

Dairy Alternatives

TO REPLACE

USE

Milk

- Almond, coconut, cashew, hemp milk
- Canned coconut milk

Cheese

- Nutritional Yeast
- “Parmesan” Sprinkle recipe*

Sour Cream

- Dairy Free Sour Cream*

Ice Cream

- Coconut milk + frozen fruit + maple syrup + vanilla (optional). Blend in a food processor or blender. Eat or freeze.
- Coconut milk or nut milk frozen desserts

Tea or Coffee Creamer

- Coconut milk-canned, unsweetened
- Almond milk, unsweetened

EXPERIMENT WITH COCONUT OIL AND SPICES:

- 1-3 tsp coconut oil, ¼ tsp. vanilla, dash of cinnamon 8-10 oz coffee

Dairy Alternatives Recipe

Homemade Nut Milk

INGREDIENTS

- 1 cup almonds, soaked overnight then strained and rinsed
- 2 cups water
- 1 tsp vanilla (optional)
- Dash of cinnamon (optional)

DIRECTIONS

Add all ingredients to a blender and blend for 2-3 minutes. Strain through cheesecloth. Refrigerate liquid and use within 2 days.

TIP

The remaining almond meal can be refrigerated and added to smoothies.

Dairy Alternatives Recipe

Dairy-Free Sour Cream

INGREDIENTS

- 1 can full fat coconut milk, left in the fridge overnight
- 2 Tbsp. fresh lemon juice
- 1/8 tsp. sea salt

DIRECTIONS

Place the can of coconut milk in the refrigerator for at least 6 hours (or overnight). This will cause the cream to separate from the milk. Open the can of coconut milk and scrape out the cream into a medium sized bowl. (you can save the remaining liquid for smoothies). Whisk the sea salt and the lemon juice into the cream until well combined. Taste and add more lemon juice or sea salt if needed.

Dairy Alternatives Recipe

Cheesy Sprinkle (Parmesan Substitute)

INGREDIENTS

- 1/2 cup nutritional yeast
- 1/4 cup raw almonds
- 1/4 cup raw cashews (or more raw almonds)
- 1/2 tsp (scant) sea salt (about 1/4 + 1/8 tsp)
- 1/4 tsp lemon zest (optional)

DIRECTIONS

Put all the ingredients into a standing blender and pulse until very fine and crumbly. Don't over process, just pulse several times. That's it! Store in the refrigerator until ready to use. Makes about 1 scant cup.

Gluten-Free Alternatives

TO REPLACE

USE

Bread

SANDWICH OPTIONS:

- Grilled or Broiled Eggplant Slices – In between slices, layer mashed avocado, basil, red onion, and spinach
- Cucumber Boats – scoop out center seeds and fill with tuna, salmon, or chicken salad
- Avocado – Cut in half length-wise, remove pit, add fillings like tuna or salmon

WRAP IDEAS:

- Large Romaine leaves, Collard Green leaf or Cabbage Roles
- Allowable gluten-free bread

Toast

- Stir-fry broccoli, chard, onion and tomatoes with a little coconut aminos or gluten-free tamari. Top with a fried egg and cashews.
- Gluten-free breads if allowed

Rice

- Cauliflower
- Any array of vegetables make for a nice substitute for rice in stir-fries

Gluten-Free Alternatives

(CONTINUATION)

TO REPLACE

USE

Cereals

- Nut and Seed Granola

Breading

- Almond Meal
- Allowable Rice Cracker – grind up
- Coconut flour

Pasta

- Zucchini and carrots (try a julienne peeler, spiralizer, or simply chop)
- Spaghetti Squash – bake and scoop out the “noodles”
- Cauliflower
- Replace lasagna noodles with wide slices of grilled or baked eggplant and zucchini

Gluten-Free Alternatives Recipe

Zucchini Noodles

DIRECTIONS

To prevent water-logged zucchini noodles, salt the “noodles” after you cut them but before cooking. Here’s how to do it:

- Place the “noodles” in a colander. Sprinkle liberally with sea salt.
- Place the colander in the sink or over a large bowl because liquid will be pulled from the “noodles”.
- After 15 to 20 minutes, rinse well with fresh water. Then, gently squeeze any excess moisture from the noodles. Use raw or cooked.

Gluten-Free Alternatives Recipe

Basic Cauliflower Rice

INGREDIENTS

- Cauliflower
- Coconut Oil

DIRECTIONS

Shred cauliflower using the largest side of a grater OR pulse floret cuts in a food processor; the end product should resemble smallish grains of rice. Heat 1-2 tablespoon coconut oil in a large skillet over medium heat. Add cauliflower and stir-fry until soft but not mushy texture.