

GREAT IDEAS FOR EASY FOOD SUBSTITUTES

Having trouble finding some of the foods you usually buy? There are lots of foods you can substitute for common staples - you might even discover a new favourite!

1

RICE

White rice is a popular choice, but what other foods can you use instead? Try cooking with the tasty options below:

- Brown rice
- Couscous
- Quinoa
- Bulgur
- Barley
- Cauliflower rice

More tips and information below:

[White rice substitutes](#)

[How to make cauliflower rice](#)

2

PASTA

There are many options to try if you can't find wheat based pasta at the shops. Some common alternatives include:

- Spelt pasta
- Wholemeal pasta
- Brown rice pasta
- Zucchini noodles (or other vegetable of choice)
- Quinoa pasta

Find some simple tips below:

[How to make zucchini noodles](#)

3

EGGS

Eggs are great for adding protein and holding ingredients together. Farmer's markets and farmgate stalls are great places to find locally produced eggs.

If you don't have any eggs at home, the options below are great alternatives:

- Chia seeds soaked in water
- Mashed banana
- Nut butter
- Mashed potato
- Flaxseed
- Apple sauce
- Baking soda & vinegar

Information and tips for egg substitutes can be found in the resources below:

[Egg substitutes and when to use them](#)

[Replacing eggs - 1 minute tips](#)



4

FLOUR

Traditional white flour is a useful ingredient found in most kitchens. If you can't find any at the shops, here are some good alternatives:

- Oat flour
- Rice flour
- Coconut flour
- Quinoa flour
- Almond flour

More great white flour substitutes below:

[Flour substitutes](#)



Shaping The Valley