

# My Top Six Favorite Dairy Substitutes

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**1. Coconut Milk** - Canned coconut milk is a great substitute in soups, casseroles, cakes, muffins, and other baked goods. It adds the nice creamy texture that you would get from whole milk, cream, and sour cream. When coconut cream or coconut milk is mixed in with other ingredients, most of the time the coconut taste diminishes and it takes on more of the flavor of the other ingredients.

*Favorite brands: Thai Kitchen, Native Forest, Trader Joe's - Can be found at local grocers, Amazon, or Trader Joe's.*

**2. Nutritional Yeast Flakes** - This amazing ingredient has a wonderful cheesy flavor. It's perfect to add to any recipe where you're wanting to add a cheesy flavor. Examples would be any cooked vegetable, salad dressings, meat dishes, casseroles, and baked goods.

*Favorite brands: Now, Kal - Can be found on Amazon or in some specialty grocers.*

**3. Almond or Cashew Milk** - These two are my everyday go-to milks. I've been using unsweetened cashew milk more lately. Its texture is a bit creamier than almond milk. Either one works great for smoothies, baked goods, homemade ice cream, coffee, tea, any recipe that calls for milk.

*Favorite brand: Silk - Can be found at local grocers in the refrigerated section.*

**4. Mayonnaise** - Makes a wonderful thick base for creamy sauces that you would use in casseroles, dips, dressings, baked goods. It really adds that rich, fatty texture that you would get from sour cream or cream cheese.

*Favorite brand: Just Mayo - it's also soy free and egg free. Found at local grocery stores or Amazon.*

**5. Coconut Cream** - This is very similar to canned coconut milk but without the watery liquid that is normally in canned coconut milk. This is wonderful in baked goods, casseroles, etc.

*Favorite brands: Trader Joe's, Native Forest (they have a small can which is a lovely size - 5.4 oz. - I've only seen this size available on Amazon)*

**6. Butter Flavored Coconut Oil** - Absolutely delicious and it's the perfect butter replacement. It's great on toast, pancakes, warm muffins, on cooked vegetables, in baked goods where you want that buttery flavor. When I put it in baked goods, I usually use half coconut oil and half butter flavored coconut oil, just so it lasts longer.

*Favorite Brand: Nutiva- Found at Walmart and Amazon.*

**Here are some examples where I have used the above ingredients in my dairy-free recipes:**

**Easy Lasagna:** <https://mamashire.com/easy-lasagna-gluten-free-dairy-free/>

**Frosted Lemonade:** <https://mamashire.com/frosted-lemonade/>

**Buttery Lemon Pepper Broccoli:** <https://mamashire.com/buttery-lemon-pepper-broccoli/>

**Dairy-free Cheesy Cauliflower Rice:**

<https://mamashire.com/dairy-free-cheesy-cauliflower-rice/>

**Strawberry Shortcake:** <https://mamashire.com/strawberry-shortcake/>

**Chicken Broccoli Alfredo:**

<https://mamashire.com/chicken-broccoli-alfredo-gluten-free-dairy-free/>

I hope these substitutes help you with your dairy-free cooking! Best wishes with your cooking endeavors!

Love,  
Robin

Visit me at [MamaShire.com](https://MamaShire.com) for more dairy-free goodness!