cooking or test a small batch first.

What are the nutritional differences between vegan and dairy cream cheese?

Vegan cream cheese often contains less saturated fat and cholesterol compared to dairy cream cheese and may have added nutrients like vitamin B12, but the exact nutrition varies by brand and ingredients.

Can tofu be used as a cream cheese substitute in vegan recipes?

Yes, silken tofu can be blended with lemon juice, vinegar, and seasonings to create a smooth, tangy vegan cream cheese substitute suitable for spreads and dips.

Are there any allergen considerations with vegan cream cheese replacements?

Yes, some vegan cream cheese replacements contain nuts (like cashews) or soy (tofu-based), so it's important to check labels for allergens if you have sensitivities.

Where can I buy vegan cream cheese replacements?

Vegan cream cheese replacements can be found at most health food stores, major supermarkets, and online retailers, often in the refrigerated section near other dairy alternatives.

Additional Resources

1. *The Ultimate Guide to Vegan Cream Cheese: Homemade Recipes and Tips*

This book offers a comprehensive collection of easy-to-follow recipes for making delicious vegan cream cheese at home. It covers a variety of bases such as cashews, tofu, and coconut, allowing readers to find the perfect texture and flavor for their needs. Additionally, it includes tips on storing and using vegan cream cheese in different dishes. Perfect for beginners and experienced cooks alike.

2. *Plant-Based Cream Cheese Alternatives: Flavorful and Healthy Recipes*

Dive into a world of plant-based cream cheese alternatives with this cookbook that emphasizes health and taste. Featuring recipes free from dairy, soy, and gluten, it caters to various dietary restrictions while maintaining creamy, satisfying textures. The book also explores creative ways to incorporate these alternatives into everyday meals and snacks.

3. *Cashew Cream Cheese Creations: Vegan and Allergy-Friendly Options*

Focused on cashew-based cream cheese, this book presents a range of flavorful recipes that are both vegan and allergy-friendly. It guides readers through the soaking, blending, and fermenting processes to achieve perfect creaminess. With savory and sweet variations, it's ideal for anyone seeking a nutritious and versatile cream cheese substitute.

4. Tofu Magic: Transforming Tofu into Cream Cheese and More

This innovative cookbook shows how tofu can be transformed into smooth, tangy vegan cream cheese. Including step-by-step instructions and seasoning suggestions, it makes tofu-based cream cheese accessible and delicious. Beyond cream cheese, it offers other tofu-based spreads and dips to expand your plant-based repertoire.

5. Coconut Cream Cheese Delights: A Tropical Vegan Twist

Explore the rich, creamy world of coconut-based vegan cream cheese with this tropical-inspired cookbook. It highlights the natural sweetness and richness of coconut, combined with various herbs and spices for unique flavor profiles. The book also includes ideas for desserts and breakfast dishes featuring coconut cream cheese.

6. Fermented Vegan Cream Cheese: Probiotic and Flavor-Enhanced Recipes

Discover the benefits of fermentation in creating probiotic-rich vegan cream cheese. This guide explains the science behind fermentation and offers recipes that enhance both flavor and gut health. Readers will learn how to culture their own cream cheese using plant-based ingredients for a tangy, healthful spread.

7. Quick and Easy Vegan Cream Cheese: 30-Minute Recipes for Busy Lives

Designed for those with limited time, this book provides quick and simple recipes for making vegan cream cheese in under 30 minutes. With minimal ingredients and no complicated techniques, it's perfect for busy individuals who want a tasty dairy-free alternative. The recipes range from classic plain cream cheese to herb-infused spreads.

8. Vegan Cheese Artistry: Mastering Cream Cheese and Beyond

This book is a deep dive into the art of vegan cheese-making, with a special focus on cream cheese

varieties. It combines culinary techniques with creative flavor pairings to elevate plant-based cheese to gourmet levels. Readers will find inspiration for both everyday use and special occasions.

9. *The Vegan Cream Cheese Cookbook: From Basics to Bold Flavors*

From foundational recipes to bold, adventurous flavors, this cookbook covers the spectrum of vegan cream cheese making. It includes tips on selecting ingredients, achieving desired textures, and experimenting with spices and add-ins. Ideal for anyone looking to expand their vegan cheese skills with confidence and creativity.

