

# Substitutions for Allergy-Free Cooking



By Sarah Schatz

SoulSeed Press; Substitutions for Allergy Free Cooking  
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Probably the first question you had when you first learned

you couldn't eat a certain food was, "What can I eat instead?" What I have found is that there is usually more than one answer to that question. I am continually amazed with how versatile the foods of this Earth are. Before I embarked upon this path of discovering different ingredients to substitute for the "normal" ones, I never would have imagined I'd be baking with flour made from nuts or making icing from coconuts!

Whoever said that "Necessity is the mother of invention," was probably a parent with a child with food allergies! The most wonderful part is, "the sky is the limit." I now look at a vegetable and try to use it in new and unusual ways. Making rice from cauliflower and noodles from zucchini are just two examples of how an ordinary vegetable can transform into something completely different.

Through creating the Nourishing Foods Menu Planners, I soon discovered that everyone has a different list of "no" foods that they either need to avoid or simply don't like. It was from this knowledge that I began offering substitution options for the recipes in the planners.

While the substitutions section has been widely used by the menu planner subscribers, I wanted to offer a reference book that would cover a wide range of substitutions for common and not so common foods that people need to eliminate from their diet.

Even though I have spent a lot of time researching each of these categories, this book still is a work in progress. I will be continually

adding to and revising it as I discover more substitutions for different foods. If you have ideas that are not yet a part of this book, I welcome your ideas. Please contact me at [sarah@heartofcooking.com](mailto:sarah@heartofcooking.com) to share your ideas.

## Dairy Products:

### Butter

- **Ghee:** is clarified butter that is used widely in Indian cooking. However, it is a great alternative for people who can't eat butter, because when the butter is clarified, the milk protein is removed. What is left is the oil, which most people can tolerate. It has a slightly different taste than butter.  
You can buy Ghee at most health food stores, but you can also make it yourself by simmering unsalted butter in a pot until all water has boiled off and the protein has settled to the bottom.
- **Cold pressed extra virgin olive oil:** Great for salad dressing but can also be used to "butter" veggies. You can also use it to sauté or fry food in place of butter.
- **Cold pressed extra virgin coconut oil:** Use coconut oil in cookie recipes and other baked goods in place of other oils or butter. It can be used for sautéing as long as the temperatures are not too high. Use in salad dressings, on toast instead of butter, in hot cereal, or even stir it into your tea or hot drinks. Buy cold pressed extra virgin coconut oil that has not been hydrogenated. The highest quality tastes like coconut. It is white semisolid in cool weather and creamy-colored oil in hot weather. It is also an antifungal, so if you have Candida overgrowth, you will want to introduce it into your diet slowly.
- **Coconut butter:** Coconut butter is made of finely ground coconut meat that still contains all of its valuable oil. Use in broth, soups, sauces, curries or just spread on toast for a treat. Mix with raw cocoa and honey to make a very yummy dessert. (See page 61 for a similar recipe). [Artisana](#) makes a brand of

coconut butter that is delicious. Look for it is your local health food store. You can also try the refrigerated section of Asian and Indian markets.

- **Nut and seed butters:** almond, cashew, peanut, sunflower, tahini (sesame seed), and macadamia are all great to replace butter for toast but not necessarily for baking.
- **Organic palm shortening:** Can be used in baking to replace butter or other shortening that may be hydrogenated
- ***Hakima's butter recipe***

1 part coconut oil

1 part flax oil

Chopped fresh herbs of your choice such as basil or mint.

Steps:

Melt coconut oil and add flax oil. Add fresh herbs and use on vegetables.

### **Butter Replacements:**

- **For toast:** Ghee, coconut oil, coconut butter, Hakima's butter recipe, nut or seed butters
- **For buttering veggies:** Ghee, coconut oil, olive oil, Hakima's butter recipe
- **For sautéing and frying:** coconut oil, olive oil, animal fat
- **For baking:** Organic palm shortening, coconut oil, part for part.
- **Candy and treats:** Coconut butter



## Yogurt

The following can be used in place of regular yogurt. However, some of these may be sweetened or contain ingredients you also need to avoid so you'll need to carefully read ingredients.

