

Whole Food Alternatives to Your Favorite Dairy Products



by
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Welcome! I'm so glad you found me and this recipe book!

How this eBook came about:

As a child born in America's Dairyland, I thought that digestion was supposed to be painful. Then I went off dairy for a year while living in Kenya at the age of 13 because a reliably safe supply was not available. When I came home to enjoy my first long-awaited glass of milk, I finally made the connection that digestion only hurt when it involved dairy.

Since then, I've learned more about the hazards and horrors of the dairy industry, studied health and nutrition, and gotten creative in the kitchen in my quest to enjoy my childhood favorites without using dairy. I've tried many of the pre-made dairy alternatives, but most of them taste terrible, and are highly processed. Plus, I don't digest soy very well. (The pros and cons of soy is a whole separate discussion – suffice to say that you will not find soy in this book.)

In the following pages you will find a compilation of my favorite alternatives. I hope you enjoy them as much as I do, and that the recipes spark your creativity.

What is Blue Russ Health Coaching?

My name is Blue Russ. As a Holistic Health Coach, I help busy Moms who are feeling overwhelmed and exhausted to experience the energy, joy and connection they desire. Coaching means listening and holding up the highest version of you so that you can see it more clearly, and bring it more fully in your daily life.

My training includes the Institute for Integrative Nutrition, Dr. Sara Gottfried's Hormone Cure training, the American Medical College of Homeopathy, and HolisticMBA's Transformational Coach Training. I began my career as a Job Coach for the homeless, which taught me that anything is possible.

Some of the recipes in this eBook were developed for (and with) my clients, many of whom were struggling with a recent discovery of lactose intolerance or allergy in their children. My cooking classes and personalized Skype cooking sessions were the birthplace of many of my new favorite dishes.

If you would like hands-on support, please visit www.blueruss.com and click on "Let's Talk" to schedule a [Confidence in the Kitchen Breakthrough Session](#). I would love to help you get unstuck, and end the war with yourself when it comes to food, relationships, career, spirituality, and family. I know you're ready to feel like YOU again!

The Recipes:

1. Macaroni and (Cashew) Cheese
2. Potato Chowder
3. Parm “Cheese” Sprinkle
4. Nacho Dip
5. Creamy Salad Dressing
6. Buttered Toast Alternatives
7. Banana Pancakes
8. Coconut Whipped Cream
9. Chocolate Pudding
10. Almond Milk
11. Blueberry Sorbet

Enjoy!
~Blue



Photo by Tonya Lewis Photography

1. Macaroni and (Cashew) Cheese

- 1 lb macaroni noodles
- 1 cup cashews (or sunflower or pumpkin seeds)
- ½ cup nutritional yeast
- 2 Tbsp arrowroot powder (or flour)
- 1 tsp salt
- 1 cup water (or ½ cup water + ½ cup of milk, see recipe for almond milk in Beverages)
- 2 Tbsp olive oil
- 1 Tbsp lemon juice
- 1 Tbsp sweetener (optional, but makes it taste more like the boxed stuff)

Cook the noodles according to directions. Blend the rest of the ingredients in a food processor or high speed blender. Pour the sauce over the noodles and enjoy!

Note: I like to throw in frozen peas and broccoli florets with the noodles to cook.

2. Potato Chowder

- 2 Tbsp olive oil
- 1 small onion, diced
- 1 and 1/2 pounds (or 4 cups) red potatoes, chopped
- 2 large carrots, chopped
- 2 stalks celery, chopped
- 2 cups water or vegetable stock
- 1 can diced tomatoes
- 1 can coconut milk (full fat)
- ¼ cup nutritional yeast
- ¼ cup ground walnuts
- 1 Tbsp sea salt
- ¼ tsp allspice (or nutmeg)

In a large soup pot, sauté the onions in oil for 2 minutes. Add in the potatoes, carrots and celery. Add water and bring to boil with the lid on. Reduce heat and simmer for 15 minutes. Add the rest of the ingredients and simmer until all vegetables are easily pierced with a fork. Remove half of the soup and blend (or use an immersion blender) so that the soup is thick and creamy while still having nice pieces of vegetable to scoop up. Enjoy!

3. Parm “Cheese” Sprinkle

- ½ cup pumpkin seeds or walnuts
- ¼ cup nutritional yeast
- 1 tsp sea salt

Put all ingredients into food processor or coffee grinder. Enjoy on pasta, garlic bread, salads or any dish you would sprinkle parmesan on. Keep extra in refrigerator.

