



# **BUTTER: 5 PLANT-BASED ALTERNATIVES FOR SWEET AND SAVOURY DISHES!**



Here are some great alternatives to butter for healthier, ethical, and sustainable recipes



# MARGARINE

Vegetable margarine is a straightforward butter alternative, ideal for both sweet and savoury dishes. Be sure to opt for versions without hydrogenated oils. With a fat content of about 50%, compared to butter's 80%, it's great for spreading and greasing pans. However, some recipe adjustments are necessary for more complex baking, such as yeasted cakes. Equivalence: 1:1 with butter, as long as the lower fat content isn't an issue.





# COCONUT OIL

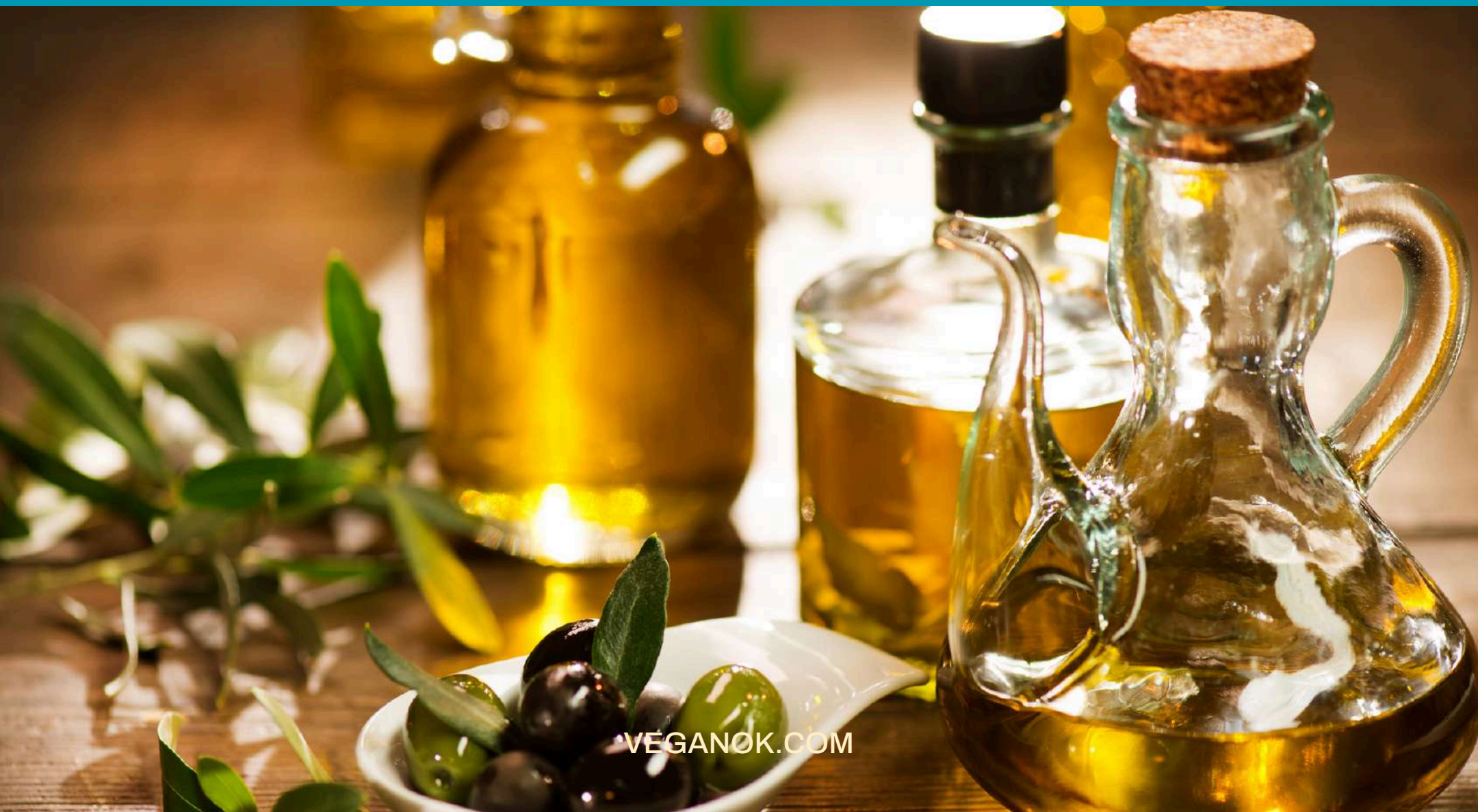
Coconut oil is a highly versatile butter substitute. Its solid state at room temperature and relatively low melting point make it suitable for both sweet and savoury recipes. Particularly prized for its ability to endure high heat, coconut oil is perfect for baking recipes like shortcrust or puff pastry. Equivalence: 1:1 with butter in simple recipes, but remember it has a higher fat content.





# EXTRA VIRGIN OLIVE OIL

Extra virgin olive oil is a great butter alternative for savoury dishes and baking. Because it's more liquid than butter, you may need to adjust the amount of flour. Rich in monounsaturated fats and antioxidants, olive oil is ideal for savoury tarts, pastries, and biscuits, though its strong flavour makes it less suitable for sweet recipes. Equivalence: Use 80g of olive oil for every 100g of butter.





# NUT BUTTER

Nut butter is a protein-packed substitute rich in healthy fats, vitamins, and antioxidants. They add creaminess and depth to both sweet and savoury dishes. Almond and hazelnut butter are great for cakes, while cashew and peanut butter work well in cookies and savoury recipes. Walnut butter is excellent for risotto and pasta dishes.

Equivalence: 1:1 with butter, but note that the texture will be creamier than traditional butter.





# FRUIT PUREE

Although not a direct butter substitute, fruit purees are often used in sweet dishes to replicate some of its characteristics. Made by mashing ripe fruit like apples, bananas, or avocados, they add moisture and sweetness, reducing the need for extra sugar and fat. They work well in soft bakes like muffins and loaf cakes but require specific recipe adaptations for proper rising. Equivalence: 1:1 with butter, or half the amount, depending on the fruit used.





For more recipe ideas using these butter substitutes, visit [veganok.com](http://veganok.com)

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