

Ditching dairy has never been easier, and this chart will clarify some healthy swaps to get you on your feet!

DITCH	SWITCH	NOTES
Milk	Pea Protein or Oatmilk	High protein and vitamins. Less sugar than other nut milks. More traditional milk flavor. Cashew milk is great for baking. Coconut milk is also great for baking, whipping, or making creamer.
Butter	Kerry Gold butters	Clean process without contaminants
Creamer	Califia Farms	Almond Blends
Cream Cheese	Kite Hill	Plain and chive. Excellent for creating dips, creamed spinach, or just using as a spread.
Cheese	Kerry Gold, Natural goat cheeses (blocks, crumbles or spreads), Sheep cheese (feta, Romano)	Snacking, spreading, sprinkling can all still be done lactose free.
Protein Shakes	Blend with water, frozen fruit, banana or add a nut milk.	Slique by YL is Vegan YL Protein complete is lactose free but does have casein.
Milk Shakes	Full fat coconut milk is my favorite but oat milk is also delicious.	You just want to use a thicker milk and ice cream
Ice Cream	Nada Moo, Häagen-Dazs (dairy free)	Or see my super easy banana ice cream recipe.

PRO TIPS:

- Layering multiple cheeses helps with both texture and flavor.
- Nachos: create a cheese sauce with oat milk and favorite substitutes from above.
- Whipping or blending when creating anything “creamy” will give you a better texture.