

Vegan Baking Substitutes Chart

The complete reference for replacing eggs, dairy, and
more in any recipe

VeganPreps

Your Complete Baking Substitution Reference

This chart covers every substitution you need to veganize baked goods. Eggs, butter, milk, cream, honey, buttermilk, and gelatin all have plant-based replacements that work in standard recipes without any special techniques.

How to Use This Guide

- Find the ingredient you want to replace in the left column
- Use the substitute and ratio listed in the chart
- Check the "Best For" column to pick the right swap for your recipe
- Refer to the troubleshooting section if something goes wrong

For the full recipe collection, visit veganpreps.com.

Complete Substitution Chart

15 swaps that cover eggs, dairy, honey, and gelatin in any baking recipe.

REPLACE	WITH	RATIO	BEST FOR
1 egg	1 tbsp flax + 3 tbsp water (sit 5 min)	1:1	Cookies, bars, muffins
1 egg	1/4 cup applesauce	1:1	Cakes, quick breads
1 egg	1/2 mashed banana	1:1	Pancakes, banana bread
1 egg	1/4 cup silken tofu (blended)	1:1	Brownies, puddings
1 egg	3 tbsp aquafaba	1:1	Meringue, mousse
Butter	Coconut oil	1:1	Any baking
Butter	Vegan butter block	1:1	Frostings, pastry
Milk	Oat milk	1:1	Everything
Milk	Soy milk	1:1	Best for baking (protein)
Milk	Coconut milk (full fat)	1:1	Rich desserts, curries
Heavy cream	Coconut cream (chilled)	1:1	Whipped cream, ganache
Honey	Maple syrup	1:1	Any recipe
Honey	Agave nectar	1:1	Raw desserts, dressings
Buttermilk (1 cup)	1 cup soy milk + 1 tbsp vinegar	1:1	Cakes, pancakes
Gelatin	Agar agar	1 tsp = 8 sheets	Panna cotta, jelly

Troubleshooting Guide

Common vegan baking problems and how to fix them.

CAKE TOO DENSE?

Add an extra 1/2 tsp baking powder. Use soy milk instead of other plant milks – the protein helps structure. Do not overmix the batter.

COOKIES SPREADING TOO MUCH?

Chill the dough for 30 minutes before baking. Use coconut oil (solid at room temp) instead of liquid oils. Make sure your baking soda is fresh.

FROSTING TOO SOFT?

Use a vegan butter block (not tub spread) and chill it before whipping. Chill the frosting between layers. Add powdered sugar 1/4 cup at a time until firm.

BREAD NOT RISING?

Add 1–2 tbsp vital wheat gluten per cup of flour for structure. Make sure your yeast is fresh and your liquid is warm (100–110F), not hot.

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Recipes

1. Easy Chocolate Tofu Doughnuts (Ready in 20 Minutes)

8 min Serves 9

INGREDIENTS

200 g (about 1 3/4 cups) vegan pancake mix
150 g silken tofu, well drained
2 tablespoons light brown sugar
1/2 teaspoon baking powder
2-3 tablespoons plant milk (oat or soy), as needed
Vegetable oil for frying (about 1 liter / 4 cups)
50 g vegan dark chocolate (70% or higher, dairy-free)
Rainbow sprinkles (optional)

INSTRUCTIONS

1. Drain silken tofu thoroughly by placing it in a fine mesh sieve for 5 minutes and pressing gently, then transfer to a large bowl and mash until completely smooth with no lumps.
2. Add pancake mix, brown sugar, and baking powder to the bowl and mix until a soft, cohesive dough forms – add plant milk one tablespoon at a time only if the dough is too dry to come together.
3. On a lightly floured surface, roll out the dough to about 1 cm thickness, cut into rounds using a 7 cm (2.75 inch) cutter, then cut a 2.5 cm hole in the center of each round using a smaller cutter or an apple corer.
4. Heat vegetable oil in a deep pot to 175°C (345°F) – test with a small piece of dough, it should rise to the surface and sizzle steadily within 5 seconds.
5. Fry doughnuts in batches of 2-3, turning once, for 2-3 minutes per side until deep golden brown, then remove with a slotted spoon and drain on paper towels.
6. Melt vegan chocolate in a heatproof bowl set over a pot of simmering water (or microwave in 30-second intervals), dip the cooled doughnuts face-down into the melted chocolate, let excess drip off, and immediately add sprinkles before the chocolate sets.

2. Best Crispy Tofu Fried Doughnuts (Vegan, 15-Min)

20 min Serves 10

INGREDIENTS

14 ounces (400g) firm tofu, pressed and drained
2 cups (240g) dry pancake mix
1/2 cup (120ml) water
1 teaspoon vanilla extract
3 cups (720ml) neutral oil for frying (sunflower or canola)
1/4 cup (50g) powdered sugar for dusting

INSTRUCTIONS

1. Press tofu for 15 minutes using a tofu press or wrapped in a clean towel under a heavy pan, then crumble into a large bowl.
2. Add pancake mix, water, and vanilla extract to the tofu and mix until a thick, cohesive dough forms — it should hold its shape when pinched.
3. Heat oil in a medium saucepan or deep skillet to 170°C (340°F) — use a thermometer to confirm temperature before frying.
4. Scoop tablespoon-sized portions of dough, roll into balls, and flatten slightly into doughnut rounds (or use a doughnut cutter if shaping holes).
5. Fry in batches of 4–5 for 3–4 minutes, turning once halfway, until deep golden brown on both sides — do not crowd the pan.
6. Remove with a slotted spoon, drain on a paper towel-lined plate for 2 minutes, then dust generously with powdered sugar and serve warm.

