

# *The Ultimate Ingredient Substitution Cheat Sheet*

Quick swaps to keep your gluten-free & dairy-  
free cooking stress-free

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## Dairy Substitutions

Ingredient	Substitution Options	Notes
Milk	Almond milk, Oat milk, Coconut milk	Match flavor: oat = neutral, coconut = sweet, almond = nutty
Butter	Coconut oil, Vegan butter, Olive oil	1:1 swap, but olive oil works best in savory dishes
Heavy Cream	Coconut cream, Cashew cream	Use chilled coconut cream for whipping

## Flour Substitutions

Ingredient	Substitution Options	Notes
All-Purpose Flour	Gluten-free Measure for Measure blend, Almond flour, Oat flour	GF blends work 1:1, others may need binding agents
Bread Flour	Gluten-free Measure for Measure blend	For chewy texture in breads
Cake Flour	GF blend + 2 Tbsp cornstarch per cup	Keeps baked goods light

Become a *Basic Member* to  
unlock additional substitutions:

1. Sugar
2. Eggs
3. Meat
4. Cheese
5. Miscellaneous