

COMMON SUBSTITUTES FOR MILK AND MILK PRODUCTS

Use equal amounts for substitution (example: 1 cup rice milk = 1 cup milk)

MILK	BUTTER	CHEESE	ICE CREAM
water	non-dairy margarine**	goat cheese*	sorbet
fruit juice	goat's milk butter*	tofu	milk-free sherbet
goat's milk*	soft tofu	nut cheese products	tofu ice cream
nut milk	vegetable oil	soy cheese products	rice milk ice cream
rice milk	fruit puree		
non-dairy** creamer	non-dairy shortening**		
soy milk			

* If you are allergic to casein in cow's milk, you may also be allergic to the casein in goat's milk.

** Some non-dairy creamers may contain "hidden" forms of dairy. Pay careful attention to the ingredient labels.

SUBSTITUTIONS FOR ALL-PURPOSE FLOUR

1 cup all-purpose flour equals:

$\frac{7}{8}$ cup rice flour (brown or white)	1 cup corn meal
$\frac{3}{4}$ cup soy flour	1 cup tapioca flour
$\frac{5}{8}$ cup potato starch flour	$\frac{3}{4}$ cup chick pea flour
$\frac{3}{4}$ cup potato starch	$\frac{7}{8}$ cup garbanzo bean flour
1 cup corn flour	

COMMON SUBSTITUTIONS FOR EGGS

AS A BINDER	AS A THICKENER	AS A LEAVENING AGENT	AS A GLAZE
COMMERCIAL EGG REPLACER	COMMERCIAL EGG REPLACER	COMMERCIAL EGG REPLACER	MILK
ARROWROOT POWDER [use 1 Tbsp. for every cup of non-glutenous flour]	APPLESAUCE [¼ cup = 1 egg]	BAKING POWDER [1 tsp. = 1 egg]	BUTTER OR MARGARINE
GELATIN [Dissolve 1 tsp. in 3 Tbsp. boiling water. Freeze until thickened. Beat until frothy]	TAPIOCA FLOUR [use 1 Tbsp. for every cup of non-glutenous flour]	VINEGAR [1 tsp. = 1 egg]	FRUIT JUICE OR PUREE
BANANA [½ banana = 1 egg]	BANANA [½ banana = 1 egg]		WATER
TOFU [¼ cup = 1 egg]	TOFU [¼ cup = 1 egg]		
FLAX SEED [boil ½cup with 1 cup water for 15 minutes]	FRUIT PUREE [¼ cup = 1 egg]		