

# GO-TO DAIRY-FREE SWAPS

## MILK

Oatly  
Silk Cashewmilk  
Almond Breeze  
Califia (almond, cashew, & coconut)  
Ripple (pea milk)  
Veggemo (pea & potato milk)  
Milkadamia (macadamia milk)  
Good Karma (flax milk)

## COFFEE CREAMER

Trader Joe's Vanilla Soy Creamer  
Silk Soy Creamer (Original & Vanilla)  
Califia Farms Almond Milk Creamer  
Wildwood Organic Soy Milk Creamer

## MELTY CHEESE & SLICES

So Delicious Shreds  
Follow Your Heart Shreds & Slices  
Miyoko's Vegan Mozz  
Field Roast Chao Creamery

## GOURMET CHEESE

Miyoko's  
Treeline  
Kite Hill  
Yvonne's Vegan Goatless Cheese  
Punk Rawk Labs  
SriMu  
VioLife  
Check your farmer's market or local health food store.

## CREAM CHEESE

Miyoko's  
Daiya  
Kite Hill  
Tofutti

## YOGURT

Kite Hill  
Silk  
Forager Project  
CocoYo  
The Coconut Collaborative  
So Delicious

## BUTTER

Miyoko's Vegan Butter  
Earth Balance Original  
Melt

## CONDIMENTS & SAUCES

Follow Your Heart (various dressings, sauces, and mayonnaise)  
Miyoko's Roadhouse Cheese Spread  
Victoria Vegan Alfredo Sauce  
Trader Joe's Vegan Pesto