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cream cheese vegan replacement: 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.

cream cheese vegan replacement: The Korean Vegan: Homemade Joanne Lee Molinaro, 2025-10-14 Joanne Molinaro, author of the New York Times Bestselling and James Beard Award Winning Korean Vegan Cookbook, returns with fresh new dishes with Korean twists Joanne Molinaro is everyone's favorite storytelling vegan cook. On her platform, The Korean Vegan, she's known for her personal narrative voiceovers, which accompany mouthwatering videos of her making everything from Kimchi to Korean-inspired pasta dishes. Whether it's a reflection on her relationship with her father over a plate of noodles or a story about learning to love her body as a marathon runner while she bakes dessert, Joanne is always making deep connections with her followers through food. Now, in The Korean Vegan: Homemade, Joanne offers the recipes that she makes most often at home. As Joanne likes to say, she loves to "veganize" Korean cuisine and "Koreanize" everything else. This book is a tribute to all the culinary inspirations that have shaped her cooking over the years and incredible flavors they have created. A memory about learning to repurpose leftover rice from her grandmother Hahlmuhnee results in Fried Rice Waffles; a question from her father leads to Joanne learning to make his childhood favorite noodles, Janchi Guksu; her Pesto Tteokbokki combines her husband's Italian roots with her own; and her love of savory snacks and kimchi helps invent Buffalo Kimchi Artichoke Dip. With her stunning signature photography and tips for building a Korean pantry, Joanne celebrates the magical connections between family, home, and food.

cream cheese vegan replacement: 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.

cream cheese vegan replacement: Incredible Baker's Book of Secrets: Baking Gluten Free and Vegan Valeria Mizuno-Turner, 2024-02-01 This book is going to teach you a totally different way

to whip up cakes, bread, snacks, and desserts in general. It shows how you can swap out wheat flour, animal milk, and eggs and still whip up tasty treats that'll satisfy anyone's taste buds. All the recipes in this book are gluten-free, which means folks with coeliac disease or wheat allergies can dive into these recipes without a worry in the world. Same goes for those with a milk allergy or lactose intolerance. Many of these folks probably thought they couldn't enjoy a cake without feeling lousy or messing with their physical and mental health. After all, traditional cake recipes usually have milk and eggs. But not this book – it's not your run-of-the-mill recipe book. It's going to teach you to cook in a different way, using innovative ingredients that add flavour and health to your dishes. This book will also bring the joy of indulging in delicious treats to people allergic to eggs. It's not just for them though; it's for anyone on the lookout for healthy recipes made with alternative ingredients aimed at benefiting both physical and mental health. Equally, this book will assist vegetarians, vegans, and those searching for recipes that cut out the use of animal products since there's not a single animal product used throughout the entire book. Most importantly, this book will surprise you with how easy the recipes are and the versatility of these new ingredients. Enjoy!

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cream cheese vegan replacement: My Vegan Recipe Journal Inc Peter Pauper Press, Mara Conlon, 2011-02 The vegan community has been steadily growing, and with the recent publication of several best-selling vegan cookbooks (The Kind Diet, Viva Vegan!, Vegan with a Vengeance, Veganomicon: The Ultimate Vegan Cookbook, and more), going vegan is all the rage! Use this recipe journal to consolidate all your favorite tried-and-true vegan recipes, or use it as a testing ground to log all of your vegan cooking experiments. There are 192 pages to write in your own recipes, each within tabbed categories such as Snacks/Apps, Salads/Dressings, Main Dishes, Desserts, and more. It also includes a basic vegan substitution guide and glossary, along with cooking measurement & temperature equivalent charts, and helpful vegan Web sites. 216 pages.

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cream cheese vegan replacement: The Everyday Dairy-Free Cookbook Emily White, Miller Rogers, 2001-12-01 Discover 200 lactose-free recipes, plus tips on dealing with this common condition. Science has learned that lactose intolerance is very common in adults, particularly in certain ethnic groups—yet dairy-free options can be hard to find. This cookbook provides tasty recipes that allow you to avoid foods such as cream, butter, cheese, yogurt, and ice cream—as well as some of the surprising sources of added lactose in prepared and packaged foods. Written by a trained chef and a nutritional therapist, The Everyday Dairy-Free Cookbook explains all you need to know about this condition, how to tackle the problem, and where to go for help and advice. As with the other titles in the bestselling Everyday cookbook series, the book contains two hundred recipes for family meals and there is a special section on children. There are recipes for soups, dips and starters, light meals, main dishes, fish dishes, vegetarian dishes, savory sauces and accompaniments, salads and dressings, sweets and treats, breakfasts, and beverages. If you or

someone in your family cannot tolerate lactose, this book will make catering to their needs simple and straightforward, with plenty of meals to choose from.

