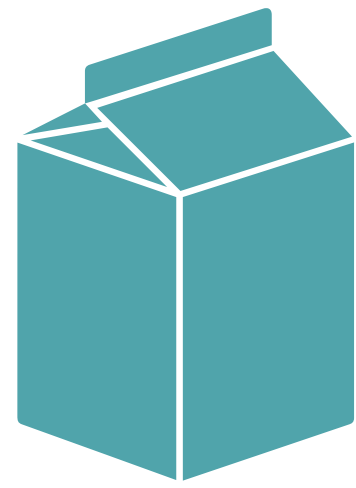


HOW TO MAKE MILK SUBSTITUTIONS



Substitution	How To Use
Evaporated Milk	Mix with an equal amount of water in a 1:1 ratio.
Powdered Milk	Reconstitute dry milk as directed on package instructions.
Cream or Half and Half	Mix with water in a ratio for 60% cream to 40% water.
Canned Coconut Milk	Skim coconut solids from can and replace amount in recipe.
Yogurt	Use amount in recipe. Thin out Greek yogurt with water. Kefir can be used as a 1:1 substitute.
Sour Cream	Substitute in equal amount. Add vanilla to balance tangy flavor.
Buttermilk	Use amount in recipe.
Sweetened Condensed Milk	Use only in baked goods. Cut back on sugar in recipe.
Non-Dairy Alternatives	Nut, Oat, Rice, or Soy milk can be swapped for equal quantities of milk.
Water	Mix 1 cup of water with 1 ½ teaspoons melted butter.

Compiled by Nutrition and Food Safety Educator, Vicki Hayman



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