



VEGAN TEMPLATE RECIPES

(480) 888-5521 [PHOENICIANOASIS.COM](http://PHOENICIANOASIS.COM)

Ingredients	Butter 1	Eggs 2	Cheese 3	Steak 4	Burger 5	Pork 6	Fish 7	Chicken 8	Sauce 9	Cake etc. 10	Seitan 11	Bread 12
All-Spice					X	X	X	X 1/3 tsp				
Almonds			x 1 cup									
Anetto Paste				X 1 tsp	X	X		X				
AppleSauce										1 cup		
Apple/Wht Vinegar	X1tbsp		X 1tbs						X	2 tsp		
Balsamic				X 2 tbsp		X						
Aquafaba					X				X	X		
Avocado										2/3 cup		
Baking Powder							X	X		2 tsp		
Baking Soda					1/4 tsp					2 tsp		
BBQ Sauce				1/4 cup	X	X 1 cup		X	X			
Besan					X 1/2cup		X 1/2 cup	X	1/4 cup	X		
Black Salt		X 1/2 tsp			X			X 1/3 tsp	X	X		
Cashew			X									
Cauliflower								X 2 lbs				
Chia Seeds									X			
Chick Pea/ Grains					X						X	
Coffee										1/2 cup		
Coconut Milk									X	X		

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Coconut Oil	X 3tbsp							X		1 cup or reg oil		
Cocoa										1 cup		
Cracked Wheat (Bulgur)					1/4 cup (soaked)							
Cumin					X							
Garlic			X		X	X	X	X	X 1/2 tsp		1 tsp	
Ginger											1 tsp	
Jack Fruit						X 16 oz can				X		
Lemon			X				X		X	X		
Liquid Amino Acid				X1 tbsp	X 1 tsp		X 2 tbsp	X 1 tbsp			X	
Liquid Smoke				X	X	X		X 1 tsp			X	
Miso White			x 1tbsp						1 tsp			
Mushroom					X 1/2 cup							
Mustard			1tbsp		X				X 1/2 tsp			

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Nutritional Yeast		X 1tbsp	2 tbsp		X 1tsp		X 2 tsp	X 1 tsp	X 2 tbsp	X	1/2 CUP	
Olive Oil/ Oil							1 tbsp		1/4 cup			3 tbsp
Onion			X		X1/2 cup	X 1/2 cup	X	X	X		X	
Panko					X		X	X				
Paprika/ smoked			X		X	X	X	X	X 1 tsp			
Psyllium	X 2 tbsp		X		X							
Salt/Pepper etc.	X	X	X	X	X	X	X	X	X	X	X	2 tsp
Seaweed							X 2				X	
Soy Milk	X 3tbsp								2 cups	X 1 1/2 cup		X
Soy Sauce				X		X	X	X	X		2 tbsp	
Starch- Flour - Vital			X 2tbsp		x				X 2 tbsp	2 cups	1 cp besan 1cup Vital	3 cups
Sugar										1 1/3 cups		2 tbsp
Sugar Powdered										or reg sugar		
Tahini or Almond Butter			X 2tbsp						X	X		
Extra Firm Tofu			X	1/2 block			X 1 block	X				
Firm Tofu		X 1/4 block			X		X					
Silken Tofu			X						X	X		
Vanilla										2 tsp		

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Minced Veggies					1/4 cup				X		X	
Water			X 1 cup			X	X				2 cups	1 1/2 cups
Yeast-Active												X 2 tbsp