



Now Find Data Sheet:

Dairy-Free Baking

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

Baking Powder

Baking Soda

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

Canned Chickpeas

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

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

Baking Chips

Chocolate Bars

Natural Unsweetened

Cocoa Powder

Unsweetened Baking Chocolate

Cream of Coconut

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

Dairy-Free Butter Substitutes

Dairy-Free Milk Powders

Dairy-Free Yogurts

Eggs

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

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

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

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

Cashew milk

Coconut Milk

Almond milk

Soy Milk

Rice Milk

Hemp Milk

Olive Oil

Psyllium Husk

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

Shortenings

Spices and Extracts

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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