

## GOING DAIRY FREE

**INSTEAD OF MILK :** Get unsweetened almond milk, coconut milk or hazelnut milk. If you need it to be a bit sweeter, melt some honey with warm water and mix in with the nut milk. You can get these nut milks at health food stores and most major grocery stores. I would not recommend using the commercial brands for long as they all have carrageenan in them as an additive. Carrageenan has been shown to cause intestinal inflammation when it is denatured which is about 25% of the carrageenan used. As soon as you can, graduate to making your own homemade nut milk which is EASY and way more delicious.

Rice milk and soy milk are not recommended. Rice milk is mostly refined carbohydrates, (23 gms. versus 2 gm in almond milk and no grams in coconut milk) . Soy milk must be organic to avoid genetically modified soy, however, all unfermented soy-organic or GMO, is estrogenic (raises estrogen levels in your body – 2 cups/day is enough to alter a woman’s menstrual cycle), and has lots of antinutrients that block your body’s ability to function properly. Soy is goitrogenic which means it can cause the enlargement of your thyroid and therefore create thyroid dysfunction.. Soy also can cause digestive stress, immune system breakdown and block the absorption of critical nutrients.

### **INSTEAD OF CHEESE :**

The best brand of “fake cheese” is **DAIYA**. Make no mistake, this is not a food, it’s a food chemist’s best approximation of something that acts like cheese. Occasional use of this is fine, but it has nothing to do with enhancing health. It’s an OK, every once in awhile cheese mimic. It comes grated.

**Nut cheeses** are fabulous. They are simply made by fermenting ground nuts with lemon juice and adding different flavors, if desired. See my “nut cheese” sheet.

In the long run, adapt to a diet with no cheese or milk. Commercial nut milks and fake cheeses are highly processed, it’s way better to learn how to make your own nut milks and nut cheeses. Easy Peasy!

### **SAUCES AND GRAVIES :**

**Cashew gravy** is a fabulous alternative to milk based gravies. Take about a handful of cashews and a cup of water and blend. (The consistency you’re going for is like cow’s milk). Put in a saucepan , add Bragg’s Liquid Aminos or Tamari and some onion flakes if you want. Heat and stir. As it heats, you will see that it begins to thicken into a lovely gravy.

This takes 5 minutes max. Delicious on greens, veggies, and brown rice.

Use **hummus** thinned out with water and lemon juice as a sauce as well as **salsa, spaghetti sauce, and tomato paste thinned with water and mixed with horseradish**. These are all delicious sauces.