3. Easy Cinnamon-Walnut Vegan Cookies (No Flour!)

10 min Serves 10

INGREDIENTS

1 cup walnut halves and pieces
5 Medjool dates, pitted and roughly chopped
1 tablespoon grapeseed oil
1 teaspoon vanilla extract
3/4 teaspoon ground cinnamon
1/4 teaspoon ground cardamom
1/2 teaspoon orange blossom water
1 pinch sea salt
2 tablespoons dried barberries (optional)

INSTRUCTIONS

1. Preheat oven to 180°C (350°F) and line a baking sheet with parchment paper.
2. Place walnuts and chopped dates in a food processor and pulse 10–15 times until broken into small pieces but not yet a paste, scraping down the sides as needed.
3. Add grapeseed oil, vanilla extract, cinnamon, cardamom, orange blossom water, and sea salt to the food processor, then process for 2–3 minutes, stopping to scrape the sides, until the mixture comes together into a cohesive, slightly sticky ball – if using barberries, fold them in by hand after processing.
4. Scoop heaped tablespoons of dough (about 25 g each), roll into balls between your palms, place on the prepared baking sheet spaced 4 cm apart, and flatten gently to about 1 cm thick with the bottom of a glass.
5. Bake at 180°C (350°F) for 7–8 minutes until the edges are set and the tops look dry – they will still feel soft but will firm up as they cool.
6. Let cookies cool on the baking sheet for 10 minutes before transferring, as they are fragile when hot. Makes about 10 cookies.

4. Best Gluten-Free Vegan Brownies (Fudgy & Dense)

15 min Serves 16

INGREDIENTS

1/2 cup (120ml) canola oil, plus more for greasing pan

3/4 cup (90g) garfava flour (fava and garbanzo flour blend)

2 tablespoons garfava flour (additional)

1/4 cup (40g) potato starch

2 tablespoons arrowroot powder

1 cup (200g) unrefined cane sugar (or 10 tablespoons plus 2 teaspoons agave nectar)

2 1/4 teaspoons baking powder

1/4 teaspoon baking soda

1/4 teaspoon xanthan gum

1 teaspoon fine salt

1/2 cup (50g) unsweetened cocoa powder

1/2 cup (120g) unsweetened applesauce

2 tablespoons pure vanilla extract

1/2 cup (120ml) brewed coffee or hot water

2 cups (340g) vegan gluten-free chocolate chips (such as Enjoy Life)

INSTRUCTIONS

1. Preheat oven to 350F (175C). Grease an 8x8-inch (20x20cm) baking pan with canola oil and line with parchment paper.
2. Whisk together garfava flour (both amounts), potato starch, arrowroot, baking powder, baking soda, xanthan gum, salt, and cocoa powder in a large bowl until no lumps remain.
3. In a separate bowl, stir together canola oil, applesauce, vanilla extract, and brewed coffee until combined. Pour wet ingredients into dry and fold until just incorporated.
4. Fold in chocolate chips. Pour batter into prepared pan and spread evenly with a spatula.
5. Bake at 350F for 30–35 minutes, until the top looks set and a toothpick inserted in the center comes out with moist crumbs (not wet batter). Do not overbake.
6. Cool completely in the pan on a wire rack, at least 1 hour, before cutting into 16 squares.

5. Easy Blueberry-Cherry Oatmeal Crisp (Dairy-Free)

15 min Serves 6

INGREDIENTS

2 pints blueberries (4 cups)
1/2 lb pitted, halved fresh cherries (1 cup)
1/3 cup sugar
1/4 cup fresh orange juice
2 tablespoons cornstarch
1 tablespoon grated orange zest
1/4 teaspoon ground cardamom
1/8 teaspoon salt
1 pinch freshly ground black pepper
1 1/3 cups whole-wheat flour
3 tablespoons sugar
1/2 teaspoon baking powder
3 tablespoons vegan butter, melted and cooled
2/3 cup quick-cooking rolled oats
2 tablespoons sliced almonds

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Lightly grease a 9x13-inch baking dish.
2. In a large bowl, combine blueberries, cherries, sugar, orange juice, cornstarch, orange zest, cardamom, salt, and black pepper. Toss until fruit is evenly coated, then spread in the prepared baking dish.
3. In a separate bowl, whisk together whole-wheat flour, sugar, and baking powder. Add melted vegan butter and mix with a fork until clumps form. Stir in rolled oats and sliced almonds.
4. Scatter the topping evenly over the fruit filling, breaking up any large clumps with your fingers for an even crumble layer.
5. Bake for 30–35 minutes, until the topping is golden brown and the fruit filling is bubbling around the edges.
6. Remove from oven and let cool for 10 minutes before serving. Serve warm on its own or with a scoop of vegan vanilla ice cream.

6. Best Coconut Chocolate Chip Vegan Cupcakes

20 min Serves 12

INGREDIENTS

3/4 cup (90g) gluten-free all-purpose baking flour
1/4 cup (28g) coconut flour
3/4 teaspoon baking powder
1 teaspoon baking soda
1/4 teaspoon salt
2 tablespoons chia seeds
6 tablespoons water (for chia egg)
2/3 cup (160ml) water
1 1/3 cups (315ml) dairy-free vanilla coconut milk
1/2 cup (120ml) coconut oil, melted and cooled
1/4 cup (85g) agave nectar
1 teaspoon apple cider vinegar
1 teaspoon vanilla extract
1/2 cup (90g) dairy-free mini chocolate chips

INSTRUCTIONS

1. Preheat oven to 175°C (350°F). Line a standard 12-cup muffin tin with paper liners. In a small bowl, combine chia seeds with 6 tablespoons of water, stir, and set aside for 10 minutes until gel forms.
2. In a large bowl, sift together gluten-free flour, coconut flour, baking powder, baking soda, and salt.
3. In a separate bowl, whisk together the chia egg, 2/3 cup water, coconut milk, melted coconut oil, agave nectar, apple cider vinegar, and vanilla extract until combined.
4. Pour wet ingredients into dry ingredients and fold gently until just combined — do not overmix. Fold in chocolate chips.
5. Divide batter evenly among the 12 muffin cups, filling each about 3/4 full. Bake for 18–20 minutes until a toothpick inserted in the center comes out clean.
6. Cool in the tin for 5 minutes, then transfer to a wire rack and cool completely before serving.

