

Beans, Rice And Everything Nice

How to Substitute Dairy on a Whole-Foods Plant-based Diet

Form of Dairy	Cooking Method	Sustitutions
Milk	<ul style="list-style-type: none">• Baking, 1:1• Gravies, Sauces, Soups, 1:1	<ul style="list-style-type: none">• any liquid: water, juice, rice millk, soy milk, or nut or seed milk• any non-dairy milk as in baking• blend 1 cup of the soup or sauce base with 1/2 cup of cooked rice, beans or lentils• sprinkle with 1/2 cup mashed potato flakes• puree 1/2 the solids with a bit of the cooking liquid
Buttermilk	Baking, 1:1	<ul style="list-style-type: none">• 1 cup of milk soured with 1 tablespoon of lemon juice or vinegar
Yogurt	Baking and Eating, 1:1	<ul style="list-style-type: none">• any non-dairy yogurt
Cream	Baking and Cooking, 1:1	<ul style="list-style-type: none">• nut or seed based cream• avocado pureed with a little lemon or lime juice to prevent browning• soft or silken tofu blended until smooth
Sour Cream	Baking and Cooking, 1:1	<ul style="list-style-type: none">• strained non-dairy yogurt• nut or seed-based cream• soft or silken tofu blended with a little lemon juice (to taste)• avocado blended with lemon or lime juice
Butter	Baking, 1:1	<ul style="list-style-type: none">• applesauce, canned pumpkin, mashed sweet potato or regular potato• pureed soft or silken tofu• dried fruit pureed 2:1 with warm water• cooked beans, peas or lentils pureed with a little warm water (about 4:1)• nut butter blended with 1:1 with applesauce• pureed avocado (water added as needed)
Cheese	Baking, Garnishing, Sauces	<ul style="list-style-type: none">• any commercial vegan cheese product• nutritional yeast to taste• your favourite vegan cheese recipe