- Goat yogurt still has casein and lactose in it but is easier to digest. Note: homemade GAPS/SCD yogurt fermented at least 24 hours does not contain lactose.
- Rice yogurt: [Ricerafoods.com](http://Ricerafoods.com)
- Coconut yogurt and kefir: [Turtlemountain.com](http://Turtlemountain.com)
- "Nogurt" <http://www.nogurt.com/>
- Coconut milk from cans or watered down coconut cream made by "Let's Do Organic": These don't have probiotics in them but they can be used in place of yogurt in some recipes. You will want to add a little lemon juice or apple cider vinegar if the recipe needs the sour taste of the yogurt.
- Probiotic capsules for health benefit: If you can't find a yogurt with probiotics in it that works for your diet, find a capsule probiotic to take daily.

### Yogurt Replacements:

- **For smoothies:**  
Use dairy-free alternative or water  
Use a little water with extra banana  
Add 1 Tbsp. almond or seed butter and some liquid
- **For frozen yogurt ice cream recipes:** Use coconut milk, another alternative yogurt, or kefir of your choice
- **For Baking:** For recipes that call for yogurt, you can try using coconut milk or another non-dairy milk of your choice soured with a little lemon juice or apple cider vinegar. You can also use an alternative yogurt.

## Cheese

- **Rice cheese** (may contain casein in small amounts)
- **Almond cheese** (may also contain casein; contains nuts)
- **Goat cheese:** may be easier to digest than cow's cheese but still contains casein and possibly lactose
- **Recipes:** Make your own cheese sauces, dips and spreads out of ground cashews or blanched almonds, tahini, and nutritional yeast. See below:
- ***Cheese sauce recipe:***
  - ½ cup raw cashews
  - 1 1/4 cups water
  - 1 Tablespoon olive oil
  - 1 clove garlic, minced
  - ½ teaspoon salt
  - 1 teaspoon nutritional yeast (optional)

### Steps:

In a food processor, grind the cashews until they are very fine. In a small skillet or pan, heat the oil to medium-high heat, and then add the garlic. Sauté for a few minutes until slightly browned. Add the water, cashews, salt and nutritional yeast. Bring to a boil briefly to thicken it, and then reduce the heat. Stir the sauce continuously as it thickens. Enjoy on pasta, pizza or tacos.

### More Dairy Free Cheese recipes:

[Dairy free cheese #1 \(Uses agar flakes\)](#)

[Dairy free cheese #2 \(Uses gelatin\)](#)

## **Cheese Replacements:**

- **Pesto:** If you can eat nutritional yeast, it works well as a replacement for parmesan cheese in pesto, or simply delete the cheese from the recipe.
- **Tacos, pizzas, sandwiches, etc:** Use a dairy-free alternative or a dairy-free recipe for cheese, or simply delete from recipe.

## **About Nutritional yeast:**

This product is different from active yeast because it has been deactivated. I have read that because of this, it does not contribute to Candida overgrowth. However, many people tell me they cannot eat it and ask for substitutions for it in recipes.

For many recipes, you can simply delete the nutritional yeast, unless it makes up a large amount of the ingredients. In this case, you can increase the amount of cashews or other main ingredient called for.

**Cheese sauce:** For the above cheese sauce recipe, delete the nutritional yeast and enjoy as is.

**Other dairy-free cheeses:** For the other dairy-free cheese recipes, replace the yeast with 1 Tbsp tahini.

## **Get the book for FREE!**

This book is just a sample of the 72 page book.

You can get the entire book FREE when you pre-order a membership to the new menu planning site before January 31<sup>st</sup>, 2011.

[Preorder Here!](#)

I hope you enjoyed the sample of the dairy-free substitutions! If you have any questions about the book or the membership, please contact me at [sarah@heartofcooking.com](mailto:sarah@heartofcooking.com) or give me a call at 410-818-0878.

Have a beautiful day!