



IF YOU HAVE A MILK ALLERGY, LACTOSE INTOLERANCE, OR JUST WANT TO GO PLANT-BASED, YOU HAVE OPTIONS!!

# BUTTER SUBSTITUTIONS

YOU CAN REPLACE DAIRY BUTTER WITH STORE-BOUGHT OR HOMEMADE BUTTER MADE FROM ONE OF THESE\*



SOY



VEGETABLE OIL



TREE NUTS



PUMPKIN PUREE



VEGETABLE SHORTENING



AVOCADO



APPLESAUCE

OR YOU CAN SWAP OUT BUTTER IN RECIPES WITH ONE OF THESE\*

\*JUST DON'T REPLACE ONE ALLERGEN FOR ANOTHER!

## MAKE VEGAN BUTTER

**NEED:** 1/3 cup of plant based milk, 1 tsp of apple cider vinegar, 1 tsp of nutritional yeast, 1 cup melted refined coconut oil, 1/2 teaspoon salt, 2 tbsp of vegetable or avocado oil, and a pinch of tumeric.

1. Mix milk and vinegar in a cup and stir until it curdles into buttermilk (~10 mins).
2. Pour coconut/vegetable oil, buttermilk mixture, yeast, salt, and tumeric into blender and blend until creamy smooth.
3. Pour mixture into butter dish or mold and refrigerate until set. Chill and enjoy!



FARE