

PESACH

INGREDIENTS SWAP LIST

Change



Pasta Noodles



Oatmeal Porridge



Bulgur Tabouleh



Tortilla Wraps



Lasagna Sheets



Granola

For



Zucchini Noodles



Almond Meal Porridge



Quinoa Tabouleh



Lettuce Wraps



Zucchini Slices



Nuts & Seeds

PESACH

INGREDIENTS SWAP LIST

Change



All Purpose Flour



Cookies Crumbs



Peanut Butter*



Soy Sauce



Oatmeal



Barley

For



Almond Flour / Potato Starch



Ground Nuts



Nuts Butters



Coconut Aminos



Buckwheat flakes



Amaranth & Millet