



Plant-based milks continue “dairy” case takeover

BY JENNIFER HARRIS

Tiger nuts, macadamia nuts and cashews—these rock star snacks are transforming into plant-based milks that are taking over the “dairy” case. Nuts, seeds, pea protein and vegetable milks continue to exceed expectations in taste, variety and nutrition, making the transition to a moo-free milk less of a struggle.

Here are a handful of the companies blazing a nut- and plant-based trail with protein- and fiber-filled gluten-free milks made from almonds, macadamia nuts, cashews, hazelnuts, pea protein, pecans, pistachios, tiger nuts, walnuts, seeds and vegetables.

CALIFIA FARMS sets itself apart from competitors with gorgeous packaging, creamy flavors, attention to detail and high-quality ingredients. It started with almond milk and has expanded to include a coconut/almond milk blend, horchata, flavored creamers and coffee drinks.

Café latte, mocha, double espresso and the seasonal pumpkin spice latte delight coffee enthusiasts. Concentrated cold brew coffee, the newest addition to its coffee line, is tailor-made for serious coffee addicts. *Non-GMO, kosher, soy free.* califiafarms.com

Each of the varieties in **ELMHURST'S** line of nut milks is made with six ingredients or less and contains no gums, emulsifiers or thickeners. All the protein, fat and micronutrients are extracted from the nut via a special cold milling technique that yields a milk that doesn't need to be fortified. Available in walnut, cashew, almond and hazelnut, these milks also tell you just how many nuts are in each glass. Sweetened with a touch of cane sugar, these milks let the main ingredient (nuts) sing. *Non-GMO, kosher, soy free.* elmhurst1925.com

FORAGER PROJECT'S nut milks are made from cashews in sweetened, unsweetened, chocolate and super seed, which uses organic pumpkin and sunflower seeds. Each nut milk blend offers a different flavor experience when used in smoothies and shakes. Simple and organic ingredients go into each bottle. *Organic, cold pressed, high-pressure processing.* foragerproject.com

Made with cold-pressed flaxseed oil, **GOOD KARMA FOODS'** cultured flax milk contains 1,200 milligrams of healthy

omega-3 fats per serving. Available in five flavors, each serving delivers 5 to 6 grams of plant-based protein, is low in calories and tastes creamy despite not containing any dairy. It is also free of the top eight major allergens. *Non-GMO.* goodkarmafoods.com

One of the first companies to market milk made from pecans is **MALK ORGANICS**. Available in maple pecan, chocolate and cold brew coffee, these “malks” are made with organic sprouted nuts and cold pressed for maximum freshness. More than one cup of nuts goes into each bottle. Simple, clean ingredients create a creamy experience that lends itself to cooking, baking or drinking straight from the bottle. *Non-GMO, organic, soy free.* malkorganics.com

MILKADAMIA'S original and unsweetened macadamia milks come from macadamia groves on the eastern coast of Australia. The milk, which contains 50 percent more calcium than dairy milk, is an excellent source of vitamin D and vitamin B12. Latte Da is the newest edition to the line, designed to deliver a subtle and creamy—not overpowering—flavor. *Non-GMO, soy free, kosher.* milkadamia.com

It is time that pistachios be recognized as more than just a snack. **NÜMOO FOODS** has done just that by turning them into milks available in regular, vanilla bean and dark chocolate varieties. NüMoo uses the entire nut, ensuring there is no waste, and adds only clean, organic and non-GMO ingredients. Sweetened with dates or maple syrup, these milks are loaded with phytonutrients and minerals. *Non-GMO, organic, soy free.* numoofoods.com

REBEL KITCHEN'S creamy “mylk” is made from a blend of coconut milk and coconut cream. Its sweetness is derived from date nectar. Available in coffee, chocolate and chai, the individual serving sizes make it the perfect on-the-go refresher. *Organic, soy and nut free.* rebel-kitchen.com

RIPPLE FOODS has succeeded in making milk from pea protein that contains 50 percent more bioavailable calcium than milk. Lower in calories than milk, it is also low in sugar and high in plant-based protein while serving as a good source of omega-3s. Available in unsweetened, original, vanilla and chocolate, it contains 8 grams of protein per serving. *Non-GMO, nut free, soy free.* ripplefoods.com

SUNCOAST GOLD'S macadamia nut milks come straight from an Australian macadamia farm, offering creamy, rich, slightly buttery and totally drinkable milks. Try it straight out of the carton, or use it to make smoothies, ice cream, baked goods and more. *Non-GMO, soy free.* suncoastgoldmac.com

SO DELICIOUS' unsweetened and vanilla unsweetened cashew milks are the newest additions to its line of dairy-free milks. Lower in fat than other nuts, cashews are also high in magnesium and produce a creamy, rich flavor perfect for drinking, cooking and baking. So Delicious also released a line of cashew ice creams that are knock-your-socks-off delicious. *Organic, non-GMO, kosher.* sodeliciousdairyfree.com

The first moo-free milk made entirely from veggies is called **VEGGEMO**. Relying on peas for protein, Veggemo derives its creamy texture from tapioca and its color from potatoes. It contains the same amount of calcium and vitamin D as dairy milk and is shelf stable, a real feat. Available in original, unsweetened and vanilla, these milks are rich and creamy, with 6 grams of protein per serving. *Non-GMO, soy free, kosher.* veggemo.com

News Editor Jennifer Harris is a gluten-free consultant and blogs at gfgotoguide.com.