



Now Find Data Sheet:

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# Dairy-Free Baking

Use our mobile app, **Now Find Dairy Free**, to help you find your favorite products.

## Baking Powder

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## Baking Soda

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Baking powder and baking soda themselves are dairy-free. Check the label for additives.

## Canned Chickpeas

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While it may not be the first ingredient you think of with dairy-free baking, the liquid from the Canned Chickpeas is used to make Aquafaba.

## Chocolate

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What is a kitchen without Chocolate? Happily, real Chocolate, or Cacao, is dairy-free.

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**Baking Chips**

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**Chocolate Bars**

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**Natural Unsweetened**

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**Cocoa Powder**

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**Unsweetened Baking Chocolate**

## Cream of Coconut

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Canned Cream of Coconut is a great pantry staple that is often used in dairy-free baking and desserts. It can be used as a thickener, or to make dairy-free whipped cream.

## Cream of Tartar

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## Dairy-Free Butter Substitutes

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## Dairy-Free Milk Powders

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## Dairy-Free Yogurts

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## Eggs

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Eggs are dairy-free and provide protein. They add moisture, act as a leavening agent, and are a binder in baked goods.

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## Flour

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Single Grain Flours are generally dairy-free, but Flour blends (especially gluten-free flour blends), pancake mixes and biscuit mixes often contain dry milk powder. Make sure to check the label before using.

## Gums

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Commonly used in gluten-free baking. Gums mimic the elasticity, texture and fluffiness that gluten provides baked goods.

### Xanthan Gum

This is a dairy-free Corn product. If you are allergic to Corn, please do not use this product.

### Guar Gum

This product is a dairy-free volume enhancer.

## Liquid Dairy-Free Coffee Creamer

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Liquid Dairy-Free Coffee Creamers are not only good in your coffee they are a great substitute for milk in recipes. I always have some on hand.

## Milks

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Cashew milk

Coconut Milk

Almond milk

Soy Milk

Rice Milk

Hemp Milk

## Olive Oil

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## Psyllium Husk

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Commonly used in gluten-free baking to improve structure and texture. Psyllium Husk is also a great source of soluble fiber.

## Shortenings

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## Spices and Extracts

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Most single Spices will be dairy-free, but Spice blends and mixes will often include additives. Make sure to check the label.

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## Starches

### Arrowroot Starch/Flour

Arrowroot Starch, Flour and Powder are all the same product. It can be used to lighten the texture of baked goods. Arrowroot Powder can also be used as a thickener in the same way as Corn Starch. If you are allergic to Corn, Arrowroot is a good substitute.

### Corn Starch

The thickener that your grandma and mom used, Corn Starch is commonly used to thicken pies, stews and gravies.

### Potato Starch

Unlike Tapioca Starch and Flour, Potato Starch and Potato Flour are not the same product.

### Tapioca Starch/Flour

Tapioca Starch and Potato Flour are the same product.

## Sugars

Sugars themselves are dairy-free, but commercially available sugars often contain additives. Make sure to check the label carefully.

### Confectioner's or Powdered Sugar

If you are allergic to Corn, you will need to avoid most commercially made Powdered Sugars, as Corn Starch is often added as an anti-caking agent.

### Granulated

### Light or Dark Brown Sugar

### Turbinado (Raw) Sugar

Excellent as a sweet, crunchy topping for muffins and pastries.

## Vanilla Extract

## Yeast

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