cream cheese vegan replacement: Vegan Dessert Cookbook Ally Lazare, 2025-06-17 Satisfy your sweet tooth with delicious, decadent vegan desserts From cakes and candies to puddings, bars, and beyond—you can whip up magical, mouthwatering desserts without using dairy or eggs. Whether you've embraced a plant-based lifestyle or you're living with an egg or dairy allergy, the Vegan Dessert Cookbook will show you how simple and satisfying vegan desserts can be! No matter your skill level, you're sure to find sweet success with this dessert cookbook. You'll find guidance on choosing affordable, easy-to-find substitutes for dairy and egg products, plus advice on how to adapt recipes for other dietary needs. Master practical techniques, including troubleshooting tips and ways to enhance your desserts. Then, try your hand at dozens of tasty recipes like Cinnamon-Pecan Swirls, Black Forest Cake, and Rainbow Sherbet—sure to satisfy vegans and non-vegans alike. The Vegan Dessert Cookbook includes: Stepping stones—Whether you're new to the vegan lifestyle or a pro at plant-based cooking, this dessert cookbook offers recipes for every skill level and taste. Plant-based pantry—Find help on essential equipment and must-have ingredients, plus easy swaps for other allergens and dietary needs. Make it vegan—This dessert cookbook is packed with dozens of delightful desserts, as well as sweet staples like Dairy-Free Buttercream Frosting. With the Vegan Dessert Cookbook, you'll have everything you need to make all of your favorite desserts egg-free, dairy-free, and wholly delicious.

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cream cheese vegan replacement: Vegetarian Times , 1988-01 To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

cream cheese vegan replacement: Vegan & Vegetarian FAQ Reed Mangels, Vegetarian Resource Group, 2001 This indispensable guide to the daily aspects of being a vegetarian addresses the many circumstances of living as a vegetarian. Based on answers given to some of the 100,000 visitors to the VRG Web site (www.vrg.org), the book is designed to help non-vegetarians understand some of the issues that concern vegetarians. Included are 35 simple recipes.

cream cheese vegan replacement: 52 Weeks, 52 Sweets Vedika Luthra, 2021-11-30 Easy Desserts to Bake for Every Week of the Year Paired with her stunning photography, this book inspires baking unique desserts week after week." —Kristin "Baker Bettie" Hoffman, author of Baker Bettie's Better Baking Book #1 New Release in Sweets, Confectionary Sweet recipes with gorgeous pictures for every season. Baked treats for every season. An ode to seasonal baking, Vedika Luthra has crafted unique dessert recipes using seasonal ingredients and distinctive flavor combinations for throughout the year. Desserts for Christmas and other holiday desserts. Whether you're looking for a stunning pumpkin spice cheesecake to welcome fall to your household, or a festive pavlova that serves as the grand finale to your Christmas party, this book provides you with a recipe repertoire fit for all occasions. These treats can serve as gifts for friends and family or an indulgent sweet treat for yourself. Never run out of delicious recipes. Vedika invites you to explore desserts from her Indian heritage, her polish home base, and other dishes from around the world. Indulge in her unique 52 recipes, one for each week of the year, each accompanied by breath-taking photographs that will kick-start your sugar cravings and inspire you to create something special. Uncomplicated baking. Is your favorite flavor chocolate, vanilla, or red velvet? Vedika has easy desserts to bake for

you. She wants everyone to feel confident in their confectionary creations. Practice makes perfect and she guides you on your dessert journey whether it be lemon cakes, Bundt cakes, banana bread, or cookies. If you loved baking with Zoë Bakes Cakes, The Great British Baking Show, or Small Batch Baking, then 52 Weeks, 52 Sweets should be your next sweet read.

