



ALLERGEN SUBSTITUTION CHEAT SHEET

Allergen

Safe Substitution Options

1 cup Milk

1 cup Rice Milk
1 cup Hemp Milk
1 cup Oat Milk (not usually gluten free)
1 cup Almond Milk (not nut-free obviously)
1 cup Soy Milk
1 cup Rice Milk + 1 Egg yolk for each cup
(for replacement for full fat milk)
1 cup Coconut Milk
1 cup Water
1 cup Water + 1 Egg yolk for each cup

1 cup Buttermilk

1 cup Plain Rice, Soy, Oat, OR Hemp Milk +
1 Tbsp Lemon Juice per cup (allow to sit for 5
minutes to “sour” before using)
1 cup Plain Rice, Soy, Oat, OR Hemp Milk +
1 Tbsp Apple Cider Vinegar per cup (allow to sit
for 5 minutes to “sour” before using)
1 cup Plain Dairy-Free Yogurt + 1 Tbsp Lemon
Juice or Vinegar (allow to sit for 5
minutes to “sour” before using)

1 cup Yogurt

1 cup Soy Yogurt
1 cup Rice Yogurt
1 cup Coconut Milk Yogurt
1 cup Fruit Puree
1 cup Unsweetened Applesauce

8 Tbsp Butter (1 stick)

8 Tbsp Earth Balance Vegan Buttery Sticks
8 Tbsp Earth Balance Vegan Buttery Spread
8 Tbsp Spectrum Organic Shortening
8 Tbsp Fleischmann’s Unsalted Margarine
8 Tbsp Organic Canola Oil
8 Tbsp Coconut Oil
8 Tbsp Olive Oil (Not for baking though)

ALLERGEN SUBSTITUTION CHEAT SHEET (continued):

1 cup Cheese

Vegan Cheese Alternative:

Cheezly by Redwood Foods

Daiya Vegan Cheese (also Soy-Free)

Teese Vegan Cheese

Follow Your Heart Vegan Cheeses

Parma! Vegan Parmesan (not Nut-Free)

8 oz Cream Cheese

8 oz Tofutti Better Than Cream Cheese

**8 oz Follow Your Heart Cream Cheese
Alternative**

1 cup Sour Cream

1 cup Tofutti Better Than Sour Cream

**1 cup Follow Your Heart Sour Cream
Alternative**

1 Cup Heavy Cream

1 cup Mimic Cream (contains tree-nuts)

1 cup Full Fat Coconut Milk

**2/3 cup Dairy-Free Milk of Choice + 1/3 cup
melted margarine (or vegan butter, or
canola, or coconut oil)**

1 cup Silk or Mocha Mix Brand Soy Creamers

1 Cup Light Cream

1 cup Mimic Cream (contains tree-nuts)

1 cup Silk or Mocha Mix Brand Soy Creamers

1 Cup Light Coconut Milk

1 Egg

**3 Tbsp Unsweetened Applesauce + 1 tsp baking
powder per egg called for**

**1 Tbsp Flax Meal + 3 Tbsp HOT water (mix
together and let sit for 5 minutes to set
and become "gel-like")**

**1 ½ tsp Ener G Egg Replacer + 2 Tbsp Water OR
Dairy-Free Milk (whisk until foamy and use
where you would add your eggs in recipe)**

3 Tbsp mashed bananas

**3 Tbsp fruit puree + 1 tsp baking powder for
each egg**

**4 Tbsp Pureed Silken Tofu (in blender) + 1 tsp
baking powder**

**3 ½ Tbsp prepared gelatin (following directions
on box)**

1 Egg White

1 Tbsp plain Agar Powder dissolved in 1 Tbsp water. Beat, chill for 15 minutes, beat again.

1 Cup Mayonnaise

**1 Cup Vegenaïse – Egg Free Mayonnaise
1 Cup Spectrum Light Canola Mayonnaise (Egg-Free)**

ALLERGEN SUBSTITUTION CHEAT SHEET (continued):

Nuts: Peanuts, Cashews, Almonds, Walnuts, Pecans, Pine Nuts, Pistachios, etc:

Equal Amounts:

**Toasted Coconut
Sunflower Seeds
Pumpkin Seeds
Crushed Cornflakes
Crushed Crispy Rice Cereal
Crushed Potato Chips
Perky's Nutty Flax Cereal
Perky's Nutty Rice Cereal**

1 cup Peanut Butter

1 cup Sunflower Seed Butter

1 cup Almond Butter

1 cup Sunflower Seed Butter

1 cup Cashew Butter

1 cup Sunflower Seed Butter

1 cup Corn Syrup

**1 cup Honey
1 cup Agave Nectar**