



NON-DAIRY REPLACEMENTS*

Butter Substitutes

Coconut Oil
Earth's Balance
I Can't Believe It's Not Butter
Smart Balance

Cheese Substitutes

Daiya
Field Roast
Tofutti

Egg Substitutes for Baking (for One Egg)

¼ cup of unsweetened applesauce
¼ cup mashed banana, avocado
or pumpkin
1 tbsp. of ground chia or flaxseed
with 3 tbsp. water
1 tsp. baking soda mixed with
1 tbsp. white vinegar

Ice Cream Substitutes

So Delicious
Rice Dream
Tofutti

Non-dairy Milk Substitutes

Almond milk
Coconut milk
Hemp milk
Oat milk
Rice milk

Yogurt Substitutes

So Delicious Almond, Coconut
or Soy Yogurt
Silk Dairy-free Yogurt
Stonyfield Soy Yogurt



*Always read ingredients on labels and follow doctor's recommendations

For more information about food allergies, go to paulalancaster.com