

Milk Alternatives

(available at most health food stores and natural health food sections of most grocery stores.)

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

As a “cream” substitute for coffee and tea, canned coconut milk works well as an alternative. It’s thicker and creamier than the other milk substitutes in cartons. Make sure you shake or stir the canned coconut milk well before using.

Most of the varieties of milk alternatives above come in many different forms and flavours (plain, vanilla, chocolate, etc.) Some are sweetened and some are not. You may need to experiment with many different types before you find one that suits you “taste”.

If a plain variety is too bland and a sweetened variety is too sweet, try mixing the two. If one is too “thick” then dilute with water. Be creative and you will find one(s) that work for you.

For children, there is a chocolate milk substitute that tastes almost exactly like regular chocolate milk. Almond Breeze brand of almond milk (Sweetened - Chocolate Almond Milk)

Yogurt Alternatives

Most health food stores and grocery stores now carry varieties of alternative “yogurts” to provide probiotics from non-dairy sources. Almond milk, coconut milk and soy milk forms of yogurt are readily available.

Non-dairy probiotics can easily be made at home as well. A simple Google search for home made non dairy yogurt will yield you literally hundreds of options in this regard.

Ice Cream Alternatives

Similar to yogurts, there are a wide variety of ice cream alternatives available in most health food and grocery stores. Soy and Coconut milk ice creams taste very similar to regular ice creams. These alternatives are a little more expensive than regular ice cream. They are also easily made at home with ice cream makers and can be flavoured and textured to suit your individual tastes.

Butter Alternatives

Margarine is still a dairy based product and should be avoided. There are several other vegan and non-dairy forms of butter alternatives available in health food stores. Also olive oils, coconut oils and other plant oils are often suitable alternatives.

There is a product called **Becel Vegan** which is a butter alternative that spreads, tastes and cooks almost exactly like real butter and is a completely vegan friendly product. **It is NOT** a margarine and **is NOT** a trans-hydrogenated “fake fat” as many of the other “margarines” are. It is a plant oil based product and will satisfy the “butter” craving of many dairy free skeptics.