

DELICIOUS NON-DAIRY MILK ALTERNATIVES

SOYA MILK



Rich and creamy. Great all rounder, ideal for drinking straight, cooking, baking etc. Can curdle in hot drinks. Always choose organic soya milk.

RICE MILK



Has a thin, quite watery consistency. Light and naturally sweet, it's great on cereal and in cooking but a little too watery for hot drinks.

HEMP MILK



Creamy, with a stronger robust flavour than other non-dairy milks so not ideal in hot drinks. Good for cooking, especially in savoury dishes.

OAT MILK



Creamy and naturally sweet. Great in cooking but a little heavy for baking. Easy to make at home by simmering oats and water, cooling and straining.

ALMOND MILK



Creamy and slightly nutty. Great in tea and coffee and in cooking and baking. Easy to make at home by soaking nuts overnight, blending with water and straining. Can be sweetened.

HAZELNUT MILK



Light with a rich nutty flavour. Great in drinks and light desserts but not really suitable for cooking and baking. Easy to make at home by soaking nuts overnight, blending with water and straining.

COCONUT MILK



Smooth and fresh and not highly flavoured. Comparable to semi-skimmed dairy milk in consistency. Ideal for all uses, especially good for on cereal and in hot drinks and smoothies.

CASHEW MILK



Smooth, creamy, slightly nutty and sweet. Great for cooking, desserts and for making cream. Easy to make at home by soaking nuts overnight, blending with water and straining.