

LOW FAT MILK POWDER



Produced from grass-fed cows on the lush pastures of New Zealand, NewLife™ Low Fat Milk Powder is certified pesticide and antibiotic free, and provides an excellent ingredient for yogurt making, cooking, baking and much more!

KEY FEATURES

- Pesticide Free
- Antibiotic Free
- Artificial Hormone Free
- Low in Fat (0.7-0.8%)
- High in calcium and other essential minerals
- Contains 40% less calories than whole milk while still providing all the critical nutrients such as calcium, protein, and Vitamin D.
- Suitable for adults and children of all ages.
- Studies suggest that low fat dairy has anti-hypertensive effects and may help to support weight loss, while helping in the prevention of type II diabetes.

USES & TIPS

- Enjoy as a beverage or with breakfast cereals.
- Can be used in recipes calling for milk such as desserts, oats, cakes, breads, casseroles, stews, mashed potatoes, sauces and more.
- Add it to smoothies to make them creamier.
- Try it in your coffee, tea, or hot chocolate drinks.
- Use it to make smooth, tasty homemade yogurt.

Note: For those who are lactose intolerant or on a health building program with dietary restrictions, yogurt provides all the nutrients and benefits of milk in an easily digestible form that is very low in lactose and rich in probiotics. Consume with NewLife™ Omega Gold Flax Seed Oil for even greater benefit, as the yogurt improves the assimilation of the flax seed oil exponentially!