

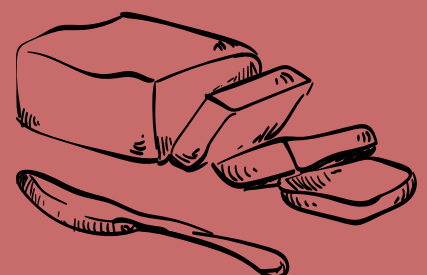
# How to Make Any Meal Allergy-Friendly

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Finding foods that are both allergy-friendly and delicious can be difficult, especially on a college campus, which is why TCU Dining offers delicious meals that are free from common allergens at Magnolia's Zero 7 in the King Family Commons Building. However, if you live off campus or have access to a kitchen, you may be curious how you can recreate similar allergy-friendly meals at home! Just because certain foods are omitted from a recipe doesn't mean you can't create a wonderful meal full of flavor. Learning appropriate substitutes for different allergens is key in recreating your favorite foods in a safe way!

## Dairy Substitutions

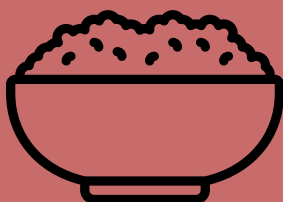
Dairy comes in many different forms that all serve a unique purpose in any meal or dessert. When looking for dairy-free milk, consider options like coconut milk, oat milk, or rice milk. These substitutes mimic the same silky, creamy texture and can be used in place of any measurement of milk in a recipe. Butter is another form of dairy that is an essential ingredient in many foods. Finding a dairy-free margarine/vegan butter can replace dairy butter in baked foods without losing moisture, flakiness, and flavor. Yogurt is a popular breakfast and sweet snack staple and has plenty of allergy-friendly alternatives. Coconut and pea-based yogurts are great options to satisfy a yogurt craving. If you're ever in the mood for a yummy bowl of creamy mac and cheese or any cheesy dish, there are plenty of dairy-free cheeses to experiment with. There have been great advancements in creating milk and soy-free cheeses that melt easily in grilled cheeses and quesadillas. When recreating a cheese sauce, opt for nutritional yeast for a wonderful color and a savory, cheesy flavor.



Outside of its integral role in the texture, taste, and appearance of meals, dairy products are rich in calcium, which promotes bone health. Just because you do not eat dairy doesn't mean you have to miss out on calcium. Examples of non-dairy calcium sources are beans, hummus, salmon, corn tortillas, and greens like kale, beet greens, and spinach. Dairy lies within many foods, but there are many ways to recreate tasty options you can enjoy!

## Gluten/Wheat Alternatives

Carbohydrates like starches and grains comprise the largest amount of our daily intake as recommended by the Dietary Guidelines for Americans. Commonly consumed carbohydrates like bread, pasta, and crackers all contain wheat flour, which consists of gluten. Eating carbohydrates is part of a balanced diet and there are plenty of gluten-free options to enjoy! Rice is a very popular grain that is naturally gluten-free. If you're looking for something with more nutrition, purple, black, and brown rice provide a unique flavor, texture, and an extra nutrient boost. Buckwheat is a whole grain that is rich in essential vitamins, minerals, and fiber that can be enjoyed on its own or can be ground to create flour for pancakes and crepes. Despite, having wheat in the name, buckwheat is actually a naturally gluten-free grain! Oats are a popular breakfast staple, but be aware that some oats may have traces of gluten depending on where they were manufactured. Opting for a certified gluten-free box of oatmeal will open up many options, whether it's a warm bowl of oats, overnight oatmeal, or homemade granola bars. Quinoa is a great gluten-free, whole-grain side dish that provides color and is rich in important vitamins and minerals. When looking for flour options, some of the aforementioned grains can double as a side dish and a flour. Popular gluten-free flours are rice flour, cassava flour, chickpea flour, and cornstarch. Each of these flours has a unique texture and distinct properties, so be sure to find the appropriate substitution ratio when using them in recipes. There are plenty of gluten-free recipes and meal inspiration online that can help you assemble a delicious, allergy-friendly feast!