7. Healthy Chocolate Aubergine Pear Pudding (Vegan)

10 min Serves 2

INGREDIENTS

1 medium aubergine (to yield 200 g baked flesh)
100 g ripe pear, peeled and cored
1 teaspoon ground cinnamon
1 tablespoon agave syrup
30 g coconut yogurt or coconut cream
1 teaspoon psyllium husk powder
100 ml unsweetened almond milk
30 g vegan dark chocolate (85–90%), roughly chopped

INSTRUCTIONS

1. Preheat oven to 200°C (400°F). Halve the aubergine lengthways, place cut-side down on a lined baking tray, and roast for 30–35 minutes until completely soft and collapsed. Cool for 10 minutes, then scoop out 200 g of the flesh and discard the skins.
2. Melt the chopped chocolate in a heatproof bowl set over a pan of barely simmering water, stirring until smooth. Remove from heat.
3. Place the aubergine flesh, pear, cinnamon, agave syrup, coconut yogurt, psyllium husk powder, and almond milk in a blender. Add the melted chocolate. Blend on high for 60–90 seconds until completely smooth and creamy.
4. Taste and adjust sweetness with a little more agave if needed. Divide evenly between two serving glasses or bowls.
5. Refrigerate for at least 30 minutes to allow the psyllium to thicken the pudding. Serve chilled, optionally topped with a few fresh berries or a drizzle of melted dark chocolate.

8. Best Vanilla Tofu Bread Pudding (Silky & Decadent)

20 min Serves 6

INGREDIENTS

9 slices bread, preferably slightly stale, cut into 1-inch cubes (about 6 cups)
1 package (10 oz) silken tofu
1 cup unsweetened plant milk (soy or oat recommended)
1/3 cup maple syrup or granulated sugar
1 tablespoon vanilla extract
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/2 cup raisins
Oil or vegan butter for greasing the dish
Powdered sugar for dusting (optional)

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Grease an 8x8-inch (2-quart) baking dish with oil or vegan butter.
2. Blend silken tofu, plant milk, maple syrup, vanilla extract, cinnamon, and nutmeg in a blender until completely smooth.
3. Place bread cubes in the prepared baking dish. Scatter raisins evenly over the bread. Pour the tofu custard over the top and press gently with a spatula so all bread is submerged. Let soak for 10 minutes.
4. Bake uncovered for 45–50 minutes until the top is golden and the custard is set — the center should not jiggle when the pan is gently shaken.
5. Cool for 10 minutes before slicing. Dust with powdered sugar if desired and serve warm.

9. Easy Lavender Raspberry Vegan Cake Recipe

30 min Serves 8

INGREDIENTS

For the base: 2 cups medjool dates, pitted

For the base: 1/2 cup rolled oats

For the base: 1/2 cup dried apricots

For the base: 1/4 cup raw peanuts (or cashews)

For the base: 2 teaspoons ground cinnamon

For the banana-lavender layer: 4 ripe bananas, sliced

For the banana-lavender layer: 1/2 cup raw cashews, soaked 4 hours and drained

For the banana-lavender layer: 1/2 cup coconut water

For the banana-lavender layer: 1 teaspoon dried culinary lavender buds (or 6 fresh food-grade lavender leaves)

For the berry layer: 3 ripe bananas, sliced

For the berry layer: 1 cup fresh or frozen raspberries

For the berry layer: 4 medjool dates, pitted

INSTRUCTIONS

1. Make the base: combine dates, oats, dried apricots, peanuts, and cinnamon in a food processor. Pulse until the mixture clumps when pressed. Press firmly into the bottom of a lined 8-inch springform pan. Freeze for 20 minutes.
2. Make the banana-lavender layer: blend bananas, soaked cashews, coconut water, and lavender until completely smooth. Pour over the chilled base and spread evenly. Freeze for 90 minutes until firm.
3. Make the berry layer: blend bananas, raspberries, and dates until smooth. Pour over the frozen banana-lavender layer and spread evenly.
4. Freeze the assembled cake for at least 4 hours or overnight until fully set.
5. Transfer to the refrigerator 20–30 minutes before serving to soften slightly. Release from springform, slice with a warm knife, and serve immediately.

10. Best Vegan Lemon Cupcakes (Dairy-Free & Fluffy)

15 min Serves 12

INGREDIENTS

2 cups unsweetened soymilk

2 teaspoons apple cider vinegar

2 1/2 cups all-purpose flour

1/4 cup cornstarch

1 1/2 teaspoons baking powder

1 teaspoon baking soda

1 teaspoon salt

2/3 cup canola oil

1 1/4 cups granulated sugar

2 teaspoons vanilla extract

1/2 teaspoon almond extract

1 tablespoon lemon extract

2 tablespoons finely grated lemon zest

Vegan lemon buttercream for topping (optional)

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Line a standard 12-cup muffin pan with cupcake liners. Combine soymilk and apple cider vinegar in a large bowl, stir briefly, and let sit 5 minutes to curdle into vegan buttermilk.
2. Whisk flour, cornstarch, baking powder, baking soda, and salt together in a separate bowl.
3. Add canola oil, sugar, vanilla extract, almond extract, lemon extract, and lemon zest to the buttermilk mixture. Whisk until combined.
4. Pour the wet ingredients into the dry ingredients and stir gently until just combined — do not overmix. A few small lumps are fine.
5. Divide batter evenly among the 12 prepared cups, filling each about 2/3 full. Bake for 20–22 minutes until a toothpick inserted in the center comes out clean. Cool in pan 5 minutes, then transfer to a wire rack to cool completely before frosting.

