

DAIRY-FREE FAVORITES



CANNED COCONUT MILK

Canned coconut milk is a good source of fat and provides a rich and creamy texture to recipes.

USE IN: Soups, smoothies, beverages, and sauces.



HEMP SEEDS

Hemp seeds are a good source of additional protein and fat - two nutrients that are common in most dairy products.

USE IN: Salads, soups, smoothies, crumbles, and parfaits.



PROTEIN POWDER (COLLAGEN)

Dairy products are often high in protein. Collagen Protein Powder helps maintain the ratios with a neutral flavor and even heats well.

USE IN: Smoothies, non-dairy yogurts, and parfaits.



COCONUT YOGURT

Coconut yogurt is a great non-dairy option to use in place of Greek yogurt. Mix with protein powder to achieve similar macronutrient ratios.

USE IN: Smoothies, parfaits, soups, and sauces.



NUTRITIONAL YEAST

Nutritional yeast is a great source of vitamin B12 and provides a flavor similar to cheese. TIP: Combine with equal parts almond flour and use in place of parmesan cheese.



CASHEWS

Cashews are high in fat, neutral flavored and, when soaked, can be blended into a delicious "cream".

USE RAW IN: Salads, parfaits, and crumbles.

USE SOAKED: Creamy sauces, smoothies, and soups.