



Now Find Data Sheet:

Dairy Substitutions

Milk Substitutions

These milks have different taste and thicknesses and work well as milk substitutes in different situations. Experiment to find your favorites.

Almond Milk

Cashew Milk

Coconut Milk

Hemp Milk

Non-Dairy Creamer

Rice Milk

Cream Substitutions

Coconut Cream

Coconut Milk Creamer

Non-Dairy Yogurt Also good substitution for sour cream

Rice Milk and Olive Oil Mix 2/3 cup rice milk and 1/3 cup olive oil. Add to recipe immediately.

Whipped Firm Tofu Use for heavy cream substitution

Whipped Silken Tofu Best used in soups and sauces.

Buttermilk Substitution

For each cup of buttermilk needed, mix 1 tablespoon of acid (lemon juice or vinegar) to one cup non-dairy milk and stir. Let sit for 5 minutes, then use as needed.

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