11. Spiced Sweet Potato Pudding (Vegan Dessert)

15 min Serves 8

INGREDIENTS

2 cups mashed sweet potatoes (from about 2 medium sweet potatoes, roasted or boiled)
3 tablespoons ground flaxseed mixed with 9 tablespoons water (let sit 5 minutes to form flax eggs)
1/2 cup light brown sugar, firmly packed
2 tablespoons apple butter
1 teaspoon vanilla extract
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
1/2 teaspoon ground ginger
3/4 cup plain unsweetened almond milk

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Lightly grease an 8x8-inch (2-quart) baking dish. In a small bowl, mix ground flaxseed with water and set aside 5 minutes to gel.
2. In a large bowl, beat mashed sweet potatoes with brown sugar, apple butter, vanilla extract, salt, cinnamon, and ginger until smooth.
3. Add the flax egg mixture and almond milk to the sweet potato mixture. Whisk until fully combined and no lumps remain.
4. Pour batter into the prepared baking dish. Place the baking dish inside a larger roasting pan and add hot water to the roasting pan until it reaches 1 inch up the sides of the baking dish (bain-marie).
5. Bake at 350°F for 40–45 minutes until the edges are set and the center jiggles only slightly when nudged. A toothpick inserted 1 inch from the edge should come out clean.
6. Remove from the water bath and let cool at least 20 minutes before serving. Serve warm or refrigerate up to 3 days.

12. Classic Eggless Wacky Cake (Vegan Favorite)

10 min Serves 9

INGREDIENTS

1 1/2 cups all-purpose flour, sifted
1 cup granulated sugar
6 tablespoons unsweetened cocoa powder
1 1/2 teaspoons baking soda
1/2 teaspoon salt
1 cup cold water
6 tablespoons neutral oil (such as canola or sunflower)
1 tablespoon white or apple cider vinegar
1 teaspoon vanilla extract

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Grease an 8x8-inch (20x20 cm) square baking pan.
2. Sift flour, sugar, cocoa powder, baking soda, and salt directly into the ungreased pan. Use a fork to mix the dry ingredients evenly.
3. Make three wells in the dry ingredients. Pour vinegar into the first, vanilla extract into the second, and oil into the third. Pour cold water over everything.
4. Mix everything together with a fork until just combined — a few small lumps are fine. Do not overmix.
5. Bake for 25–30 minutes until a toothpick inserted in the center comes out clean and the top looks set. Cool in the pan on a wire rack for at least 15 minutes before cutting into 9 squares.

13. Rich Eggless Chocolate Cake (Vegan-Friendly)

10 min Serves 12

INGREDIENTS

3 cups (360 g) all-purpose flour
2 cups (400 g) granulated sugar
1/2 teaspoon salt
2 teaspoons baking soda
6 tablespoons (45 g) unsweetened cocoa powder
3/4 cup (180 ml) neutral cooking oil (canola or vegetable)
2 tablespoons white vinegar or apple cider vinegar
2 cups (470 ml) cold water
2 teaspoons vanilla extract

INSTRUCTIONS

1. Preheat oven to 350 F (175 C). Grease a 9x13-inch (23x33 cm) baking pan with oil or use a 9-inch round pan for a taller cake. Dust lightly with cocoa powder or flour.
2. Whisk together flour, sugar, salt, baking soda, and cocoa powder in the prepared pan or in a large bowl until fully combined and no cocoa lumps remain.
3. Make 3 wells in the dry ingredients: add oil to one, vinegar to another, and vanilla to the third. Pour cold water over everything and stir with a fork or spatula until the batter is smooth and uniform. Do not overmix.
4. If mixing in a bowl, pour batter into the prepared pan. Bake for 35 to 38 minutes until a toothpick inserted in the center comes out clean and the top springs back when lightly touched.
5. Cool in the pan on a wire rack for at least 20 minutes before slicing. Serve as-is or frost with vegan buttercream or a simple cocoa glaze.

14. Exotic Mango Roses Pistachio Pudding

20 min Serves 6

INGREDIENTS

MANGO-CINNAMON SYRUP

1 cup white grape juice
1 (24-ounce) package frozen mango chunks
1 cinnamon stick

TOFU PUDDING

1 (12-ounce) package silken tofu, drained
1 tablespoon vegan egg replacer (such as Bob's Red Mill) mixed with 2 tablespoons water
3 tablespoons granulated sugar
2 tablespoons fresh lime juice
1 tablespoon rose water
2 tablespoons cornstarch
1/2 teaspoon ground coriander
1/4 teaspoon ground nutmeg, plus more for topping
1/3 cup shelled pistachios, roughly chopped

INSTRUCTIONS

1. Preheat oven to 175C (350F). Combine grape juice, frozen mango chunks, and cinnamon stick in a saucepan over medium heat. Cook, stirring frequently, for 5 minutes until the mango softens and the mixture thickens slightly. Remove cinnamon stick and set syrup aside to cool for 10 minutes.
2. Transfer drained silken tofu to a food processor and blend until completely smooth, about 30 seconds. Add the prepared egg replacer mixture, sugar, and lime juice. Process until incorporated.
3. Add rose water, cornstarch, and ground coriander to the food processor. Blend again until the mixture is silky and uniform.
4. Pour the mango-cinnamon syrup into a 2-quart (approximately 28x18 cm / 11x7-inch) baking dish. Spoon the tofu pudding mixture evenly over the top. Sprinkle generously with nutmeg and chopped pistachios.
5. Bake, uncovered, on the middle rack for 30 minutes until the pudding is set and lightly golden at the edges. Cool for 15 minutes before serving warm, or refrigerate for at least 2 hours and serve chilled.

