Ingredients
250g shredded unsweetened coconut

Special Equipment
Blender or food processor

Coconut Butter

Directions

1. Pour the shredded coconut into the bowl of a large food processor fitted with an "S" blade, or into the blender and begin processing.
2. After 1 to 2 minutes, scrape down the bowl of the processor or jug of the blender and continue processing again.
3. In just about 5 to 8 minutes, the coconut should become quite runny and you'll hear a "sloshing" sound from the food processor / blender like its suddenly blending liquid. That's when the coconut butter is ready!
4. Store the coconut butter in a sealed glass or mason jar at room temperature for up to a week, or in the fridge for up to a month, keeping in mind that chilled coconut butter will solidify.

Almond Butter

Directions

1. Always use DRY nuts, either soaked and dehydrated, or un-soaked.
2. Pour the cashews into the bowl of a large food processor fitted with an "S" blade, or your blender and begin processing.
3. Continuously scrape down the bowl of the processor or the jug of the blender and continue processing for approximately 10 minutes.
4. After approximately ten minutes of processing (could be a bit longer or a bit less depending on

Ingredients
2 cups of organic soaked and dehydrated raw macadamia nuts

Special Equipment
Blender or food processor
Dehydrator

Macadamia Butter

Directions

1. Always use DRY nuts, either soaked and dehydrated.
2. Pour the cashews into the bowl of a large food processor fitted with an "S" blade, or your blender and begin processing.
3. Continuously scrape down the bowl of the processor or the jug of the blender and continue processing for approximately 10 minutes or until smooth and creamy.
4. After approximately ten minutes of processing, (could be a bit longer or a bit less depending on the strength of your food processor/blender).
5. Store in the refrigerator in a sealed glass or mason jar.

Ingredients
½ teaspoons ground nutmeg
2 teaspoons ground cinnamon
1 tablespoon raw honey
2 cups of organic soaked and dehydrated raw cashew nuts
Pinch ground ginger
Pink Himalayan Salt to taste

Special Equipment
Blender or food processor
Dehydrator

Pecan Pie Butter

Directions

1. Always use DRY nuts, either soaked and dehydrated, or un-soaked.
2. Pour the pecans into the bowl of a large food processor fitted with an "S" blade, or your blender and begin processing.
3. Continuously scrape down the bowl of the processor or the jug of the blender and continue processing for approximately 10 minutes.
4. After approximately ten minutes of processing (could be a bit longer or a bit less depending on the strength of your food processor/blender), your pecan butter recipe is basically ready.
5. Once you've got the consistency you like, stir in the spices by hand.
6. Store in the refrigerator in a sealed glass or mason jar.

Ingredients
1 cup
1 cup "raw" almonds, blanched and peeled (see note below)
½ teaspoon sea salt

Basic 3 Ingredient Dairy-Free Parmesan

By ingredients, this recipe is dairy-free / non-dairy, egg-free, gluten-free, grain-free, peanut-free, soy-free, plant-based, and vegetarian

Prep time 5 mins Total time 5 mins
Serves: 16 servings

Directions
1. If blanching and peeling your own almonds, pat the almonds dry to remove excess moisture.
2. Place all ingredients in a food processor or spice grinder, and blend into a fine meal.
3. Store in a sealed container in the refrigerator for up to 1 month for optimal freshness. It can also be frozen.

NOTE:
***Peeling Almonds**: You can buy peeled almonds, but if you can't locate them, it's fairly easy to do it yourself. Soak the "raw" unsalted almonds in boiling water for 5 minutes. Then rub the almonds between your fingers, the skins should pop off easily.*

This recipe has been adapted from the vegan classic, The Uncheese Cookbook.
Author: Adapted from Joanne Stepaniak
Recipe Source: http://www.godairyfree.org/recipes/dairy-free-parmesan

Egg Replacements

Applesauce

Use it in baked goods that call for eggs. (See Recipe for home-made apple sauce under Salsas & Sauces). Substitute ¼ cup applesauce for 1 egg. It binds and moistens just like an egg but without the cholesterol.

Banana

Similar to applesauce, mashed bananas bind and moisten in any baked good recipe. Replace the same amount as applesauce, too: ¼ cup to 1 egg.

