

*-Vegan alternatives-*  
VEGAN DAIRY PRODUCTS

NJVEG.ORG



# VEGAN SHREDDED CHEESE

INGREDIENTS VARY PER BRAND: SOME ARE SOY-BASED, OTHERS MADE FROM CASHEWS, NUTRITIONAL YEAST, COCONUT, AND OLIVE OIL! MANY FLAVOR OPTIONS SUCH AS CHEDDAR, MEXICAN BLEND, MOZZARELLA





# VEGAN SLICED CHEESE

INGREDIENTS ALSO VARY PER BRAND; SOME ARE SOY BASED, OTHERS MADE FROM CASHEWS, NUTRITIONAL YEAST, COCONUT, AND OLIVE OIL!  
MANY FLAVOR OPTIONS SUCH AS CHEDDAR, AMERICAN, GOUDA, MOZZARELLA





# VEGAN GRATED CHEESE

DIFFERENT FLAVORS OF CHEESE SUCH AS PARMESAN, MOZZARELLA, MEXICAN BLEND, OR CHEDDAR CAN BE FOUND.

GROUND NUTRITIONAL YEAST IS ALSO A GREAT OPTION AND PROVIDES AMPLE AMOUNT OF PROTEIN AND MICRONUTRIENTS





# VEGAN CREAM CHEESE

INGREDIENTS MAY INCLUDE: TOFU,  
CASHEWS, COCONUT OIL,  
NUTRITIONAL YEAST, TAPIOCA  
FLOUR, AND PLANT-BASED MILKS

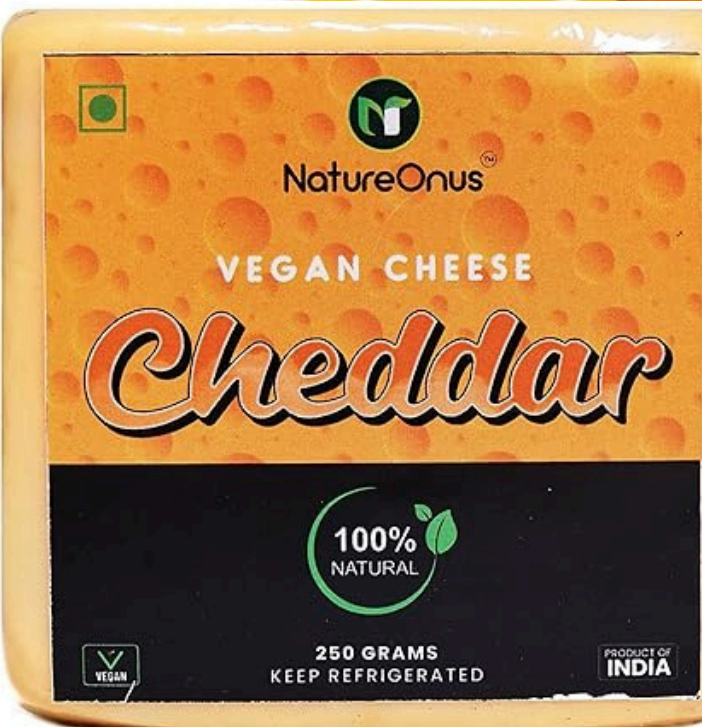




# VEGAN CHARCUTERIE CHEESE

SOME BRANDS CAN BE FOUND IN STORES.

PRODUCTS INCLUDE CHEESE BLOCKS, SOFT CHEESES AND CHEESE DIPS. REBELCHEESE.COM IS AN AMERICAN COMPANY THAT MAKES & SHIPS VEGAN CHEESES -THIS BRAND IS CURRENTLY NOT SOLD IN GROCERY STORES NEAR US BUT CAN BE ORDERED ONLINE- HOW CONVENIENT!





# VEGAN MILK

SOME OPTIONS  
INCLUDE:

SOY

CASHEW

ALMOND

OAT

COCONUT

MACADAMIA

-EASY TO

MAKE

HOMEMADE

TOO!





# VEGAN HEAVY CREAM

CAN BE USED IN PLACE  
OF HALF & HALF AND  
HEAVY CREAM  
-CAN BE WHIPPED &  
ALSO CAN BE COOKED  
GREAT FOR DESSERTS, BAKES,  
SOUPS & PASTA SAUCES





# VEGAN CREAMER

OPTIONS INCLUDE: SOY, OAT, CASHEW,  
ALMOND & COCONUT

FLAVORS VARY, SUCH AS VANILLA, CARAMEL, HAZELNUT,  
SUGAR COOKIE, COFFEE CAKE, PUMPKIN SPICE,  
GINGERBREAD, MOCHA, AND SWEET CREAM





# VEGAN ICE CREAM

MADE WITH PLANT-BASED MILK. THERE ARE SO MANY FLAVORS YOU CAN TRY. MOST LOCAL GROCERY STORES WILL HAVE NON-DAIRY OPTIONS FROM BRANDS SUCH AS: SO DELICIOUS, BEN & JERRY'S, OATLY. DAIRY-FREE BUT STILL YUMMY!





# VEGAN YOGURT

SOME BRANDS ARE MADE WITH PLANT-BASED MILKS SUCH AS SOY, COCONUT, CASHEW, OAT, ALMOND, OR MACADAMIA MILK.



VERY LARGE VARIETY OF FLAVORS SUCH AS BERRY, COFFEE, LEMON, PUMPKIN, CHOCOLATE, ETC.



# VEGAN BUTTER

SOME BRANDS ARE MOSTLY  
PLANT-BASED FROM VEGGIES,  
OTHERS ARE MADE FROM SOY,  
NUTS, OR OILS

CAN BE USED AS A SUBSTITUTE FOR  
ANYTHING YOU'D USE REGULAR BUTTER  
FOR. CAN BE COOKED. CAN BE MADE AT  
HOME EASILY USING VEGAN HEAVY CREAM





# PLANT-BASED DIPS

AMAZING ADDITIONS  
TO CHARCUTERIE  
BOARDS & SERVED  
AS DELICIOUS VEGAN  
APPETIZERS AT  
PARTIES  
SOME ARE MADE  
WITH VEGGIES,  
SOY, NUTS,  
OLIVE OIL &  
PLANT MILK