15. Grandma's Poor Man's Cake (Eggless & Milkless)

15 min Serves 12

INGREDIENTS

1 cup granulated sugar
1 cup cold strong black coffee
1/2 cup vegan shortening (coconut oil-based), at room temperature
1/4 teaspoon salt
1 teaspoon baking soda
1 teaspoon baking powder
2 cups all-purpose flour
1 teaspoon brandy extract or cherry extract
1 cup mixed dried fruit (cranberries, raisins, diced dried apple – any combination)
1/2 cup chopped walnuts or pecans (optional)
2 tablespoons mixed peel (optional)

INSTRUCTIONS

1. Preheat oven to 175°C (350°F). Grease a 23 cm (9-inch) round cake pan or a 900 g (2 lb) loaf pan and line the base with parchment paper.
2. In a large bowl, beat together the vegan shortening and sugar until combined, about 2 minutes. Add the cold coffee and brandy or cherry extract and mix well – the mixture will look curdled; this is normal.
3. Whisk together the flour, baking soda, baking powder, and salt in a separate bowl. Add the dry ingredients to the wet mixture and stir until just combined; do not overmix.
4. Fold in the dried fruit, nuts, and mixed peel if using. The batter will be thick. Spoon into the prepared pan and smooth the top.
5. Bake for 40–50 minutes (round pan) or 55–65 minutes (loaf pan) until a skewer inserted into the centre comes out clean. If the top browns too quickly, cover loosely with foil after 30 minutes.
6. Cool in the pan for 10 minutes, then turn out onto a wire rack. Cool completely before slicing. Store wrapped at room temperature for up to 5 days.

16. Easy Raw Hazelnut Brownies With Chocolate Ganache

20 min Serves 12

INGREDIENTS

For the brownie base:

1 cup hazelnuts
1/2 cup cashews
2 cups Medjool dates, pitted
1/2 cup raw cacao powder
1 tsp vanilla extract
1 tsp ground cinnamon
1 tbsp maple syrup
1/2 tsp sea salt

For the chocolate ganache:

1/2 cup coconut cream (solid layer from a chilled full-fat coconut milk can)
1/2 medium ripe avocado
1/2 cup raw cacao powder
1/4 cup maple syrup
1/2 tsp sea salt

INSTRUCTIONS

1. Line an 8x8-inch baking pan with parchment paper. In a food processor, pulse hazelnuts and cashews until they form fine crumbs. Add dates, cacao powder, vanilla, cinnamon, maple syrup, and salt; process until the mixture is sticky and holds together when pressed between your fingers.
2. Press the brownie mixture firmly and evenly into the prepared pan using the back of a spoon or your hands. The layer should be about 3/4 inch thick. Place in the freezer for 20 minutes to firm up.
3. Make the ganache: blend coconut cream, avocado, cacao powder, maple syrup, and salt in a blender or food processor until completely smooth and glossy.
4. Pour the ganache over the chilled brownie base and spread evenly with a spatula. Return to the freezer for at least 1 hour until the ganache is fully set.
5. Lift out of the pan using the parchment, slice into 12 equal squares, and serve straight from the freezer or refrigerator. Store covered in the freezer for up to 2 weeks.

17. Best Apple Crumble Pie (30-Minute Dessert)

15 min Serves 8

INGREDIENTS

1 pre-made vegan pie crust (9-inch)
4 Gala apples, peeled, cored, and cut into 1-inch chunks
1 cup coconut sugar
2 teaspoons ground cinnamon
1 tablespoon vanilla extract
1 1/2 cups rolled oats (ancient grain or regular)
1/2 cup all-purpose flour
1/2 cup coconut sugar (for crumble topping)
1 teaspoon ground cinnamon (for crumble topping)
3 ounces (6 tablespoons) vegan butter, melted

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Press the pie crust into a 9-inch pie pan and set aside.
2. Toss apple chunks with 1 cup coconut sugar, 2 teaspoons cinnamon, and vanilla extract until evenly coated. Pour the apple filling into the prepared pie crust and spread evenly.
3. In a medium bowl, combine rolled oats, flour, 1/2 cup coconut sugar, 1 teaspoon cinnamon, and melted vegan butter. Mix with a fork until clumps form. Scatter crumble topping evenly over the apple filling.
4. Cover loosely with foil and bake for 30 minutes. Remove foil and bake for an additional 15 minutes, until the crumble is golden brown and the apples are tender when pierced with a knife.
5. Let cool for at least 15 minutes before slicing so the filling sets. Serve warm.

18. Crispy Quinoa Chocolate Bars (Easy No-Bake)

15 min Serves 8

INGREDIENTS

1 cup (185g) quinoa
2 cups (480ml) water
3/4 cup (180ml) coconut cream
4 tablespoons unsweetened cocoa powder
1/4 teaspoon salt
2 tablespoons coconut oil, melted
3 tablespoons coconut sugar
1/2 cup (90g) vegan dark chocolate chips
1/4 cup (60g) almond butter

INSTRUCTIONS

1. Rinse quinoa, then combine with 2 cups water in a saucepan over medium heat. Bring to a boil, reduce heat to low, cover, and simmer 15 minutes until water is absorbed. Fluff and let cool 10 minutes.
2. In a large bowl, mix cooked quinoa with coconut cream, cocoa powder, coconut sugar, salt, and almond butter until fully combined. The almond butter acts as the binder.
3. Melt coconut oil and chocolate chips together in a small saucepan over low heat, stirring until smooth.
4. Press the quinoa mixture firmly into a parchment-lined 8x8-inch (20x20cm) baking pan. Pour melted chocolate over the top and spread evenly.
5. Refrigerate for at least 2 hours until the chocolate is set and the bars are firm. Lift out using the parchment, then cut into 8 bars with a sharp knife.

