



DAIRY FREE SUBSTITUTIONS

Bring your dairy-free 'A game' to any recipe. Try a simple swap, trading Silk for your dairy go-to, or go 100% dairy-free. With Silk, you don't have to go without, and it's easier than you might think!



DAIRY-FREE MILK SWAP

Makes 1 cup

DIRECTIONS:

Use Silk, cup for cup, in any recipe calling for dairy milk. For savory recipes, Unsweet works best.



DAIRY-FREE HEAVY CREAM SWAP

Makes 1 cup

DIRECTIONS:

Use Silk Original Soy Creamer to finish soups or sauces as you would heavy cream. Make sure to taste as you go, since there is a sweetish taste to the creamer. Use Silk Soy and Almond Creamers in place of heavy cream in ice cream recipes and some dessert recipes.



DAIRY-FREE EVAPORATED MILK SWAP

Makes 1 cup

YOU NEED:

- 2 ½ cups Unsweet Silk

DIRECTIONS:

Bring to a simmer in a saucepan over medium low heat and cook, whisking occasionally, until reduced to 1 cup, about 30 minutes. Cool before using.



DAIRY-FREE BUTTERMILK SWAP

Makes 1 cup

YOU NEED:

- 1 cup Original or Unsweet Silk
- 1 teaspoon vinegar

DIRECTIONS:

Combine and let sit for 5 minutes. Use in recipe as directed.



DAIRY-FREE SWEETENED CONDENSED MILK SWAP

Makes 3/4 cup

YOU NEED:

- 2 ½ cups Unsweet Silk
- ½ cup sugar
- ½ teaspoon salt

DIRECTIONS:

Bring all ingredients to a simmer in a saucepan over medium low heat and cook, whisking occasionally, until reduced by two-thirds, about 1 hour. Cool before using.



DAIRY-FREE SOUR CREAM SWAP

Makes 1 cup

YOU NEED:

- 1 cup raw cashews
- 1/2 cup Unsweet Silk
- 1 tablespoon lemon juice
- 2 teaspoons apple cider vinegar
- 1/8 teaspoon salt

DIRECTIONS:

Cover cashews with water and soak overnight. Drain and add to high-powered blender with Silk, lemon juice, vinegar and salt. Blend until thick and smooth. Cover and refrigerate.



DAIRY-FREE GREEK YOGURT SWAP

Makes 3/4 cup

YOU NEED:

- 1 cup (plain or flavored) Silk Almond or Soy Dairy-Free Yogurt Alternative

DIRECTIONS:

Line a fine mesh strainer with cheesecloth and place strainer over a bowl. Spoon Silk into strainer. Refrigerate overnight until some of the liquid has drained out and yogurt alternative has thickened. (Note: This will not result in the same protein content as dairy Greek yogurt.)



DAIRY-FREE SWEET CREAM CHEESE SWAP

Makes about 1/2 cup (Note: recipe makes sweet cream cheese)

YOU NEED:

- 1 cup (plain or flavored) Silk Almond or Soy Dairy-Free Yogurt Alternative

DIRECTIONS:

Line a fine mesh strainer with cheesecloth and place over a bowl. Spoon Silk into strainer and refrigerate for 24 hours until all liquid has drained out and yogurt alternative is very thick and spreadable like cream cheese.



DAIRY-FREE HEAVY WHIPPING CREAM ALTERNATIVE

DIRECTIONS:

Use Silk Heavy Whipping Cream Alternative cup for cup like dairy to jazz up soups, sauces and casseroles. Or whip it and add a dollop (or two) to desserts, fruit, and more!