



PLANTS RULE

Dairy-Free Shopping List and Essential Recipes:

Produce

- Avocados
- Yams, sweet potatoes, starchy Russet potatoes
- Mushrooms

Pantry

- Cashews, Hemp Hearts, Almonds, Pine Nuts
- Non-dairy milk (like unsweetened almond or organic soy)
- Nutritional Yeast Flakes
- Canned white beans (like cannellini or navy)
- Soy Sauce or Tamari
- Fermented Foods (pickles, sauerkraut, kimchi)

Refrigerator

- Hummus
- Soaking cashews
- Chia seeds
- Firm or Silken tofu

Freezer

- Frozen Bananas
- Frozen Fruit (for smoothies and “nice” cream)

Essential Recipes

** All at: www.Plants-Rule.com

- 5-Minute Cashew “Parm”
- 5-Minute Vegan Macadamia Nut Ricotta “Geez!”
- Vegan Pumpkin Nacho “Geez!” Sauce
- Vegan Tofu Feta Cheese
- White Bean Vegan Caesar Dressing
- Green Goddess Silken Tofu Dressing
- Oil-Free Raw Chipotle Cashew Dressing
- Roasted Garlic Shallot “Buttah”
- Vegan Tofu Lemon Curd
- Mexican Chocolate Sauce
- Pecan Vanilla Frosting
- Vegan Peanut Butter Banana Frosting
- 5-Minute Chocolate Banana I-Scream

More at:

www.Plants-Rule.com