19. Quick Vegan Biscotti (Twice-Baked Perfection)

20 min Serves 24

INGREDIENTS

1/3 cup unsweetened soymilk
2 tablespoons ground flax seeds
3/4 cup sugar
1/2 cup canola oil
1/2 teaspoon vanilla extract
1 2/3 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg

INSTRUCTIONS

1. Preheat oven to 350F (175C). Line a large baking sheet with parchment paper. Mix ground flax seeds and soymilk in a large bowl; let sit 5 minutes until thickened into a gel.
2. Whisk sugar, canola oil, and vanilla extract into the flax mixture. In a separate bowl, whisk together flour, baking powder, salt, cinnamon, and nutmeg.
3. Fold dry ingredients into wet ingredients until a firm, slightly sticky dough forms. Turn dough onto the prepared baking sheet and shape into a log approximately 12 inches long and 2 inches wide. Flatten slightly to about 1 inch thick.
4. Bake at 350F for 25–30 minutes until the log is set and lightly golden. Remove from oven and let cool 10 minutes. Reduce oven to 325F.
5. Slice the log diagonally into 1/2-inch thick slices using a sharp serrated knife. Lay slices cut-side down on the baking sheet and bake at 325F for 10–12 minutes per side (20–25 minutes total), flipping once, until dry and crisp.
6. Transfer biscotti to a wire rack and cool completely – they firm up further as they cool. Store in an airtight container for up to 2 weeks.

20. No-Bake Raw Berry Cheesecake (Vegan & Easy)

30 min Serves 8

INGREDIENTS

CRUST: 1 cup raw almonds, soaked 3 hours and drained

CRUST: 1 cup Medjool dates, pitted (about 10 dates)

CRUST: 1/4 teaspoon sea salt

CRUST: 1 teaspoon orange zest (optional)

FILLING: 2 cups raw cashews, soaked 2 hours and drained

FILLING: 1/2 cup fresh lemon juice (about 3 lemons)

FILLING: 3/4 cup agave nectar

FILLING: 1/2 cup coconut oil, melted

FILLING: 1 cup fresh strawberries, hulled

FILLING: 2 teaspoons pure vanilla extract

TOPPING: 1/4 cup fresh strawberries, diced

TOPPING: 1/4 cup fresh blueberries

TOPPING: 2 tablespoons agave nectar (optional)

INSTRUCTIONS

1. Make the crust: Process drained almonds, dates, sea salt, and orange zest in a food processor for 60 to 90 seconds until the mixture sticks together when pressed. Press firmly and evenly into the base of a 9-inch springform pan. Refrigerate while you prepare the filling.
2. Make the filling: Drain cashews and blend with lemon juice, agave nectar, melted coconut oil, strawberries, and vanilla in a high-speed blender. Blend for 2 minutes until completely smooth and creamy with no lumps.
3. Pour the filling over the chilled crust and smooth the top with a spatula. Tap the pan gently on the counter to release any air bubbles.
4. Freeze the cheesecake for at least 3 hours, or until the filling is firm throughout. For best texture, freeze overnight and transfer to the refrigerator 30 minutes before serving.
5. Before serving, toss diced strawberries and blueberries with agave nectar if using, and scatter over the top of the cheesecake. Run a knife around the edge of the springform pan before releasing the clasp. Slice and serve chilled.

21. Best Eggless, Butterless Vegan Cake

15 min Serves 9

INGREDIENTS

1 cup (200g) white granulated sugar

2 tablespoons vegan shortening (such as Crisco vegetable shortening or Nutiva)

1/2 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1/2 teaspoon ground allspice

1/2 teaspoon fine salt

1 (10.75-ounce / 305g) can condensed tomato soup (check label: vegan brands contain no cream)

1 cup (150g) raisins

1 1/2 cups (360ml) boiling water

1 teaspoon baking soda

2 cups (240g) all-purpose flour

1 teaspoon baking powder

INSTRUCTIONS

1. Preheat oven to 350F (175C). Grease an 8x8-inch (20x20cm) square baking pan and dust with flour.
2. In a large heatproof bowl, combine sugar, vegan shortening, cinnamon, nutmeg, allspice, salt, tomato soup, and raisins. Pour boiling water over the mixture and stir until the shortening melts and everything is combined. Let cool to room temperature, about 20 minutes.
3. Whisk together flour, baking soda, and baking powder in a separate bowl. Add dry ingredients to the cooled wet mixture and fold until just combined with no dry streaks.
4. Pour batter into prepared pan and smooth the top.
5. Bake at 350F for 45–50 minutes, until a toothpick inserted in the center comes out clean and the top springs back when lightly pressed.
6. Cool in pan on a wire rack for 15 minutes, then turn out and cool completely before slicing into 9 squares.

22. Quick Healthy Chocolate Pudding (5-Minute)

5 min Serves 2

INGREDIENTS

1 cup unsweetened almond milk
1/4 cup coconut sugar
2 tablespoons unsweetened cocoa powder
1 1/2 tablespoons cornstarch
1 teaspoon pure vanilla extract

INSTRUCTIONS

1. Whisk together almond milk, coconut sugar, cocoa powder, and cornstarch in a small saucepan until completely smooth with no lumps.
2. Place saucepan over medium heat and cook, whisking constantly, for 5–7 minutes until the mixture thickens enough to coat the back of a spoon.
3. Remove from heat immediately when thickened – it will continue to set as it cools. Stir in vanilla extract.
4. Pour into 2 small serving cups or ramekins. Press a piece of plastic wrap directly onto the surface to prevent a skin forming.
5. Refrigerate for at least 30 minutes until set and chilled, or serve warm straight from the pot for a softer, saucy consistency.

