

A collage of fresh vegetables including lettuce, tomatoes, potatoes, and avocados. The background features a variety of produce: a head of green lettuce on brown paper, sliced red tomatoes, a whole potato, a sliced orange, and two dark, round avocado slices on a wooden cutting board.

allergy substitutue list

OH HOW HEALTHY

Use these substitutions to make your recipe gluten-free, nut-free, dairy-free or egg-free

In the recipe:

“Nut Butter”

Options to choose from:

Peanut-Butter
Almond Butter
Cashew Butter
Macadamia Nut Butter
Sunflower Seed Butter (Nut-Free Option)
Soy Butter (Nut-Free Option)

In the recipe:

“Nut Milk”

Options to choose from:

Unsweetened varieties of :

Almond Milk (Dairy-Free)
Cashew Milk (Dairy-Free)
Coconut Milk (Dairy-Free)
Hemp Milk (Dairy-Free)
Oat Milk (Dairy-Free)
Flaxseed Milk (Dairy-Free)
Rice Milk (Dairy-Free)
Soy Milk (Dairy-Free /Soy-Based)
Organic Whole Milk

In the recipe:

“Chicken”

Options to choose from:

Turkey Breast
Ground Turkey
Steak
Ground Beef (Preferably Grass-Fed)
Pork
Lamb
Fish (Preferably Wild-Caught)
Black Beans (Vegetarian)
Lentils (Vegetarian)
Grilled Portabella Mushrooms (Vegetarian)
Organic Tofu (Soy-Based Protein)
Organic Tempeh (Soy-Based Protein)

In the recipe:

“Egg”

Options to choose from:

1 Chia Egg (1 Tbl Chia Seed & 2½ Tbl Water// Stir together and allow to sit for 3 minutes before adding to recipe)
Flax egg (1 Tbl Ground Flaxseed & 3 Tbl Water// Stir together and allow to sit for 3 minutes before adding to recipe)

In the recipe:

“Flour”

Options to choose from:

Coconut Flour (Gluten-Free)
Almond Flour (Gluten-Free)
Buckwheat Flour (Gluten-Free)
Rice Flour (Gluten-Free)
Whole Wheat flour
White Flour