

*the*  
**GOOD**  
*for you*  
**FOOD BOOK**

*myfoodbook*<sup>®</sup>

COLLECTIONS SERIES







## *the Boss*<sup>TM</sup>

Pulverises virtually any combination of ingredients to increase absorption and create a noticeably smoother mouthfeel.

Creates everything from green smoothies to hot soup, from sorbets to hummus and from nut butter to flour.

Eating healthy has never been easier!

**Breville**<sup>®</sup>  
Thought for food



# RISE AND SHINE



ZESTY GREEN SMOOTHIE



BAGDAD EGGS WITH QUINOA



VEGAN OVERNIGHT BLUEBERRY OATS



BREAKFAST SMOOTHIE



POACHED EGGS WITH AVO FETA SMASH



HOMEMADE CHOC RICE POPS



# KEEP ME GOING



TUNA & EGG CHOPPED SALAD



PEA & MINT SOUP



EGG POTATO CAULIFLOWER CURRY



VEGAN ZUCHINI & KALE SLICE



QUICK BEEF MINCE STIRFRY



PALEO ALMOND & SESAME CHICKEN NUGGETS



CLICK ON IMAGES TO VIEW RECIPES

# GUILT FREE TREATS



BANANA, PECAN & HONEY FROZEN YOGHURT



VEGAN TROPICAL FRUIT CHAI PUDDING



RAW CHOCCY NUT SLICE



RAW COFFEE CHEESECAKE SLICE



## RECIPE ICONS

GF Gluten Free

DF Dairy Free

LS Low Salt

P Paleo

LF Low Fat

V Vegan

HP High Protein

VEG Vegetarian



# RISE AND SHINE

KICK START  
YOUR DAY WITH  
THESE ENERGY  
BOOSTING RECIPES

BAGDAD EGGS  
WITH QUINOA





# ZESTY GREEN SMOOTHIE

**MAKE**  
WITH  
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 **PREP: 5 MINUTES**

 **SERVES: 4 (MAKES 800ML)**

## INGREDIENTS

- 1 small lime, peeled, seeds removed
- 1 green kiwi fruit, peeled
- 1 Lebanese cucumber, roughly chopped
- 6 ice cubes
- 375ml (1 ½ cups) chilled coconut water
- 100g kale leaves, stems removed, roughly chopped
- 1 pear, quartered, cored

## METHOD


1. For best results, use your Breville Boss™ blender.
2. Place ingredients into the blender jug and secure lid.
3. Press the GREEN SMOOTHIE function, or blend for 60 seconds until smooth.





# BAGDAD

## EGGS WITH QUINOA

 **PREP: 15 MINUTES**

 **COOK: 15 MINUTES**

 **SERVES: 4**

### INGREDIENTS

2 cups cooked quinoa  
40g butter  
1 clove garlic, minced  
2 teaspoons ground cumin  
Juice of 1 lemon  
2 tablespoons fresh mint, chopped  
8 eggs  
1 cup grated Parmesan cheese  
Toasted flatbread

### METHOD

1. Preheat oven to 180°C.
2. Lightly grease 4 x 1 cup capacity baking dishes with a little butter.
3. Divide the cooked quinoa between the four dishes. Crack two eggs into each dish.
4. In a small pan, melt the butter until it starts to foam, add the garlic, and cook for 30 seconds, until just changing colour. Add cumin, lemon juice and mint. Season.
5. Pour all over egg dishes. Sprinkle with cheese. Place in to the oven for 12 minutes, cooking longer if firmer eggs are required.
6. Serve immediately with toasted flatbread.



# VEGAN

## OVERNIGHT BLUEBERRY OATS

RECIPE BY VEGGIEFUL

 PREP: 3 MINUTES

 SERVES: 1

### INGREDIENTS

- 2/3 cup rolled oats
- 1 cup Vitasoy Soy Milky Lite
- 1 tablespoon maple syrup
- 1/3 cup blueberries

### METHOD

1. Add all ingredients to a bowl or jar and stir until combined.
2. Refrigerate for at least 6 hours until thickened and the rolled oats have softened.
3. Eat straight from the bowl/jar and be amazed by the ease and deliciousness of overnight oats. Enjoy!

### GOOD FOR YOU TIP

Feel free to add any of the following to liven up your delicious breakfast: nuts, chia seeds, dried fruit, banana, vanilla extract or spices such as cinnamon.

