



Estrogen Reset **LIVE**

Substitution Guide

Coconut Milk

Cashew milk - slightly heated causes thickening and act similar to coconut milk

Flour - Almond, rice, chickpea or tigernut flour

Thickener (for sauces) - Arrowroot powder

Sweeteners

Granulated monk fruit - This won't dissolve the same and too much can cause crystallization in the baked good. Swap 1 cup of sugar with $\frac{1}{4}$ - $\frac{1}{3}$ cup monk fruit (based on preference of taste). Avoid using when combined with sugar alcohols like erythritol. Best if mixed with honey in baking.

Honey - Use a lower temp of the oven when cooking (reduce by 25°F) and may need to cook for a longer time.

Coconut sugar - One of the easier swaps, use a 1:1 ratio.

Coconut nectar - Use a 1:1 ratio with sugar. Coconut nectar has a lower glycemic index and more micronutrients. Since it is a liquid, remember to add 1 tablespoon extra flour for every $\frac{1}{4}$ cup coconut nectar used.

Maple syrup - Same sweetness as sugar. Similar to coconut nectar, you can use a 1:1 ratio but will need to add 1 tablespoon extra flour for every $\frac{1}{4}$ cup maple syrup used.



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Gluten free flours

Chickpea - This is a little more dense than all-purpose flour. The ratio is about 7/8 cup for every 1 cup all-purpose flour.

Buckwheat - This is very dense and does not rise the same way. Usually you only swap 50% of the all-purpose flour with buckwheat and for the rest use something like rice flour (example: 1 cup all-purpose flour = 1/2 cup buckwheat, 1/2 cup rice flour)

Almond - This can be swapped in a 1:1 ratio for all-purpose flour but usually needs an extra egg (or flax egg) to keep the dough together. Tends to also come out very dense, so you can swap half the flour recipe for almond if you want the baking lighter (example: 1 cup all-purpose flour = 1/2 cup almond flour, 1/2 cup rice flour).

Rice - This is another 7/8 cup swap for 1 cup of all-purpose flour. If you swap 1:1, you will just need to add a tablespoon or more of liquid ingredients to balance it out.

Coconut - Typically you will use about 1/4-1/3 cup coconut flour to replace 1 cup all-purpose flour.

Tigernut - This is a grain-free flour and can be used in a 1:1 swap for flour. It can come out very dense, so you may prefer to swap half of the flour for tigernut flour. Can be an easy replacement for almond flour or cassava flour in gluten free-recipes.

Cassava - This is lighter than all-purpose flour but absorbs more liquids. Start with 3/4 cup for 1 cup other flour replacement and then add more if needed.



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Dairy Alternative Cooking

Butter alternative - Ghee, coconut oil, applesauce (if in a sweeter dish), and even thicker non-dairy kefir.

Non-dairy milk - Non-dairy kefir, pea milk, almond, or oat milk. Almond milk is thinner so may need to be slightly curdled with Apple Cider Vinegar for better "sticking" quality. Oat milk is easy to make and nutrient dense but is higher in carbohydrates. Pea milk is one of the more ideal for cooking because it's thicker, creamier, and higher protein content than most other milks so it bakes into the dish similar to milk. For the non-dairy kefir and nut/oat milks, the best quality is often homemade. Homemade non-dairy milks tend to be thicker in general than store bought non-dairy milks. If you do use store bought non-dairy milks, they may be on the thinner side. To help with consistency add a little extra flax egg or apple cider vinegar to get the curdling effect like cream.

Eggs

Flax egg - To replace one egg, combine one tablespoon of flaxseed meal and three tablespoons of warm water and allow to sit for about 5 minutes.