



For 30 years Veggies of Nottingham have been working to promote compassionate catering. In all those years we have never used calves milk, nor any other animal products. In 1984 this was unheard of, but now customers rarely ask "do you have *normal* milk"...

... **Plant Milk Is Normal** ...

The choice is no longer soya milk or calves milk.

With Oat Milk, Hemp Milk, Coconut Milk, Rice Milk, Soya Milk, Spelt Milk, Hazelnut & Almond Milk, available, **why would anyone want to drink the udder kind?**

Different milks may be preferred for different purposes. Some are better to make smoothies or icecream, for cooking, on cereals, or for tea & coffee. Experiment. Enjoy them all!

These days people understand that soya milk may separate in coffee - they no longer complain, but they do seek the solution.

The factors behind soy milk separating are acidity (of coffee) & temperature. The solution: the optimal temperature to brew coffee is about 93°C - not boiling. If your milk separates simply stir in more milk, allow coffee to cool or make it less strong.



For more info see <http://www.veggies.org.uk/?p=4074>



ETHICAL RATINGS and price comparison

This is a guide to some of the brands known to, and possibly offered by Veggies Catering Campaign.

Ethical ratings, scored out of 20, are taken from the Ethical Consumer website, <http://www.ethicalconsumer.org/buyersguides/drink/soyanondairymilk.aspx> visited July 2013

Guideline prices are estimated from Lembas Wholefood online catalogue. Prices vary considerably - shop around, but support local and independent stores, such as Screaming Carrot, the Health Store, the Natural Food Company, Roots (in Sherwood) etc.

EcoMil Almond / Hazelnut *	16.5	
Plamil organic soya milk *	16.5	£1.60
The Bridge non-dairy milk *	16.5	
Good Hemp milk	15.5	£1.85
Granovita soya milk *	14	£1.70
Oatly oat milk *	14	£1.55
Alpro/Provamel organic soya*	14	£1.40
Sunrise organic soya milk *	13.5	£1.30
Koko coconut milk	13	£1.60
Sojade soya milk *	13	£1.25
Rice Dream organic rice milk *	11	£1.70
So Good soya milk	9.5	
Blue Diamond Almond Breeze	-	£1.50
<small>(Rice Dream, So Good & Blue Diamond distributed by Kallo Foods)</small>		
Soya Soleil soya milk	6	£1.00
Holland & Barrett soya milk *	4.5	

Plamil
Plant milk pioneers.
A vegan company.



* Organic Plant Milks *

Thanks to **Koko, granoVita, GoodHemp** and **Plamil** for supplying samples to support our work.

**Sample & enjoy
The MILK OF
HUMAN
KINDNESS**



Boris says "Thanks for Going Vegan! Visit me at brinsleyanimalrescue.org/



#MilkOfHumanKindness
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Contact us via www.veggies.org.uk

Send us your comments, and tips on best use of your preferred plant milks.
Which milk did you sample at Veggies?
Tell us about your favourite plant milk