



# MOOOVE OVER DAIRY

## EASY SWAPS

SWAP  
COW'S MILK  
FOR PLANT  
MILK



SOY, OAT,  
RICE, HEMP,  
PEA, CASHEW  
ALMOND

SWAP  
BUTTER FOR  
PLANT - BASED  
SPREAD



NATURLI',  
OLIVANI,  
NUTTELEX,  
NUT BUTTER

SWAP MILK  
CHOCOLATE  
FOR DARK  
CHOCOLATE



SWAP YOUR  
DAIRY ICE  
CREAM, YOGHURT  
OR CHEESE FOR ONE  
OF THE MANY  
PLANT-BASED  
ALTERNATIVES.



## MAKE YOUR OWN OAT MILK

### Ingredients:

- One cup of oats
- Four cups of water

### Method:

Simply blend for no more than 45 seconds, then strain through a nut milk bag or fine tea towel and voilà – you've got fresh oat milk!

**Tip:** Add a pinch of salt and a pitted date for extra flavour and double strain the milk for the smoothest result.

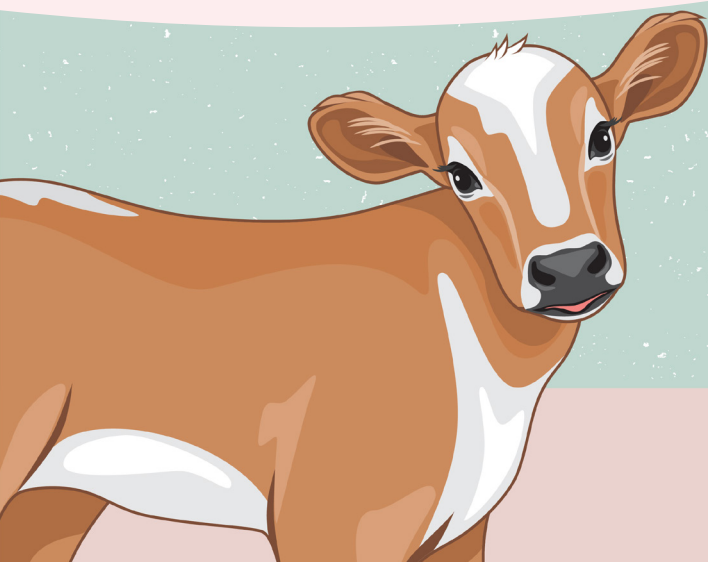
## WHY GO DAIRY-FREE?

There are lots of great reasons to say bye bye to cow's milk and hello to the variety of delicious plant-based alternatives available in our supermarkets. From dairy-free ice cream to cheese and even chocolate - we are spoiled for choice here in Aotearoa!



## BE KIND TO ANIMALS

Did you know that 4 million calves are separated from their mothers at birth every single year in Aotearoa, leaving the mothers to mourn for their lost babies. If you think babies belong with their mothers, then ditching dairy is a great way to show you care.



## NOURISH YOUR BODY

Scientific studies show that we can get everything we need from plants. Green, leafy vegetables and legumes are the healthiest sources of calcium.



## LOVE OUR PLANET

Animal farming is responsible for most of New Zealand's greenhouse gases and is the leading cause of deforestation around the world. We can change that by going dairy-free.

## RECIPES

You can cook or bake almost anything with just a few simple ingredient swaps. From creamy mac and cheese to decadent cheesecakes it's easy when you know how!

[SEE RECIPES](#)



## HUNGRY FOR MORE?

Looking for more tips, recipes, product reviews and inspiration? Sign up to the free Dairy-Free Challenge today and get ready to receive everything you need to go dairy-free.

[SIGN UP FOR THE CHALLENGE](#)

