



healthy plant-swops to adopt

### SIGN UP FOR PLANT-SWOP'S MONTHLY NEWSLETTER

Refresh and edit your pantry and recipe box to include plant-based ingredients, nourishing meals, and explore some healthy swops to adopt.

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*Chef Anne Callaghan*

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### NEW YEAR | NEW BEGINNINGS HOW TO START A PLANT-BASED DIET

By Mayo Clinic Press Editors, Tara Schmidt, M. Ed., RDN

ARTICLE | Nutrition & Fitness

If you're interested in joining this time-tested trend, here are some tips to help you get started — and stick with — plates of plant-based food. [Read more . . .](#)



SUNDRIED TOMATO SMASHED AVOCADO TOAST

### START JANUARY WITH THIS HEALTHY SMASH GREAT FOR BREAKFAST, LUNCH OR DINNER

Creamy, crunchy, and nourishing, this healthy smash is the perfect plant-based choice for a light meal anytime of the day.

RECIPE

### ALL THE OOE + GOO WITHOUT THE MOO + COO®

Swop out dairy and eggs with plant-based options

### FLAXSEED EGG SWOP

These delicate nut-flavored seeds of the flax plant are rich in Omega-3, fiber, and protein-dense. Just 1 oz of ground flaxseed provides 7.1 grams of plant protein.

When combined with a liquid, ground or whole flaxseeds become viscous with a thick, sticky egg-white consistency. Flaxseeds make an ideal replacement for eggs.

#### FLAX EGG



Beat together the ground flaxseeds + liquid. Leave 5 minutes until the mixture thickens.

#### USE FLAX EGGS:

- Pancake or waffle batter
- Cakes, quick loaves and muffins
- Cookies and bars
- Add to salad dressings as an emulsifier

#### FLAX EGG WHITES



Combine 1 cup water to 5 tbsp whole flaxseeds in a small saucepan. Bring to a boil, reduce the heat and simmer for 10 minutes. Remove from the heat. Strain out the seeds and retain the thick, gloopy mixture to replace egg whites.

#### USE FLAX EGG WHITES:

- Quiches, frittatas, omelettes
- Baking, meringues and macarons



### PROTEIN RICH EGG REPLACEMENT 'FLAXSEED SWOP'

#### ANTHONY'S GOODS, 2 LBS ORGANIC BROWN WHOLE FLAXSEED

USDA certified organic whole brown flaxseed great for plant based, gluten free, and vegan recipes.

SHOP



### PANTRY REFRESH | SPICE UP YOUR COOKING



#### BURLAP & BARREL SPICES OF THE WORLD

As Seen on Shark Tank

Single Origin 6 - Pack Gift Box: Herbes De Provence, Five Spice, Chai, Curry, Kofte Baharat, Berbere

Burlap & Barrel partners directly with small farms to source incredibly flavorful single-origin spices.