# BREAKFAST SMOOTHIE

**MAKE**  
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 **PREP: 10 MINUTES**

 **SERVES: 4 (MAKES 900ML)**

## INGREDIENTS

140g (½ cup) Greek reduced fat natural yogurt

65g (½ cup) oat bran

2 tablespoons white chia seeds

30ml (1 ½ tablespoons) maple syrup or honey

6 pitted dates, roughly chopped

500ml (2 cups) chilled milk, almond, rice or soy milk

2 ripe bananas, peeled, roughly chopped

## METHOD

1. For the best results, use your Breville Boss™ blender.
2. Place ingredients into the blender jug and secure lid.
3. Press the SMOOTHIE function, or blend until smooth.





# POACHED EGGS

## WITH AVOCADO & FETA SMASH ON SOURDOUGH

 **PREP:** 15 MINUTES

 **COOK:** 10 MINUTES

 **SERVES:** 4

### INGREDIENTS

#### AVOCADO AND FETA SMASH

- 1 large ripe avocado, peeled and halved
- 1 tablespoon lemon juice
- 60g crumbled feta cheese, goat or cow milk
- 2 tablespoons chopped parsley
- 1 tablespoon chopped dill
- 100g cherry tomatoes, chopped

#### POACHED EGGS

- 8 eggs
- 1 tablespoon white vinegar
- 8 thick slices sourdough bread

### METHOD

#### AVOCADO AND FETA SMASH

1. Place avocado halves in a bowl, fork through to create a rustic mash, add lemon juice, crumbled feta, chopped parsley, dill and tomato. Mix well.

#### POACHED EGGS

2. Bring a medium shallow saucepan of water and vinegar to the boil. Break egg into a small dish and keep aside.
3. Reduce the heat and bring water to a simmer. Carefully slide in the egg.
4. Break remaining eggs into small dish one by one, and add to water.
5. Allow 3-4 minutes for poached eggs with firm whites and soft runny yolks. Cook longer for a firmer egg. Remove with a slotted spoon, rest on a paper towel to absorb any excess water.
6. Smear avocado smash on toasted sourdough and top with poached eggs.




# ZOMT HOMEMADE CHOC RICE POPS

## GOOD FOR YOU TIP

Adding in something like 1/2 cup unsweetened coconut flakes is super nice too, or you could mix it up and use a blend of gluten free oats and rice puffs.

 PREP: 15 MINUTES

 COOK: 8-16 MINUTES

 SERVES: 8 (1/2 CUP)

### INGREDIENTS

4 cups brown rice puffs

80ml rice malt syrup

80ml organic coconut oil

2 tbsp raw cacao powder

### METHOD

1. First make the chocolate coating - in a small saucepan, add the rice malt syrup and organic coconut oil and heat gently over a low heat until warmed. Remove from the heat and stir in the raw cacao powder, stirring well until smooth.
2. Add the brown rice puffs and coconut flakes to a large bowl then drizzle the chocolate coating over top. Stir really well until the brown rice puffs are completely coated. It may seem like you don't have enough chocolate coating, but keep stirring, it will cover it all!
3. If you are happy with a more soft, chewy coco pop then all you need to do now is spread the coco pop mixture into a baking paper lined container and then straight in the fridge until it sets (about 20 minutes or so). Then break it up (it will crumble apart easily) and store in an airtight container in the fridge.
4. If you prefer a more crispy, crunchy version, then preheat the oven to about 160 degrees. Spread the coco pop mixture into a baking paper lined baking tray (you will need to do two batches).
5. Bake for 4-8 minutes, stirring around once, until crispy. Watch them closely as burnt cacao is not so nice! Allow to cool completely and store in an airtight container (not in the fridge).

### TIPS & HINTS

Serve with homemade almond milk or if you're not dairy intolerant, some organic full fat dairy. Take a mouthful of crispy-crunchy chocolate goodness (or soft'n'chewy if you're so inclined) and indulge in the childhood nostalgia.





# HANDY TIPS & HINTS

1

## COOKING TIP

When making scrambled eggs, cooking spray and water can be substituted for butter and milk.

2

## WHEN FRESH IS BEST

Fresh eggs produce the best looking fried egg – a compact oval with a thick white and a high centred yolk.

3

## DID YOU KNOW?

Hard-boiled eggs are easiest to peel right after cooling. Cooling causes the egg to contract slightly in the shell.



