

# Ultimate Allergy-Friendly Baking Guide

## Milk

DAIRY-FREE MILKS CAN BE SUBSTITUTED 1:1 FOR TRADITIONAL MILK WHEN BAKING.

- ALMOND MILK
- SOY MILK
- COCONUT MILK
- RICE MILK
- OAT MILK

## Buttermilk

YOU CAN CREATE AN EASY BUTTERMILK SUBSTITUTE BY COMBINING 1 CUP OF YOUR PREFERRED DAIRY-FREE MILK WITH 1 TSP OF LEMON JUICE OR APPLE CIDER VINEGAR.

## Yogurt

- COCONUT CREAM - ALLOW A CAN OF FULL-FAT COCONUT MILK TO SETTLE, SKIM CREAM OFF THE TOP
- PUREED SILKEN TOFU
- STORE-BOUGHT DAIRY-FREE YOGURT - THERE ARE A GROWING NUMBER OF DAIRY-FREE YOGURT OPTIONS AVAILABLE IN MOST HEALTH FOOD STORES, INCLUDING SOY-, ALMOND-, AND COCONUT-BASED "YOGURTS."

## Eggs (ONE EGG)

- EGG REPLACER (LIKE ENER-G OR BOB'S RED MILL)
- FLAX OR CHIA "EGG" - 1 TBSP FLAX/CHIA MEAL, 3 TBSP WATER
- 1/4 CUP CANNED PUMPKIN
- 1/4 CUP APPLESAUCE
- 1/4 CUP PUREED SILKEN TOFU
- 1/2 BANANA

## Butter

- THE EASIEST SUBSTITUTE FOR BUTTER ARE THE DAIRY-FREE BUTTER STICKS THAT ARE WIDELY AVAILABLE IN GROCERY STORES, LIKE EARTH BALANCE (THIS BRAND ALSO HAS SOY-FREE OPTIONS, FOR ANYONE WITH SOY ALLERGIES).
- OTHER BUTTER SUBSTITUTES INCLUDE:
  - AVOCADO
  - COCONUT OIL
  - CANOLA OIL
  - OLIVE OIL

## Flour

- STORE-BOUGHT GLUTEN-FREE FLOUR MIX
- MAKE YOUR OWN GLUTEN-FREE ALL-PURPOSE FLOUR BLEND. FOR ONE CUP, JUST COMBINE:
  - 1/2 CUP RICE FLOUR
  - 1/4 CUP TAPIOCA STARCH/FLOUR
  - 1/4 CUP CORNSTARCH OR POTATO STARCH

## Honey

- AGAVE NECTAR
- MAPLE SYRUP