



Food Allergy Substitution Chart

Wheat Flour Substitutions

Common Wheat Free Flours

- Sorghum Flour
- Brown/White Rice Flour
- Sweet Rice Flour
- Tapioca Flour
- Potato Starch
- Buckwheat Flour
- Quinoa Flour
- Coconut Flour
- Almond Meal
- Xanthum Gum

Basic Gluten Free Recipe

- 1/2 cup rice flour
- 3 Tbsp Potato Starch
- 1 Tbsp Tapioca Starch
- 1/2 tsp Xanthum Gum
- * Substitutes for 1 cup of wheat flour

Milk Substitutions

Common Dairy-Free Milks

- Almond Milk
- Soy Milk
- Coconut Milk
- Rice Milk
- Oat Milk
- Hemp Milk

Buttermilk Substitute

Mix: One tablespoon vinegar
1 cup milk alternative

Light or Heavy Cream Substitute

You can use Silk or Mocha Mix brand soy creamers or light coconut milk as substitutes for light cream. Full fat coconut milk can be substituted for heavy cream. A coconut milk substitute will add coconut flavor to a recipe.

Sweetened Condensed and Evaporated Milk

Evaporated milk: simmer your alternative milk in a pan until it reduced by a little more than half. Approx. 3 c. milk will leave 1 c. of evaporated milk left at the end. Be careful not to scald it! Another alternative is to substitute coconut milk 1:1 in the recipe. (It will add a coconut flavor to the recipe.) You can make your own sweetened condensed milk substitute by adding sugar to your evaporated milk. Mix 1c. of evaporated milk with 1-1/4 c. of sugar. Heat until the sugar is completely dissolved. Cool. It will yield 1-1/2 c. It will keep in the refrigerator for several days.

Yogurt Substitutions

Common Dairy-Free Yogurts

- Almond Dream (Almond Yogurt)
- Ricera (Rice Yogurt)
- Do Delicious Coconut Yogurt
- Stonyfield Farm O Soy Yogurt

Medium Firm Silken Tofu

Medium Firm Silken Tofu will puree into a nice consistency, and may substitute yogurt using a 1:1 ratio. It doesn't have the tangy flavor of yogurt, and so is best in a recipe that just needs the moisture and not the flavor.

Egg Substitutions

Egg as a Binder (1 Egg)

- 1/2 of a medium banana, mashed
- 1/4 cup of applesauce (or other pureed fruit)
- 3-1/2 tablespoons gelatin blend (mix 1 cup boiling water and 2 teaspoons unflavored gelatin, and then use 3-1/2 tablespoons of that mixture per egg)
- 1 tablespoon ground flax seed mixed with 3 table spoons warm water; let stand 1 min. before using
- Egg replacement products: Ener-G brand Egg Replacer or Bob's Red Mill

Egg as a Leavening Agent

- 1-1/2 Tbsp oil mixed with 1-1/2 Tbsp water and 1 tsp baking powder (per egg)
- Egg replacement product: Ener-G or Bob's Red Mill

