

Dairy Replacements

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Milk

Plant & Nut milks such as Rice, Oat, Almond, Coconut, Hemp, Soy, Cashew, Macadamia substitute cup for cup

1 Cup Buttermilk

1 cup plant or nut milk mixed with 1 Tbsp vinegar OR 1 Tbsp lemon juice. Stir & use

1 Cup thick Cream

1 cup cashews & 2 tsp Apple Cider Vinegar or lemon juice & dash salt - Mix and use

A commercial non dairy creamer such as Silk, So Delicious, Nutpods, Califia Farms and more

Cheese

Cream Cheese

A commercial non dairy like Kite Hill or Miyoko's

Parmesan Cheese

A Commercial non dairy like Parma or Go-Veggie

Or make your own using Nutritional yeast, garlic powder and finely minced walnuts or almonds. Mix and sprinkle with joy!

Cheese

A commercial non dairy cheese such as Daiya, Follow your Heart, CHAO from Field Roast, Heidi-Ho and others.

DIY with Urban Cheesecraft Mixes in Cheddar, Mozzarella, Ricotta, Brie, Feta, Chèvre and Fondue. They taste decadent!

Butter

1 TBSP Butter

2 1/2 tsp olive oil OR 1 TBSP coconut oil OR equal amount avocado

Any commercial non dairy butter such as Earth Balance

1 Cup Butter

1/2 cups olive oil OR 1 cup coconut oil OR
1 cup prune puree
Earth Balance 1:1

Other

1 Cup Sour Cream

1 cup coconut milk & 2 drops lemon juice & 1/16 tsp tapioca starch - Mix and use

A commercial non dairy sour cream such as Toffuti.

1 Cup Sweet Cream

1/2 cashews * 1/2 cup coconut cream concentrate - Mix and use

A commercial non dairy creamer such as Silk, So Delicious, Almond Dream

1 Cup Yogurt

1/2 cup coconut milk & 1/2 cup applesauc. Mix and use

A commercial non dairy yogurt such as Almond Dream, So Delicious, Nancy's or Silk

1 Cup Whip Cream

Refrigerate 2 cans of whole coconut milk. Open cans and take the hardened coconut cream only to make 1 cup hardened coconut milk. Using beaters, whip and add honey or sweetener of choice and vanilla to taste.

Ice Cream

Any commercial non dairy ice cream. Bars from So Delicious and Rice Dream. Ben & Jerry's now has non dairy ice cream along with others such as Luna & Larrys from Coconut Bliss, their chocolate is divine.

