

<b>Evaporated Milk/ Condensed Milk</b>	Coconut milk, non-dairy vanilla milk*	Equal
<b>Whipping Cream</b>	Non-dairy whip like soy whip, vanilla yogurt, Best option=go without!	Equal
<b>Cream Cheese</b>	Goat/ricotta cheese, silken tofu, Tofutti cream cheese, Neufchatel, pureed drained low-fat/skim cottage cheese	Equal
<b>Oil for Sautéing</b>	Low-sodium chicken/vegetable broth, fruit juice, coconut water, filtered water w/ seasonings, lemon/lime	As needed or to your taste
<b>Oil for Baking</b>	Pureed fruit or vegetables (see "butter subs" above) or use a <u>high</u> heat oil such as coconut oil	As needed or to your taste
<b>Cheese Sauce/ Parmesan Cheese</b>	Nutritional Yeast (inactive yeast powder), cashew cream*, tahini, Daiya Non-dairy Cheese	Equal or to your taste
<b>Sour cream</b>	Plain non-fat dairy/non-dairy yogurt, pureed silken tofu	Equal
<b>Buttermilk</b>	Dairy/non-dairy milk with apple cider vinegar or lemon	1 Tbsp. of vinegar/lemon juice w/milk choice per 1 cup buttermilk. Let sit 10 minutes.
<b>Table Salt</b> (bleached w/chemicals)	Celtic sea salt is wonderful, reduced sodium tamari soy sauce, lemon, chives, parsley, curry, paprika garlic, herbs and salt free spices/seasonings	To your taste
<b>Cream of Mushroom/ Condensed Soup</b>	Imagine Organic Creamy Portobello Mushroom Soup (non-dairy, 16oz box), or make it homemade*	Equal
<b>Ground Meat</b>	Lentils, beans, tempeh, firm organic tofu	Equal
<b>Gelatin</b>	Agar agar powder/flakes, arrowroot powder, xanthan gum, kudzu powder	1 tsp. powder per cup of liquid; heat slowly, stirring until thick. Strain & add to recipe.
<b>Heavy Cream/ Half &amp; Half</b>	Coconut cream, soy creamer, pureed silken organic tofu, cashew cream*, homemade dairy-free cream sauce using broth, nutritional yeast, etc.*	Equal. Opt: Add 3Tbsp. healthy oil per cup of cream/half & half
<b>White Vinegar</b>	Bragg's Apple Cider Vinegar (organic, unpasteurized, raw is best)	To your taste
<b>Mayonnaise</b>	Plain non-fat yogurt, mustard*, avocado, hummus*, dairy-free pesto*	To your taste
<b>Syrup</b>	Real genuine maple syrup (grade B is most nutritious), pureed fruit such as no added sugar applesauce* or mashed blueberries	To your taste
<b>Breadcrumbs</b>	Old-Fashioned oats, ground flaxseed, whole wheat sprouted bread/crackers, crushed nuts/seeds	Equal
<b>Milk Chocolate Chips</b>	Carob chips, grain sweetened choc chips, 60%+ dark choc chips, hand chopped dark choc pieces, raw cacao nibs	Equal