

## Tip Sheet:

# Baking and Dairy Substitutes



- ❖ For 1 c milk:
  - 1 c rice, soy, or nut milk OR
  - 1 c goat, coconut, or oat milk OR
  - 1 soy, nut, or goat non-dairy powder reconstituted to equal 1 c
  
- ❖ For 1 c yogurt:
  - 2/3 - 3/4 c non-dairy milk (rice, soy, nut, oat, coconut)
  
- ❖ For 1 tbsp butter:
  - 1 tbsp oleo, vegetable shortening, or canola oil spread OR
  - 2 tsp cooking oil
  
- ❖ For 1 c buttermilk:
  - 1 tbsp cider vinegar or fresh lemon juice PLUS 1 c non-dairy liquid
  
- ❖ For 1 c evaporated skim milk:
  - 1 c rice or soy concentrate, undiluted OR
  - Soy, rice, or goat non-dairy powder mixed double-strength in 1 c
  
- ❖ For 1 tbsp dry milk powder:
  - 2 tbsp soy parmesan
  
- ❖ For 8 oz. cream cheese:
  - 8 oz. silken tofu (creamed)

### Notes:

- ❖ Goat milk is not an appropriate substitute for milk allergies
- ❖ Oat milk is not an appropriate gluten-free substitute

**Source:** *The Special Diet Series* by Savory Palate Press

Tina Turbin, Founder of <http://GlutenFreeHelp.info>

**Your Dependable Celiac and Gluten-Free Resource Guide**

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