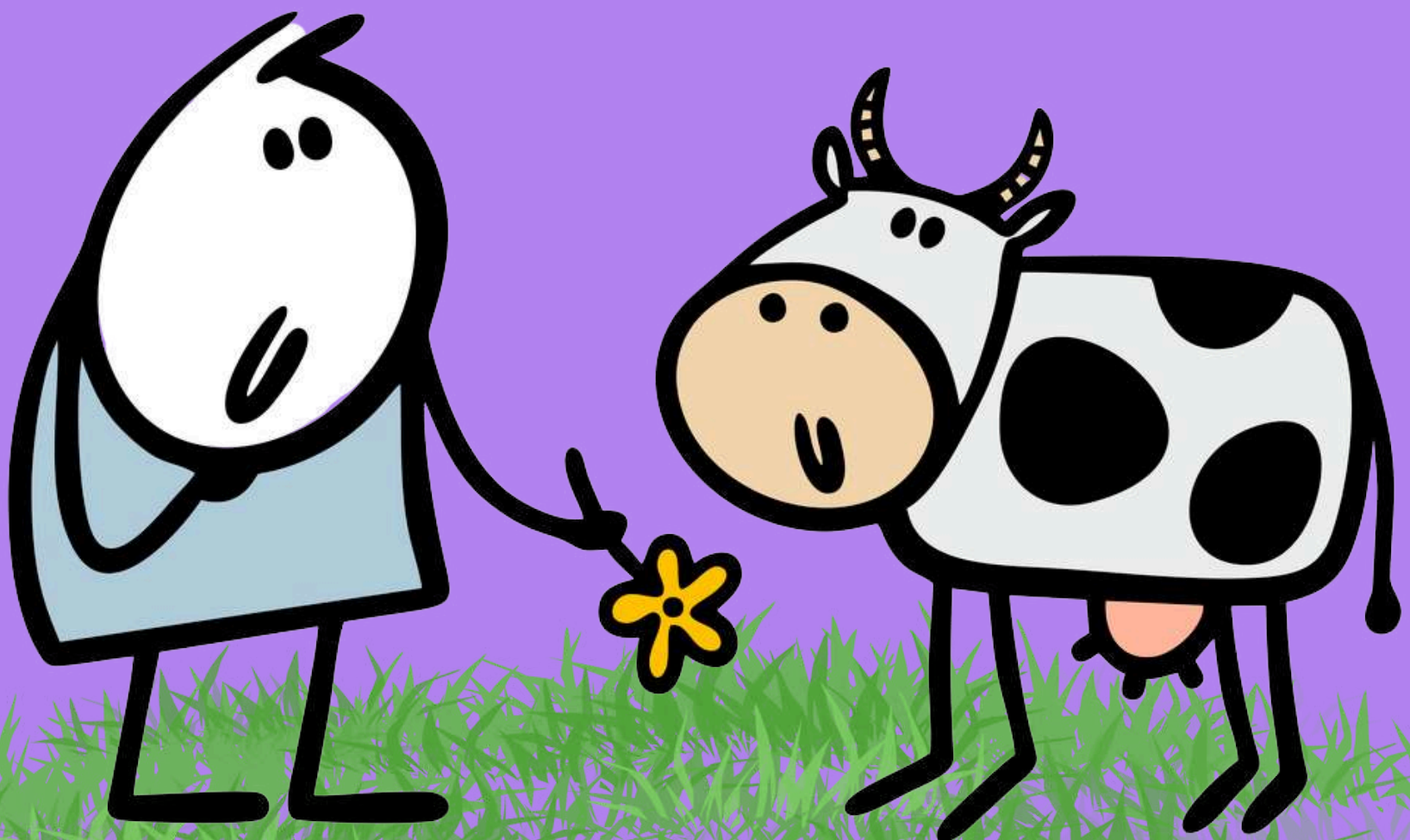




MILK

Why can (and should) we call it plant-based milk?





IS IT APPROPRIATE TO CALL IT "MILK"?

Contrary to popular belief, calling it "**plant-based milk**" is allowed.

However, some European regulations aim to protect dairy designations and thus limit the use of specific terms on plant-based products for sale. There are **exceptions**, though, such as "almond milk".



IS IT SENSIBLE TO REPLACE COW'S MILK WITH PLANT- BASED MILK?

Absolutely—it's not only sensible but also an **ethical and sustainable choice.**

It's ethical because it avoids animal exploitation and is sustainable because producing plant-based milk has a lower environmental impact than cow's milk.





SOY MILK VERSUS COW'S MILK

Soy milk is a credible alternative to cow's milk. Its nutritional profile makes it well-suited for numerous recipes.

When choosing soy milk, consider your preference for sweetness, texture, and the balance of fats or proteins to meet your culinary needs.





HOW MANY TYPES OF PLANT-BASED MILK ARE THERE?

Countless! Milk can be extracted from many plants, including



SOY



RICE



ALMOND



COCONUT



OATS



**Be the
CHANGE**

**GO
VEGANOK**