

Plant-Based Baking Debunked

EDCI 337 Multimedia Presentation



Why is finding Plant-Based Bakeries/ Baked Goods so Hard?

- The demand for plant-based alternatives has drastically increased over the past 5 years
 - Businesses are struggling to keep up with the demand to provide these products



Why is finding Plant-Based Bakeries/ Baked Goods so Hard? (Cont.)

- Businesses find it difficult to produce the same quality of flavour for their products with the absence of
 - Eggs
 - Butter
 - Milk
 - Cream

Why is finding Plant-Based Bakeries/ Baked Goods so Hard? (Cont.)

- Mainstream misconception about retaining traditional texture and flavour



What Are Some Alternatives?

Eggs

Milk

Butter

Heavy Cream

Eggs

- 1 /4 Cup Silken Tofu
- 1 Cup Mashed Banana
- 1 /4 Cup Applesauce
- Chia/Flax Seed Eggs



Milk

- Almond Milk
- Pea Milk
- Coconut Milk
- Soy Milk
- Oat Milk
- Cashew Milk



Butter

- Coconut & Nut Butter
- Plant-Based Butter/ Margarine
- Vegetable & Olive Oil
- Mashed banana
- Applesauce



Heavy Cream

- Full Fat Coconut Milk



Benefits of Plant-Based Alternatives Compared to Traditional Ingredients

- Lowers Blood Pressure
- Reduces Cholesterol
- Decreases the Risk of Diabetes
- Increases Antioxidants in the Body
- Increases Fibre Intake
- Reduces Inflammation
- Lowers the Risk of Cancer

