

Lucy Sugars

DAIRY ALTERNATIVES

MILK

- Oatly Barista (fortified with calcium & iodine). Best in coffee
- M&S Cashew, Soya or Almond milk (fortified)
- Mighty Pea Unsweetened (fortified)
- Koko (fortified). Best in porridge
- Rebel Kitchen Semi Skimmed (not fortified). Tastes most like milk

BUTTER

- Olive oil, coconut oil, rapeseed oil
 - Mashed avocado or hummus on bread
 - Dairy free spread - ideally from olive oil (careful as some contain milk)
- All spreads are essentially margarine and may not be very good for you.

YOGHURT

- Koko (fortified)
- Coyo
- The Coconut Collaborative
- Nush foods (tastes the best!)

CHEESE

- Nush foods cream cheese & cream cheese with chive. Best taste
- Engevita Nutritional Yeast Flakes. Good to add a cheesy flavour to dishes like risotto

CREAM

- Oatly Cream - good for pouring over fresh or stewed fruit, crumble
- Elmlea Plant Based Cream - good for whipping
- Coconut Cream - good in curry or dahl

ICE CREAM

- Just for a treat now and again!
- Booja Booja Hunky Punky Chocolate Ice Cream (soya free, contains nuts)
 - Magnum Vegan Almond (free from soya, contains nuts)
 - Swedish Glace (contains soya)
 - Or make your own... blend dairy free milk with a high fat content e.g. coconut based milks or nut milk with fresh fruit and freeze.