cream cheese vegan replacement: *The Vegetarian Pocket Bible* Carys Matthews, 2012-02-17 Whether you are a life-long vegetarian or a new convert this essential guide gives you practical information on how to live a healthy vegetarian lifestyle; Dip in and out for delicious vegetarian recipes and vegetarian cooking advice; Dazzle your friends with a home-made vegetarian lasagne or treat your other half to a meat free casserole; Take a look at the practical tips for eating out meat-free if you don't fancy doing the dishes tonight. The Vegetarian Pocket Bible makes sure you have the right nutritional information at your fingertips. Get your five-a-day using interesting and creative meal ideas. The Vegetarian Pocket Bible is robust enough to be used in the kitchen as you cook; Guides you to healthy substitutes so you eat meat-free with all the nutritional benefit. A must-have guide for meat-free cooking, The Vegetarian Pocket Bible includes; Essential tips for vegetarians in the kitchen; Varied ways and alternatives to eating meat-free and enjoying vegetarian cooking; The differences between types of vegetarianism, from pescatarian to lacto-vegetarian; A quick guide for vegan eating - all you need to know; Advice for the whole family, from children, to the elderly; A vegetable glossary - discover the nutritional and health fighting benefits; The advantages of beans and pulses to the different meat-free options covering tofu and quorn. The Vegetarian Pocket Bible unearths the facts, essential tips, insightful trivia and quirky know-how for vegetarians of all ages, answering those all important questions: why do carrots make us see in the dark? And why is a potato a vegetable? Full of tips and trivia this handy guide will lead you to a healthier happier vegetarian lifestyle. Pocket Bibles are a series of best-selling pocket-sized gift books packed with practical advice. Whatever your interest, there's a Pocket Bible for you: whether you're a football fanatic, an avid gardener or a keen cat lover, these beautiful books enlighten and entertain at every page. Also in the Pocket Bibles series: The Baking Pocket Bible, The Cook's Pocket Bible, The Gardener's Pocket Bible, The Jane Austen Pocket Bible, The Knitting Pocket Bible, The Mum's Pocket Bible, and The Wine Pocket Bible.

cream cheese vegan replacement: *Sweet Potato Soul* Jenné Claiborne, 2018-02-06 100 vegan recipes that riff on Southern cooking in surprising and delicious ways, beautifully illustrated with full-color photography. Jenné Claiborne grew up in Atlanta eating classic Soul Food—fluffy biscuits, smoky sausage, Nana's sweet potato pie—but thought she'd have to give all that up when she went vegan. As a chef, she instead spent years tweaking and experimenting to infuse plant-based, life-giving, glow-worthy foods with the flavor and depth that feeds the soul. In *Sweet Potato Soul*, Jenné revives the long tradition of using fresh, local ingredients creatively in dishes like Coconut Collard Salad and Fried Cauliflower Chicken. She improvises new flavors in Peach Date BBQ Jackfruit Sliders and Sweet Potato-Tahini Cookies. She celebrates the plant-based roots of the cuisine in Bootylicious Gumbo and savory-sweet Georgia Watermelon & Peach Salad. And she updates classics with Jalapeño Hush Puppies, and her favorite, Sweet Potato Cinnamon Rolls. Along the way, Jenné explores the narratives surrounding iconic and beloved soul food recipes, as well as their innate nutritional benefits—you've heard that dandelion, mustard, and turnip greens, okra, and black eyed peas are nutrition superstars, but here's how to make them super tasty, too. From decadent pound cakes and ginger-kissed fruit cobblers to smokey collard greens, amazing crabcakes and the most comforting sweet potato pie you'll ever taste, these better-than-the-original takes on crave-worthy dishes are good for your health, heart, and soul.

cream cheese vegan replacement: *But My Family Would Never Eat Vegan!* Kristy Turner, 2016-11-10 “Proves that going plant-based doesn't have to mean going without—armed with a positive attitude, playful wit, and an array of mouthwatering recipes!” —Angela Liddon, New York Times-bestselling author of *The Oh She Glows Cookbook* With her first cookbook, *But I Could Never Go Vegan!*, Kristy Turner deliciously refuted every common excuse to prove that, yes, anyone can go vegan. Now, *But My Family Would Never Eat Vegan!* serves up 125 all-new, scrumptious, satisfying

recipes—organized around 20 too-familiar objections to eating vegan as a family: Don't have time to cook elaborate family dinners? Whip up an easy weeknight solution: Quick Cauliflower Curry, BBQ Chickpea Salad, or Cheesy Quinoa & Veggies. Worried about satisfying the "meat and potatoes" eaters? Wow them with Lazy Vegan Chile Relleno Casserole, Jackfruit Carnitas Burrito Bowl, or Ultimate Twice-Baked Potatoes. Hosting a special event? Try Pizzadillas for game day, Champagne Cupcakes for bridal showers, Maple-Miso Tempeh Cutlets for Thanksgiving, or Herbed Tofu Burgers for your next potluck. Easy-to-follow, bursting-with-flavor recipes—free of all animal products!—make it easier than ever to please vegans and non-vegans at gatherings. Even your most skeptical relatives will be begging for more! "Turner dreamed up lighter, vegan alternatives to her family's favorite dishes. . . . Get ready to warm up from the inside out." —InStyle "With a great sense of humor and a riposte for every possible excuse, Turner's book may have even the most reluctant family considering going vegan." —Publishers Weekly "Turner does a great job of keeping the reader's mouth-watering. Her writing is cheery and informal . . . this is a book to enjoy." —Booklist "Dishes that will make even your non-vegan family members beg for second helpings." —The Nest

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