









Butter Substitutes


Parve

Definition: Parve is a Hebrew term (pareve is the Yiddish term) describing food without any meat or dairy ingredients. Fish, eggs, fruits and vegetables are parve. **So, Parve means dairy free.** Many dairy free products will show this in small print making shopping easier!

<p>Country Crock with Calcium & The Original</p> 	<p>Country Crock- 45 calories/tablespoon. Least expensive, most available of the options. Does NOT list dairy or gluten as an allergen. They hide the fact it is dairy free.</p>	<p>Country Crock Sticks</p> 	<p>Widely available. Also available are Country Crock Plant Based Margarines that proclaim they are dairy free.</p>
<p>Buttery Spread with Flax</p> 	<p>Buttery Spread with Flax Parve & gluten free. 50 calories per tablespoon. VERY firm refrigerated, but good flavor. Available at Kroger, Bakers, Publix, some commissaries or Costcos.</p>	<p>Organic Buttery Spread</p> 	<p>Other vegan Smart Balance: Original; Omega 3, Extra Virgin Olive Oil; Light Omega 3, Light Extra Virgin Olive Oil, Low Sodium</p>
<p>Smart Balance Sticks</p> 	<p>May be available where Smart Balance is sold.</p>	<p>I Can't Believe-Vegan</p> 	<p>Spotty availability.</p>
<p>Earth Balance</p> 	<p>Earth Balance-sticks and tub- ALL 6 flavors/options are dairy free. Widely available, but most expensive.</p>	<p>Pure Blends Buttery Spread</p> 	<p>Pure Blends Buttery Spread- Some like but least dairy like, somewhat expensive. Least popular.</p>
<p>Crisco</p> 	<p>Butter is 80% fat and 20% moisture so if using Crisco instead, reduce the amount of shortening by 20% and consider if you need to increase moisture by 20%.</p>	<p>Miyokos</p> 	<p>Most expensive, expanding availability but people rave about it.</p>

Note also that applesauce can be used instead of oil-“google” substitution ideas. Vegetable broth or canola oil can be used when sautéing vegetables instead of butter. Both Crisco regular AND butter flavor are vegan and are often used in lieu of stick margarine when desired.

Cheese Substitutes




<p>Daiya Shreds</p> 	<p>Daiya Shreds Multiple flavors available in most grocery stores and commissaries in refrigerated health food section.</p>	<p>Go Veggie-WARNING</p> 	<p>Go Veggie- Vegan/purple banner ONLY available in DoD commissary MAYBE Wal Mart. Green banner lactose free has cancer causing casein. Avoid</p>
<p>Miyokos</p> 	<p>Miyokos is the most expensive but favorite for those who can afford. Available at Kroger, Sprouts etc.</p>	<p>Follow Your Heart</p> 	<p>Follow Your Heart – Slices, Parmesan & shreds. Tasty. Whole Foods, Sprouts. Most preferred brand.</p>
<p>SOME Aldi</p> 	<p>Some Aldi have vegan Mozzarella. Some say it tastes like Trader Joe's at a fraction of the price.</p>		

Kite Hill was purchased by General Mills. Available at Whole Foods and hopefully at more stores, soon!

Field Roast apparently has some plant based cheeses, too.

Nutritional Yeast. Don't forget, cooks use nutritional yeast to give dishes a cheesy taste and color, spikes the B-12 content of a dish, too. More info here. <https://happyherbivore.com/2011/08/what-is-nutritional-yeast/>



Safe Chocolate Chips

<p>Kroger/Baker's brand Private Selection Dark Chocolate</p>  <p>Chunks</p>	<p>Best flavor, available in all Kroger brand stores.</p>	<p>Kroger/Baker's brand Simple Truth organic</p> 	<p>Kroger/Baker's brand Simple Truth -Accidentally vegan, decent price, fair flavor.</p>
<p>Simply Delicious Semi-Sweet Chocolate Morsels by NESTLÉ about the same taste as Kroger brand but a bit more expensive. Intentionally dairy free.</p>		<p>Enjoy Life Enjoy life, orange bag, in health food section. Mini chips. Intentionally vegan, soy & gluten free.</p>	

Note: For all accidentally vegan products, ALWAYS read the label as manufacturing can/does change.


Kirkland (Costco) not avail. in stores but can buy via Amazon or Costco online. Good flavor.

Coffee Creamer

<p>Coffee Rich</p> 	<p>Coffee Rich Commissary & according to the web site is ONLY at the the Kroger at 4115 Columbia Rd, Augusta, GA. Really inexpensive.</p>	<p>Silk</p> 	<p>Silk Many flavors, commonly available in grocery stores.</p>
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So Delicious, Califia Farms, Ripple all make vegan creamer. Generally in the dairy isle with the dairy creamers.

Ice Cream

<p>Breyer's</p> 	<p>Breyer's SAME prices as their non-vegan, soft, delicious. Lactose free is NOT vegan, only the dairy free, only 2 flavors. At Wal Mart in Augusta, GA area.</p>	<p>Kroger-many stores have Kroger brand vegan Butter Pecan, Vanilla or chocolate. Butter Pecan & Vanilla are both very good. No real price savings but look for digital coupons.</p>	



So Delicious, Dream, Luna & Larry's Coconut Bliss, Nada Moo, Amy's. These brands only sell vegan ice cream and at least some are generally available in any store.

Aldi Some Aldi carry some or all 3 of their flavors of Almond Milk or Oat Milk at not much of a savings over named brands. Almond milk is "ok", oat milk seems very 'whipped' like a mousse and not a lot of flavor.

These non-vegan brands do carry a vegan/dairy free ice cream(s)- Ben & Jerry's, Halo Top, Haagen Daz.



Trader Joe & Target have vegan store brand ice cream.

Mayo Substitutes

<p>Hellmann's Vegan Carefully Crafted Dressing</p> 	<p>Walmart, Kroger, Bakers, all major chains & many commissaries carry. In the mayo isle. Least expensive option.</p>	<p>Vegenaise-Miracle Whip like</p> 	<p>Vegenaise Kosher & Gluten-Free. Refrigerated in the health food area of most chains. Most expensive.</p>

Sour Cream-Follow Your Heart or Tofutti brands both make a vegan sour cream. One is usually for sale with the vegan cheeses near the tofu in the specialty refrigerated section.



Cream Cheese

Tofutti		Go Veggie	
	<p>Available at most any store.</p>		<p>Available at most any store. Plain or Strawberry</p>

Daiya or Kite Hill or Violife or Follow Your Heart-some grocery stores carry these brands Cream Cheese.

Aldi- Some Aldi stores carry, it looks like Go Veggie and people like it.

Whipped Topping

So Delicious Whipped		Reddi Whip	
	<p>Available at most any store near the Cool Whip tubs. Truwhip is a similar product.</p>		<p>Available at most any store. Almond or Coconut both taste great.</p>

WARNING-the Reddi Whip is really thick. Let it come to room temperature for about 10 minutes before using and shake really well or you will express all the air before the whip and then the whip is trapped in the can.

Whole Foods/Trader Joes-apparently have a store brand Reddi Whip.