SHOP

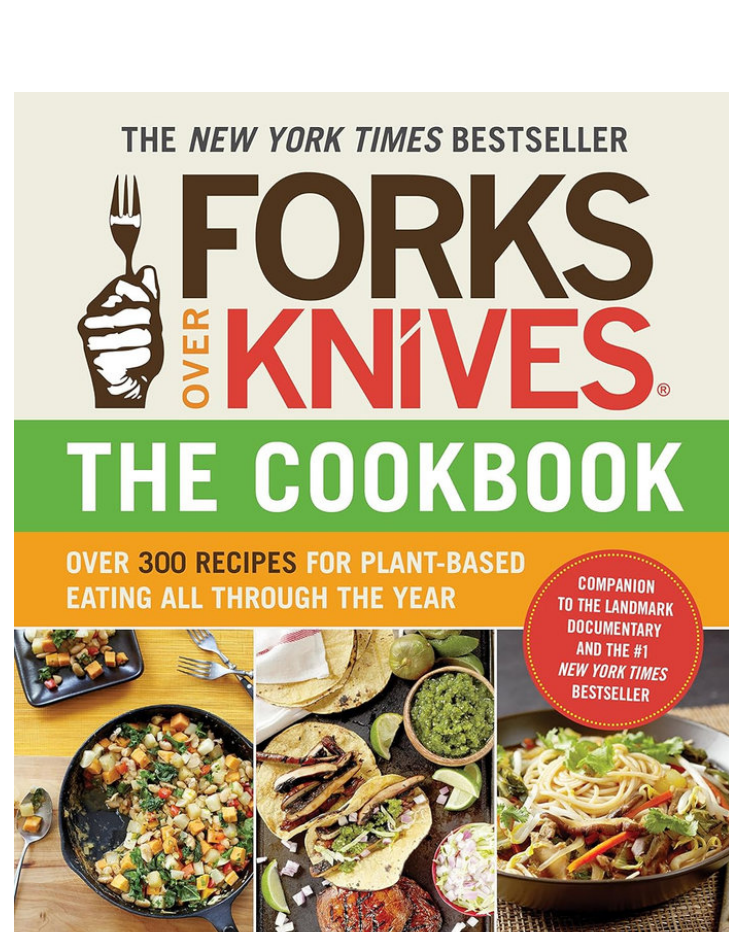
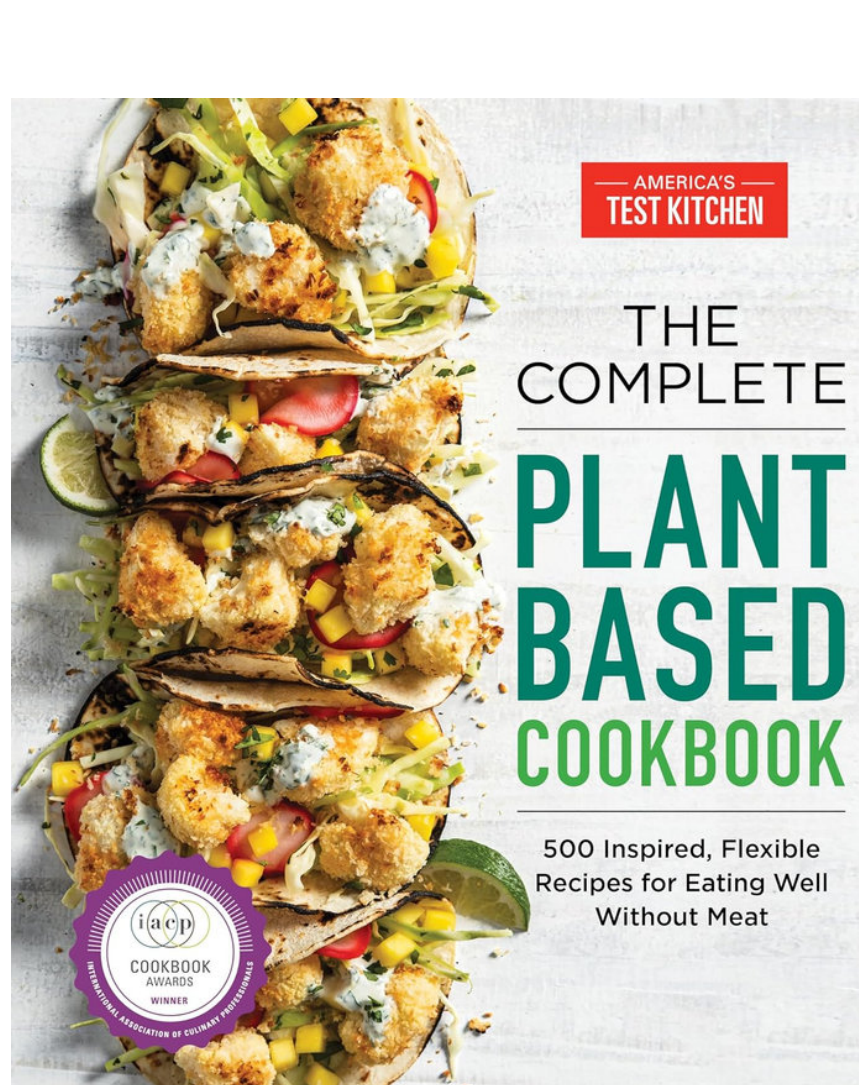
### CHECK OUT THESE GREAT RESOURCES FOR STARTING A PLANT BASED DIET

#### THE COMPLETE PLANT-BASED COOKBOOK

America's Test Kitchen

Eating a plant-based diet can be easy, budget-friendly, and inclusive with these 500+ crowd-pleasing recipes you can make vegan or vegetarian.

SHOP



#### FORKS OVER KNIVES COOKBOOK

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Over 300 Simple and Delicious Plant-Based Recipes to help you Thrive, Be Healthier, and Feel better every day.

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