



### Tofu as Cheese, and other Dairy Alternatives

It took me several years to transition from vegetarian to vegan, and I had plenty of slip ups too! It is part of the transition process. My hardest thing was giving up dairy, I love cheese and milk and ice cream! I have found some great alternatives though that I love now! And I also feel so much better without dairy now that I don't miss it too much at all anymore.

Organic extra firm tofu, organic olive / coconut / sesame oil, sea salt, organic lemon juice (optional) - pour the oil, sea salt, etc over a couple chunks of cold tofu (no need to heat it, it's already cooked) and eat like you would feta or fresh mozzarella cheese. So yummy! Try mixing it into spinach or green cabbage salad with raw sunflower seeds and lemon to taste like feta or with tomatoes and basil or rosemary with olive oil or sesame oil to taste like fresh mozzarella. Yum! Plus it's good for women's hormones (helps put estrogen into the body) and it is no cook! :)

For a substitute for yogurt or ice cream, pour a little boiling water over oatmeal and let cool a few minutes. Will form a pudding like consistency after it sits for a little while, Add in soy / rice / coconut / almond / oat milk, a little agave syrup if you want, fresh fruits, dried fruits, favorite raw nuts and seeds, cinnamon, sea salt, etc. - whatever you like really - and it is a delicious substitute for yogurt or ice cream. Yum :)

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