4. Nacho Dip

- ½ cup nutritional yeast
- 3 Tbsp flour
- ¼ tsp salt
- 1 cup water
- 1 Tbsp olive oil
- 2 tsp Dijon mustard

In a small saucepan, whisk together the yeast, flour and salt. Add the water and oil and continue to whisk thoroughly. Stir over medium heat until the sauce thickens, then stir in the mustard. Heat 30 seconds more and serve.

Other ways to use this sauce:

- Pour over macaroni noodles for another variation on dairy-free Mac n Cheese.
- Spread on top of an enchilada casserole (or other casseroles).
- Add to soup.

Based on recipe in How It All Vegan! by Tanya Barnard & Sarah Kramer

5. Creamy Salad Dressing

- ½ cup tahini
- ½ cup water
- 3 Tbsp tamari/soy sauce
- ½ cup apple cider vinegar
- 1-2 cloves fresh garlic
- 1/3 cup olive oil
- ½ cup fresh basil or dill (or 2-3 tsp of dried herb)
- 1 Tbsp lemon juice
- ¼ tsp salt (or more, to taste)

Put all ingredients in a food processor or blender and blend until creamy. Taste and when you reach the desired flavor, pour over salad greens and veggies.

6. Buttered Toast Alternatives

I prefer a savory breakfast. Toast is an easy one, but what can a girl who doesn't want to use butter or margarine do? Here's what my family often has on busy school mornings:

- 4 slices of sprouted grain toast
- 1 tsp coconut oil
- 1 Tbsp nutritional yeast
- 2 tsp ground flax seeds

Spread the oil on freshly made toast and sprinkle with yeast and ground flax. It is much more delicious than it sounds!

Other toast toppers: nut butters, jam, mashed avocado with salt and pepper

7. Banana Pancakes

- 2 ripe bananas, mashed
- 2 cup almond milk (see recipe on the next page)
- 2 cup flour (gluten-free mix works ok)
- 3 tsp baking powder
- ½ tsp almond extract (optional but delicious!)
- Coconut oil for the pan

In a medium bowl, mash the banana with some of the almond milk until relatively smooth. Add the almond extract if using. In a large bowl, mix together the flour and baking powder. Add the wet ingredients to the dry and mix until smooth.

Preheat a pan with a couple tsp of coconut oil and add a ½ cup of batter to the pan for each pancake. When it begins to bubble, flip over to cook the other side and cook until both sides are a nice golden brown. Repeat until batter is used up.

Enjoy with maple syrup and berries.

8. Coconut Whipped Cream

- 2 cans coconut milk (full fat, not lite)
- 1/3 cup honey or agave (less or more, to taste)
- Pinch of salt

Pre-chill the coconut milk in the refrigerator overnight. Be careful not to shake the cans when you take them out. Turn the first can upside down and puncture it on two opposite sides. Drain out as much liquid as you can (keep this liquid for smoothies). Open the can the rest of the way and scoop the remaining thick layer into a bowl (a pre-chilled bowl is best). Do the same with the second can and add the other ingredients. Whip with an immersion blender, hand-mixer or whisk. Put it back into the fridge to cool 1-2 hours until ready to serve. Tastes great on pancakes or with berries and nuts!

9. Chocolate Pudding

- 2 ripe avocados
- 1/8 cup cocoa powder
- 3 Tbsp maple syrup (or other sweetener)
- 1 tsp vanilla extract (optional)
- Pinch of salt

Split open avocado, put insides into a blender or food processor with the rest of the ingredients. Blend until there are no lumps. Cool for a few hours and or enjoy right away! (Best eaten within 24 hours)

******If you have a high speed blender, below are great milk and ice cream options!******

10. Almond Milk

4 cups water
1 cup almonds (soaked a few hours is best)
5-7 dates (without pits)
Splash of vanilla extract

Combine ingredients in blender. Blend on high for 2 minutes, strain with a nut bag and chill. Enjoy!

Note: Substitute shredded coconut, hemp hearts, or other nuts to make other milks!

11. Blueberry Sorbet

2 bananas, peeled, chopped and frozen
1 cup blueberries, frozen

Blend on high until thick and creamy. May need to add a bit of water, depending on your blender.

Nothing in this eBook is meant to treat, prevent, or diagnose disease. Please consult your intuition and/or trusted health care advisor before making drastic dietary changes.

Please honor the love and work that went into developing these recipes. You may not reproduce or distribute any portion of this eBook without written permission from Blue Russ Health Coaching.

Questions and comments are welcome at info@blueruss.com.

*Love,
~Blue*



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