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Just go for dairy-free substitutes like hummus, guacamole or salsa. They're healthier AND tasty, so you're winning on both fronts. Remember to check the ingredients of the chips for cow's milk, though, as some chips may include dairy. 10 Food swaps to make your dairy-free diet a breeze Download for offline reading, highlight, bookmark or take notes while you read Eat Dairy Free: Your Essential Cookbook for Everyday Meals, Snacks, and Sweets. Eat Dairy Free: Your Essential Cookbook for Everyday Meals, Snacks, and Sweets - Ebook written by Alisa Fleming. Read this book using Google Play Books app on your PC, android, iOS devices. Eat Dairy Free: Your Essential Cookbook for Everyday Meals ... This review is from: Eat Dairy

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down, or rub it into your skin if you want to trap some summer heat in you to last through the winter.

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