



Dietary modifications

Need a modification made to one of our recipes? Check out our 'Staple Swaps' suggestions table below for vegetarian, vegan, dairy-free, gluten-free diets & tips on reducing sugar! or contact us : hello@sidandnancycookingacademy.com



Diet	Ingredient	Suggested Swap
 Vegetarian	Meat Stock Cubes Cheese	Vegetables, Pulses, Lentils Jackfruit Quorn or other meat substitutes Tofu Vegetarian stock cubes Vegetarian alternative
Vegan		Vegan alternative
 Dairy Free	Milk/cream Butter Cheese	Soy Almond, Coconut Rice milk Dairy free butter Nut butter Dairy free cheese
 Gluten Free	Flour Bread Grains	Gluten free alternatives Gluten free alternatives Gluten free alternatives
 Reduced Sugar	Sugar	Try reducing the amount of sugar in the recipes slightly or swap out for Honey, dates and other dried fruits

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