



V-LEARNING COMMUNITY

Flavor and Texture Ideas

Vegetables

- Instead of using olive oil, create a similar product by putting olives in a blender for a minute or two.
- Mushrooms can be used as a meat or seafood substitute. There's even a lobster mushroom.
- Spaghetti squash can be an alternative to pasta. In addition, spiralizing vegetables like zucchini, squash or sweet potato are another option.

Fruit

- Chopped fruit (raw or roasted), pickles, etc. sprinkled on top of a dish or added to a sauce makes the flavor standout.
- Dates are a whole food sweetener.

Legumes

- Soy beans don't have a strong flavor - so it can be added.
- Blended cooked mung beans create a custard texture.
- Chickpeas taste and smell like tuna.

Nuts

- Cashews and soy beans make a good base for cheese.
- Chopped nuts and seeds add a crunchy texture.

Seeds

- Chia seeds can be used as a gelatin in baking or pudding.
- Flax seeds and aquafaba can be used as an egg replacer in baking.

Spices

- Nutritional Yeast tastes like cheese.
- Black salt has an egg flavor.

