

SIGN UP FOR PLANT SWOP'S MONTHLY NEWSLETTER

Refresh and edit your pantry and recipe box to include plant-based ingredients, nourishing meals, and explore some healthy swops to adopt.

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Chef Anne Callaghan

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THE DOCTOR WHO PRESCRIBES FOOD HOW DR. NEAL BARNARD IS CHANGING MEDICINE

By Charlotte Pointing, February 23, 2026

For decades, Neal Barnard, MD has been transforming medicine with food—and using plant-based nutrition to prevent and reverse chronic disease.

[Read more . . .](#)

ALL THE OOE + GOO WITHOUT THE MOO + COO®

Swap out dairy and eggs with plant-based options

PROTEIN PROTEIN RICH CHEESE SWOP



The combination of nuts, nutritional yeast, and seasonings makes a versatile plant-based parmesan cheese flavor alternative. Serve raw for an added crunch, or combine and cook for a creamier texture, savory tang, nutty-umami, and cheesy flavor.

Mix up a batch or two, and store in an airtight container refrigerated for up to two weeks or freeze for up to three months.

ALMOND NON-DAIRY PARMESAN

INGREDIENTS
1 cup whole raw almonds
2 tbsp nutritional yeast
1 tsp onion or garlic salt

METHOD
In a food processor bowl, add all ingredients and pulse until desired consistency. Adjust seasoning to taste.

CASHEW NON-DAIRY PARMESAN

INGREDIENTS
1 cup raw, unsalted cashews
3 tbsp nutritional yeast
1 tsp salt, to taste
Pinch of garlic powder, to taste

METHOD
Put all the ingredients in a food processor bowl, and pulse until fine. Adjust seasoning to taste.

BRAZIL NUT NON-DAIRY PARMESAN

INGREDIENTS
3/4 cup Brazil nuts
1 tbsp nutritional yeast
1 tsp garlic powder, to taste
1 tsp onion powder, to taste
1/2 tsp Himalayan Sea salt, to taste

METHOD
Add all ingredients to a food processor bowl and pulse until the mixture is coarse. Adjust seasoning to taste.

NON-DAIRY PARMESAN

The combination of nuts, nutritional yeast, and seasonings makes a versatile plant-based parmesan cheese flavor alternative. Serve raw for an added crunch, or combine and cook for a creamier texture, savory tang, nutty-umami, and cheesy flavor. Mix up a batch or two, and store in an airtight container refrigerated for up to two weeks or freeze for up to three months.

RECIPE

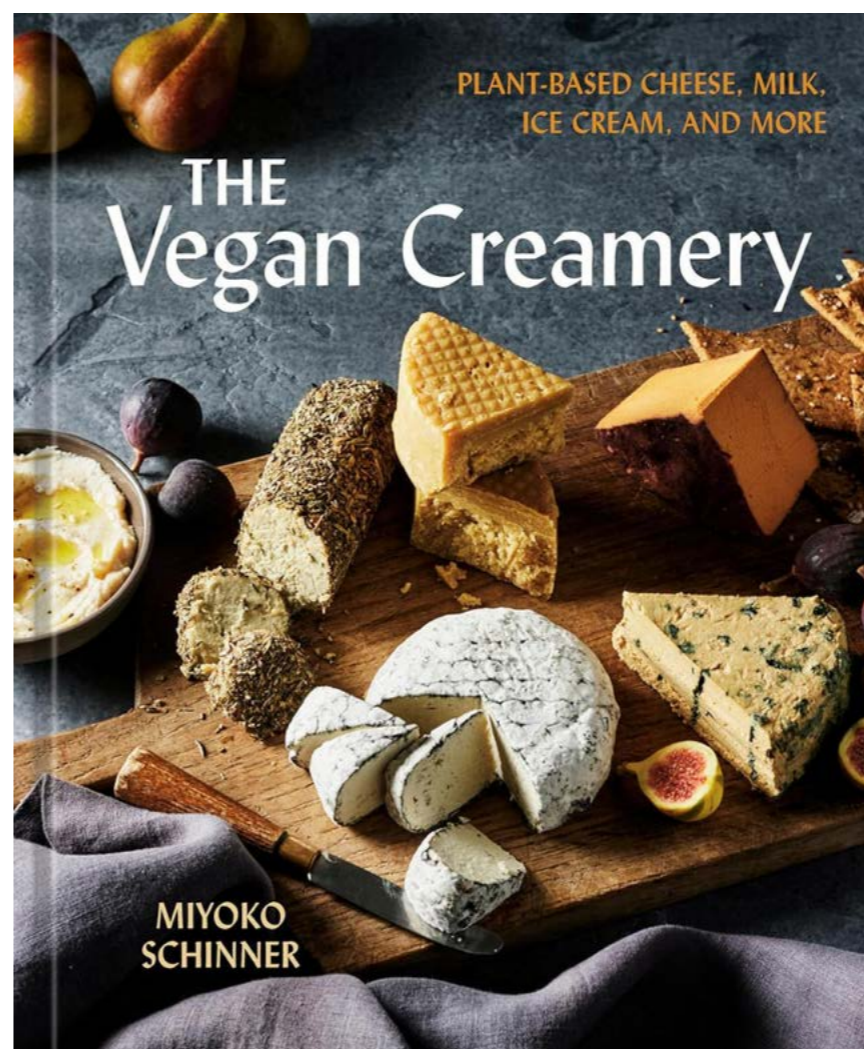
CHECK OUT THESE GREAT TOOLS AND RESOURCES

THE VEGAN CREAMERY: PLANT-BASED CHEESE, MILK, ICE CREAM, AND MORE

by Miyoko Schinner

A delectable collection of over 75 plant-based recipes for vegan butters, creams, cheeses, desserts, and more, from the award-winning chef and bestselling author of Artisan Vegan Cheese.

Now you can make all the dairy products you love—milks, creams, cheeses, savory spreads, and rich desserts—with nuts, seeds, and other plant-based ingredients instead of animal products.



SHOP



IMMERSION BLENDER & CHOPPER

CUISINART

Cuisinart CSB-179 Smart Stick Variable Speed Hand Blender and chopper, Stainless Steel

INCLUDES: 3-cup chopper/grinder, chef's whisk, 2-cup mixing/measuring cup

SHOP

SEA SALT FLAKES, 8.5 OZ (240 G) MALDON SALT

Maldon Sea Salt Flakes are pure and natural with no additives. The soft crunchy sea salt flakes have a fresh intensity and clean taste containing the perfect balance of natural minerals to enhance any dish.



SHOP



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