Pumpkin

A wonderful seasonal egg replacer is pumpkin. Same principles as above—it binds and moistens. Use 1/3 cup of cooked mashed pumpkin to 1 egg. You can also use a winter squash such as acorn or butternut.

Flax Seeds

These healthy omega-fatty acid rich seeds get super slimy when wet. Use them ground up for best effect in baked goods. Substitute 1 tablespoon flax (mixed with 3 tablespoons water) for 1 egg.

Egg Replacements

Chia Seeds

Also full of healthy omega-fatty acids, chia seeds are also a great protein source. Use the same ratio as flax seeds: 1 tablespoon chia seeds soaked in 3 tablespoons water for a few minutes to replace 1 egg.

Potato

A great substitute in savoury recipes, you can use ¼ cup mashed potatoes to 1 egg.

Prunes

Prunes pureed with a little water make another easy egg substitute for baking. Use ¼ cup to replace 1 egg.

Olive Oil

In some baking recipes, all you need to add is an extra ¼ cup of olive oil to replace an egg!

Cornstarch

This is a really great binder, but make sure you find a non-GMO corn starch. Two tablespoons corn starch dissolved in 2 tablespoons water replaces 1 egg.

Coconut Aminos and/or Soy Sauce Replacement

If you are unable to get coconut aminos, this can be omitted but to bring the taste up you can create your own version of soy sauce / coconut aminos using the following recipe. Make a large batch and freeze in an ice cube tray. Pop one ice cube into your stews, stir fry, soups, in fact any dish that needs a bit of a 'lift' of flavour. Whilst the taste is not identical to that of soy sauce, it is very tasty with almost a sweet/sour taste and is low in sodium.

Ingredients

1/2 fresh yellow onion, chopped
2 fresh garlic cloves, peeled, halved, stem removed
2 fresh or dried bay leaves
3 sprigs fresh or dried thyme
1 tsp whole coriander seeds, crushed
1 tsp whole celery seeds, crushed
2 whole cloves
Salt and freshly ground black pepper
¼ teaspoon ground ginger
1 ½ cups clean spring water
4 teaspoons apple cider vinegar (adjust to taste)
2 teaspoons dark molasses or 2 teaspoons honey (add honey at the end after cooking to preserve enzymes)

Soy-Free Soy Sauce

Directions

1. In a saucepan over medium heat, stir together the vinegar, molasses (if using honey add honey at the end), all other ingredients and water.
2. Boil gently until liquid is reduced to about 1 cup, about 15 minutes.
3. Mash the contents to extract maximum flavour. Reheat for about 3 minutes.
4. Strain and pour into ice cube tray and freeze.
5. If using honey instead of molasses, add honey to the strained mixture
6. You can double or triple this recipe and fill a couple of ice trays for future use.

Other Replacements for Soy/Soya Products

Soy is STRICTLY prohibited on any DBM program – so to replace soy in order to follow a DBM program – without loosing your favourite recipes, we have found some suggestions for you online because foods like tofu, miso, and soy sauce are not acceptable.
A soy-free diet can be even harder if you're a vegetarian or vegan.

Edamame Substitutes

Green peas and fresh fava and lima beans are good substitutes.

Miso Substitutes

Miso is traditionally made from fermented soybeans, but chickpea or adzuki bean versions might possibly be available in your neck of the woods.

If you have the patience to wait a year, you can also go the DIY fermentation route (Sandor Katz is a good resource).

Tofu and Tempeh Substitutes

There is no substitute for these toxic products, but depending on the dish you may be able to use ingredients like mushrooms, chickpeas and other beans.

Soy Milk Substitutes

Replace with other milk alternatives such as our almond, rice, coconut or hemp seed milks. Rice and almond milk tend to be much lower in protein, although many of them do have other nutritional benefits. If it's protein you're after, consider hemp milk (which contains 10 essential amino acids).

Soy Sauce Substitutes

Soy sauce, shoyu, tamari, and Bragg Liquid Aminos are all made from soybeans. Instead, try coconut aminos made from coconut tree sap. However, if coconut aminos are not available in your area – please do try the recipe “Soy Sauce Replacement”. Whilst not an exact taste substitute, it certainly is healthier and quite pleasant.

Textured Vegetable Protein (TVP) Substitutes

This soy protein is often used as a substitute for ground meats. Similar textures can be achieved by using quinoa, or coarse bulgur.