

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

This Tip Sheet is property of TTAT Inc., and for permission to copy or use please contact info@GlutenFreeHelp.info.