23. Easy Vegan Almond Biscotti (Twice-Baked)

15 min Serves 24

INGREDIENTS

1 1/2 cups (185 g) whole wheat pastry flour
1 1/2 cups (190 g) all-purpose flour
1 tablespoon baking powder
1/2 teaspoon salt
1 1/2 cups (300 g) unbleached cane sugar
3/4 cup (185 g) smooth unsweetened applesauce
1–3 tablespoons vegetable oil (1 tbsp for crispier; 3 tbsp for softer)
1 teaspoon vanilla extract
1 teaspoon almond extract
1 1/2 cups (215 g) almonds, toasted and roughly chopped

INSTRUCTIONS

1. Preheat oven to 165°C (325°F). Line two large baking sheets (45 cm x 30 cm / 18x12-inch) with parchment paper.
2. Whisk together both flours, baking powder, and salt in a large bowl. In a separate bowl, stir together sugar, applesauce, oil, vanilla extract, and almond extract until smooth. Pour wet into dry and stir until a stiff dough forms. Fold in toasted almonds.
3. Divide dough in half. On a lightly floured surface, shape each half into a log approximately 30 cm (12 inches) long and 6 cm (2.5 inches) wide. Place the logs well apart on one prepared baking sheet and flatten slightly to about 2 cm (3/4 inch) thick.
4. Bake for 25–30 minutes at 165°C (325°F) until the logs are set, lightly golden, and a toothpick comes out clean. Remove and cool on the pan for 15 minutes. Reduce oven to 150°C (300°F).
5. Using a sharp serrated knife, cut each log on a slight diagonal into slices about 1.5 cm (5/8 inch) thick. Lay slices cut-side down on both baking sheets. Bake at 150°C (300°F) for 10 minutes, flip each slice, and bake another 10 minutes until dry and lightly golden on both sides.
6. Cool completely on a wire rack — they crisp up further as they cool. Store in an airtight container at room temperature for up to 2 weeks.

24. Healthy Chocolate Berry Bars (No-Bake)

15 min Serves 16

INGREDIENTS

2 cups almond flour
2 teaspoons coconut flour
4 tablespoons coconut sugar
1/2 teaspoon baking soda
1/4 teaspoon salt
1/2 cup coconut oil, melted
4 tablespoons pure maple syrup, divided
3 oz (85 g) vegan dark chocolate (70%+), roughly chopped
2 tablespoons unsweetened cocoa powder
1/4 cup unsweetened almond milk
1 cup fresh berries (blueberries, raspberries, or sliced strawberries)

INSTRUCTIONS

1. Preheat oven to 175°C (350°F). Line a 20 cm (8-inch) square baking pan with parchment paper, leaving overhang on two sides.
2. In a bowl, combine almond flour, coconut flour, coconut sugar, baking soda, and salt. Add melted coconut oil and 2 tablespoons of the maple syrup; mix until a crumbly dough forms. Press firmly and evenly into the prepared pan. Bake for 15–18 minutes until the edges are golden and the centre is set. Transfer pan to a wire rack and cool completely, about 30 minutes.
3. Heat almond milk in a small saucepan over low heat until just steaming (do not boil). Remove from heat, add chopped chocolate, remaining 2 tablespoons maple syrup, and cocoa powder. Stir constantly until chocolate is fully melted and the ganache is glossy and smooth.
4. Pour the chocolate ganache evenly over the cooled crust and spread to the edges with a spatula.
5. Scatter berries evenly over the ganache. Refrigerate uncovered for at least 2 hours, or until the topping is fully set.
6. Lift the bars out using the parchment overhang and transfer to a cutting board. Slice into 16 bars with a sharp knife. Store in an airtight container in the refrigerator for up to 5 days.

25. Easy Vegan Chocolate-Pumpkin Gingerbread

15 min Serves 9

INGREDIENTS

1 2/3 cups (210 g) gluten-free all-purpose baking flour

1 teaspoon xanthan gum

1 1/2 cups (300 g) organic unrefined cane sugar

3 tablespoons unsweetened cocoa powder

1 teaspoon baking soda

3/4 teaspoon salt

1/2 teaspoon ground cinnamon

1/2 teaspoon ground ginger

1/4 teaspoon ground nutmeg

1/4 cup (60 ml) almond milk or soymilk

1 teaspoon apple cider vinegar

1 (425 g / 15 oz) can pumpkin puree

3 tablespoons blackstrap molasses

3 tablespoons canola oil

1 teaspoon vanilla extract

1 tablespoon fresh ginger, finely minced

1 cup (170 g) dark non-dairy chocolate chips

INSTRUCTIONS

1. Preheat oven to 180°C (350°F). Grease a 23 cm x 23 cm (9x9-inch) square baking pan and line with parchment paper.
2. Whisk together flour, xanthan gum, sugar, cocoa powder, baking soda, salt, cinnamon, ground ginger, and nutmeg in a large bowl until evenly combined.
3. In a separate bowl, stir together plant milk, apple cider vinegar, pumpkin puree, molasses, canola oil, vanilla extract, and fresh ginger. Let sit 2 minutes until the milk curdles slightly.
4. Pour the wet ingredients into the dry ingredients and fold gently with a spatula until just combined — do not overmix. Fold in chocolate chips.
5. Transfer batter to the prepared pan and spread evenly. Bake for 38–42 minutes at 180°C (350°F) until a toothpick inserted in the center comes out with only moist crumbs (not wet batter).
6. Cool in the pan on a wire rack for 20 minutes before cutting into 9 squares. Store covered at room temperature up to 3 days.

26. Chewy Crunchy Oatmeal Raisin Cookies

25 min Serves 12

INGREDIENTS

1 cup (90 g) rolled oats
1 cup (120 g) whole wheat flour
30 g (3 tablespoons) raisins
1/4 teaspoon baking powder
1/3 teaspoon salt
3 tablespoons grapeseed oil (or olive oil or vegetable oil)
3 tablespoons pure maple syrup
3 tablespoons apple juice
2 tablespoons soy milk (or water)

INSTRUCTIONS

1. In a large bowl, mix together rolled oats, whole wheat flour, raisins, baking powder, and salt.
2. In a small bowl or measuring cup, whisk together oil, maple syrup, apple juice, and soy milk until combined.
3. Pour the wet mixture into the dry ingredients and stir until a cohesive, slightly sticky dough forms. If it seems dry, add 1 tablespoon more soy milk. Cover and refrigerate for 20 minutes to allow the oats to absorb the liquid.
4. Preheat oven to 350°F (180°C). Line a large baking sheet with parchment paper.
5. Scoop tablespoon-sized portions of dough, roll into balls, place on the baking sheet, and flatten slightly to about 1/2-inch thickness. Repeat for all dough.
6. Bake for 10–12 minutes until the edges are golden and the bottoms are lightly browned. The tops may still look soft — they firm up as they cool. Cool on the pan for 10 minutes before transferring.

