



## WHERE IS MILK HIDDEN?

Custards	Ice Cream
Puddings	Sherbet
Bread (wheat, white and rye)	
Ovaltine	Batters
Malted Milk	Waffles
Milk Chocolate	Pancakes
Chocolate Creams	Bisquick
Filled candy bars	Tortilla chips
with Nougat	Ranch style potato
Soufflés	chips
Omelets	Gravies
Au gratin dishes	Fritters
Cookies	Cream sauces
Cake	Frankfurters
Crackers	Sausages
Saltines	Hot cocoa
Processed meats	Wienerschnitzel
Ranch Dressing	Malts

## MILK FREE SAUCES AND DRESSING

Mix Mayonnaise with any of the following:

- Curry
- Mustards
- Dried minced onion &/or Garlic
- Beau Monde Spice

Thin with a little Italian dressing if desired.

## COCO LOCO DELIGHT

1 Cup of Almond Milk

1 Cup of Coconut Milk

Dash of vanilla

Add a few cubes of ice, blend till smooth & frosty!

## MILK REPLACERS

If a recipe calls for milk, try replacing it with:  
Fruit Juice (but reduce the amount of added sugar.)

To substitute butter, try using olive oil, vegetable shortening, soy butter, or pureed tofu (this works well as a thickener)

## HOW TO TURN NUTS INTO MILK

Blanch nuts and remove skins. Grind in food processor with a little water. Combine with 2-3 times amount of water. Refrigerate for a couple of hours and then strain through cheese cloth.

**Rice milk:** increases sweetness, so decrease sugar in baked goods.

**Cashew milk:** Cashew nuts can be ground in a blender and mixed with water to form a cream substitute. Add honey and vanilla extract to taste and dilute further to make cashew milk.

Ground almonds and creamed coconut can also be used to substitute cream.

## SOY NON DAIRY SMOOTHIE RECIPE

1 Banana, cut into chunks

½ cup strawberries

½ cup of soy milk

½ cup of ice cubes

Blend all together until a smooth texture is formed. If the smoothie is not sweet enough, add honey, more strawberries or another sweetener.

## HOMEMADE RICE MILK FOR COOKING

2 Cups of water

1 cup of short grain brown rice

2 Cups of hot water

Bring the first 2 cups of water to a boil in a medium saucepan. Add the uncooked short grain brown rice, return to a boil, reduce heat, and simmer for 45 minutes. Combine the well-cooked rice and the 2 cups hot water in a blender until smooth.

HINT: (Leave the center of the blender lid off and cover the whole lid with a folded kitchen towel -- this will prevent the hot air from exploding the mixture out of the blender.)

## What does **KOSHER** mean?

There are 2 kosher symbols to determine if a product is milk-free.

"D" or the word "dairy" on a label next to "K" or "U" (usually found near the product name) indicates presence of milk protein, and a "DE" on a label indicates the product was produced on equipment shared with dairy.

## BIG WORDS THAT ARE NOT MILK

Calcium lactate	Oleoresin
Calcium stearoyl lactylate	Sodium lactate
Sodium stearoyl lactylate	Cocoa Butter
Cream of tartar	

## WHAT MILK IS NOT IN!

Mayonnaises	French bread
Graham crackers	Rice wafers
Popsicles	Gelatin
Fruit ice	Meringue
Angel Food Cake	Macaroni
Rice	Noodles
Bouillon	Spaghetti
Broth	Vegetable juices
Consommé	Catsup
Jam/Jelly	Sherbet & Sorbets

\*The majority of the time these foods do not have milk, but always check labels