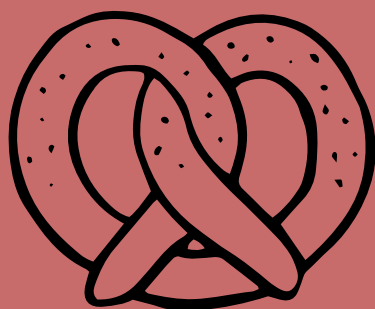


## Egg Substitutes

Eggs are primarily known for their moisture and binding properties, but can also be a leavening agent in baked goods. There are plenty of options to replace eggs depending on how it's being used in a meal. If the recipe requires a binding agent, chia seeds or ground flaxseed mixed with water, applesauce, mashed banana, and aquafaba (liquid from canned chickpeas) are all great options. When using any of these options, be sure to find an appropriate substitute-to-egg ratio to ensure your final product is moist and binds well. If you're looking for a leavening agent, opt for a combination of vegetable oil, baking powder, and water. This concoction is appropriate for quick bread recipes like muffins and scones that require eggs to help it rise. These options are only a few of the many foods that can be used instead of eggs in your favorite recipes!

## Nut Replacements

Nuts are more integral to meals than we might think. Of course, nuts are commonly enjoyed as a snack or a spread, but can also be in sauces, breading, oils, and toppings. Nuts provide unique textures and flavors to foods that can be mimicked with allergy-friendly substitutes. Roasted chickpeas serve as an alternative to nuts as a crunchy, protein-filled snack or by adding nutrition and texture to a salad. Seeds like pumpkin seeds and sunflower seeds are another substitute for nuts in granola bars, salads, breads, and spreads. Pretzels can replace nuts in meat breading, pie crusts, or dessert toppings. Pretzels come in gluten-free and sesame-free varieties to avoid other common allergens without sacrificing a satisfying crunch. Like pretzels, puffed rice cereals are nut-free and gluten-free options to add an extra element of crunch to your favorite desserts. Being adventurous and trying new recipes can assist in recreating your favorite nutty foods with allergy-friendly ingredients.



Navigating allergy-friendly options can be difficult when top allergens are key factors in the appearance, texture, and taste of many foods. Understanding the qualities each of these allergens have can assist you in finding unique and safe alternatives. Our mission is to inspire you to recreate your favorite meals without fear of altering the final product. Regardless of the substitutions you use to replace an allergen in a recipe, you can create foods with the correct color, flavor, and texture. Exploring online recipes and those at Magnolia's Zero 7 can give you more information on food pairings and allergen substitutes so that you can enjoy the most delicious meals. [Check out our Magnolias Zero 7 allergy-friendly recipe book for some easy and delicious recipe ideas!](#) Happy cooking and even happier eating!

## Additional Resources

1. Kids with Food Allergies. "Replacing milk." *Kids with Food Allergies*. Updated Dec. 2022. <https://kidswithfoodallergies.org/recipes-diet/recipe-substitutions/substitutions-for-milk/>.
2. Golisano Children's Hospital. "Non-dairy sources of calcium." *University of Rochester Medicine*. <https://www.urmc.rochester.edu/childrens-hospital/nutrition/calcium.aspx>.
3. Mayo Clinic Staff. "Carbohydrates: How carbs fit into a healthy diet." *Mayo Clinic*. Published 22 Mar 2022. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/carbohydrates/art-20045705#:~:text=The%20Dietary%20Guidelines%20for%20Americans,calories%20should%20be%20from%20carbohydrates>.
4. Gluten Intolerance Group. "35+ alternative gluten-free grains and flour substitutes." *Gluten Intolerance Group*. Published Jan. 2022. <https://gluten.org/2019/10/17/gluten-free-grains/>.
5. Barret, T. T. 15 best egg substitutes that actually work in baking recipes. *The Pioneer Woman*. Published 26 Jan 2023. <https://www.thepioneerwoman.com/food-cooking/cooking-tips-tutorials/g33584750/egg-substitute/>.
6. Kids with food allergies. "Replacing peanuts & nuts." *Kids with Food Allergies*. Updated Dec 2022. <https://kidswithfoodallergies.org/recipes-diet/recipe-substitutions/substitutions-for-peanuts-and-tree-nuts/>.
7. Allergy Spot. "Nut allergy? No problem! 9 easy tree nut substitutes." *Allergy Spot*. Updated 1 Mar 2023. <https://www.allergyspot.com.au/nut-allergy-no-problem-9-easy-tree-nut-substitutes/>.