27. Best Easy Vegan Cupcakes (30 Minutes)

10 min Serves 12

INGREDIENTS

1 cup (240ml) unsweetened soymilk
1 teaspoon apple cider vinegar
1 3/4 cups (210g) all-purpose flour
2 tablespoons cornstarch
3/4 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon fine salt
1/3 cup (80ml) canola oil
3/4 cup (150g) granulated sugar
2 1/4 teaspoons pure vanilla extract

INSTRUCTIONS

1. Preheat oven to 350F (175C). Line a standard 12-cup muffin tin with paper cupcake liners.
2. Combine soymilk and apple cider vinegar in a measuring jug, stir, and let sit 5 minutes until slightly curdled. This is your vegan buttermilk.
3. Whisk together flour, cornstarch, baking powder, baking soda, and salt in a large bowl.
4. Add canola oil, sugar, and vanilla extract to the vegan buttermilk mixture and stir to combine. Pour wet ingredients into dry ingredients and fold gently until just combined – a few lumps are fine. Do not overmix.
5. Divide batter evenly among the 12 lined cups, filling each about two-thirds full.
6. Bake at 350F for 20–22 minutes until a toothpick inserted in the center comes out clean and the tops are lightly golden. Cool in the tin 5 minutes, then transfer to a wire rack to cool completely before frosting.

28. Linda Sue's Easy Vegan Chocolate Cake

15 min Serves 12

INGREDIENTS

3 cups all-purpose flour
2 cups white sugar
1/2 cup unsweetened cocoa powder
2 teaspoons baking soda
1/2 teaspoon salt
2 cups water
1/2 cup canola oil
1/4 cup apple cider vinegar
1 teaspoon vanilla extract

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Grease a 9x13-inch baking pan or two 9-inch round cake pans with oil and dust lightly with cocoa powder.
2. In a large bowl, whisk together flour, sugar, cocoa powder, baking soda, and salt until no lumps remain.
3. In a separate bowl, combine water, canola oil, apple cider vinegar, and vanilla extract. Pour the wet ingredients into the dry ingredients and stir until just combined – a few small lumps are fine. Do not overmix.
4. Pour batter into the prepared pan(s). Bake for 30 to 35 minutes (9x13 pan) or 28 to 32 minutes (round pans) until a toothpick inserted in the center comes out clean.
5. Cool in the pan for 10 minutes, then turn out onto a wire rack and cool completely before frosting or slicing.

29. Easy Wheat & Dairy-Free Blackberry Pie

45 min Serves 8

INGREDIENTS

1/2 cup vegan margarine, cold, cut into pieces
1 1/2 cups potato flour (plus extra for dusting)
1/4 cup ice water
1 pinch salt
4 cups fresh or frozen blackberries (thawed and drained if frozen)
1 cup white sugar
1/3 cup potato flour
2 tablespoons lime juice
1/4 cup vegan margarine, melted

INSTRUCTIONS

1. Make the crust: Cut cold vegan margarine into 1 1/2 cups potato flour and salt using a fork or pastry cutter until the mixture resembles coarse crumbs. Add ice water 1 tablespoon at a time, mixing until the dough just comes together. Divide in half, shape into two discs, wrap in plastic, and refrigerate 30 minutes.
2. Preheat oven to 375°F (190°C). On a lightly floured surface, roll one dough disc out to a 12-inch circle and transfer to a 9-inch pie dish, pressing gently into the base and sides. Trim overhanging edges to 1/2 inch.
3. Make the filling: In a large bowl, toss blackberries with sugar, 1/3 cup potato flour, and lime juice until evenly coated. Drizzle in 3 tablespoons of the melted vegan margarine and stir to combine.
4. Pour filling into the prepared crust. Roll out the second dough disc, place over the filling, and crimp edges to seal. Brush the top crust with the remaining 1 tablespoon melted vegan margarine. Cut 4–5 slits in the top to vent steam.
5. Bake at 375°F (190°C) for 38–42 minutes, until the crust is golden and the filling is bubbling through the vents. Cool on a wire rack for at least 45 minutes before slicing.

30. Easy Vegan Key Lime Pie Filling (Tofu-Based)

15 min Serves 8

INGREDIENTS

1 vegan graham cracker or digestive biscuit pie crust
(23 cm/9-inch, store-bought or homemade)

480g (17 oz) silken tofu, drained

6 tablespoons fresh lime juice (about 3–4 limes)

1/4 cup confectioners' sugar (icing sugar), sifted

2 tablespoons cornstarch

1 teaspoon vanilla extract

1 teaspoon lime zest (optional, for extra flavor)

INSTRUCTIONS

1. Preheat oven to 175°C (350°F); if using a store-bought crust, place it on a baking sheet.
2. Combine silken tofu, lime juice, confectioners' sugar, cornstarch, vanilla extract, and lime zest (if using) in a blender; blend on high for 60–90 seconds until completely smooth and no lumps remain.
3. Pour filling into the prepared pie crust and smooth the top with a spatula.
4. Bake for 30–35 minutes until the edges are set and the center jiggles only slightly when the pan is nudged.
5. Remove from oven and let cool to room temperature for 30 minutes, then refrigerate for at least 2 hours (or overnight) until fully set before slicing and serving.

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