



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



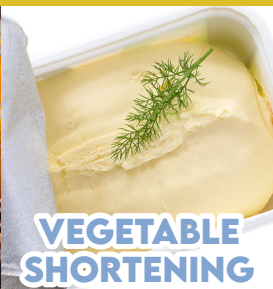
VEGETABLE
OIL



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