

RECIPE SUBSTITUTIONS

Food allergies and sensitivities

Food allergies and sensitivities don't need to get in the way of becoming a power chef. These recipe substitutions can be used to modify many recipes into a yummy and safe treat.

PEANUT AND TREE NUT SUBSTITUTIONS

Seeds – like pepitas (pumpkin seeds) or sunflower butter or seeds are great for granola, trail mix, in yogurt or on toast.

Legumes (beans) – roasted beans, like garbanzo beans, make a great crunchy, protein- and fiber-packed snack.

NOTE: *Some kids with peanut allergies are allergic to the whole legume family, including beans, peas and soy.*

SOY SAUCE SUBSTITUTION

Coconut aminos, can be a soy- and gluten-free alternative to soy sauce. Made from just two ingredients: coconut tree sap and salt.

EGG SUBSTITUTIONS

Children with egg allergies must avoid egg in all forms. In a typical recipe for baked goods, egg plays one of two roles: either as a binder (to hold the recipe together) or as a leavening agent (to help it rise).

Egg as a binder. One egg is often equal to any of the following:

- 1/2 medium banana, mashed
- 1/4 cup applesauce
- 1 tablespoon ground flax seed mixed with 3 tablespoons warm water, let stand for 1 minute before using

Egg as a leavening agent. One egg is equal to these ingredients combined:

- 1 1/2 tablespoons vegetable oil (like canola) +
- 1 1/2 tablespoons water + 1 teaspoon baking powder

NOTE: *Commercial egg substitutes are also available – general rule of thumb, if recipe calls for 3 or more eggs, the egg substitute doesn't work.*

MILK AND MILK PRODUCT (DAIRY) SUBSTITUTIONS

All of these milks can typically be replaced in recipes one-for-one:

- Almond milk
- Cashew milk
- Coconut milk
- Flax milk
- Hemp milk
- Oat milk
- Rice milk
- Soy milk

Substitutions for yogurt and cheese are also available:

- Coconut-based
- Nut-based
- Pea-based
- Soy-based

NOTE: *Read the ingredients carefully, even if it says “non-dairy,” because it may still have casein in it, which is a milk protein. Goat milk is not considered a safe alternative for those allergic to milk.*

WHEAT AND GLUTEN-FREE SUBSTITUTIONS

- Ground rolled oats (must be labeled Certified Gluten-Free)
- Garbanzo bean (chickpea) flour
- Almond flour
- Potato starch
- Rice flour
- Tapioca starch

NOTE: *Measurement when replacing wheat flour with other flours may not be one-to-one, so be sure to read instructions on the package for how to accurately replace one with the other.*

SAFETY FIRST!

Always read the food packaging to help ensure these allergens are not present or have not come in contact with an allergen, which is often labeled with “may contain” statements and/or “manufactured in a facility that also processes” the particular allergens. Small traces of allergens can cause allergic reactions.