

DAIRY FREE CONVERSION CHART

<p>Diary Milk Substitutions</p>  <p>Almond Milk Coconut Milk Rice Milk Hemp Milk Flax Milk Soy Milk</p>	<p>1 Stick of Butter</p>  <p>6 Tbsp Applesauce + 2 Tbsp Coconut Oil</p> <p>Mix and Use</p>	<p>1 Cup of butter</p>  <p>1 ½ cup Olive Oil or 1 cup Coconut oil</p> <p>Just Use</p>	<p>1 TBSP Butter</p>  <p>2 ½ tsp Olive Oil or 1 Tbsp Coconut Oil</p> <p>Just Use</p>	<p>1 Cup Buttermilk</p>  <p>1 Cup Dairy Free Sub + 1 TBSP vinegar or lemon juice</p> <p>Stir and Use</p>
<p>1 Cup Sour Cream</p>  <p>1 Cup Coconut milk + 2 drops of Lemon juice + 1/16 tsp tapioca starch</p> <p>Whisk and Use</p>	<p>1 Cup Whip Cream</p>  <p>1 cup coconut milk + orange zest + honey (optional)</p> <p>Mix and Drizzle</p>	<p>1 Cup Thick Cream</p>  <p>1 cup cashews + 2 tsp lemon juice + dash of salt</p> <p>Process & Use</p>	<p>1 Cup Sweet Cream</p>  <p>½ cashews + ½ cup coconut cream concentrate</p> <p>Process and Use</p>	<p>1 Cup Yogurt</p>  <p>½ cup coconut milk + ½ cup applesauce</p> <p>Mix and Use</p>

Note: Process = chop and mix ingredients in a food processor until smooth

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