# SHOW CASE



## EGGS

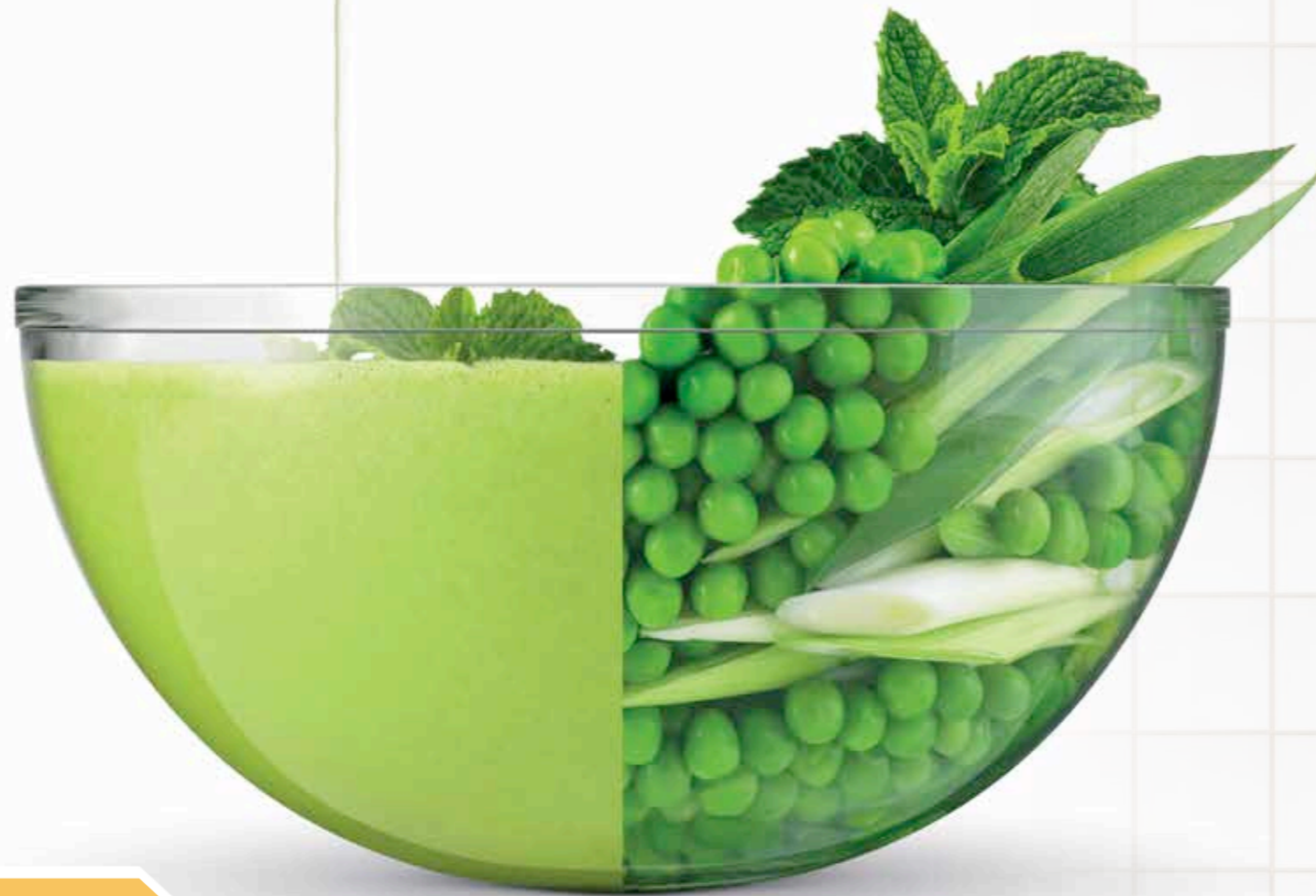
Eggs are a nutrition powerhouse, providing 11 different vitamins and minerals, omegas-3s and important antioxidants. They also have one of the highest nutritional quality protein of all food sources.

A serve of eggs provides a quarter of the recommended dietary intake (RDI) of protein for adults and a third of the RDI for children. Along with their nutritional value, eggs are tasty, convenient and affordable, making them an excellent part of a well-balanced, healthy diet.





FEEL GOOD  
MEALS PACKED  
WITH FRESH PRODUCE  
TO KEEP YOU GOING  
FOR LONGER



KEEP  
ME GOING







# TUNA & EGG

## CHOPPED SALAD WITH ANCHOVY DRESSING

 PREP: 20 MINUTES

 COOK: 10 MINUTES

 SERVES: 4-6

### INGREDIENTS

#### TUNA AND EGG CHOPPED SALAD

- 400g fresh tuna steaks
- 6 boiled eggs
- 1 curly lettuce, washed and chopped
- 1 punnet cherry tomatoes, halved
- 1 carrot, grated
- 1 cucumber, sliced
- 1/2 cup green olives
- 1 bunch basil leaves, torn

#### ANCHOVY DRESSING

- 1 clove garlic, minced
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 6 anchovy fillets, finely chopped

### METHOD

#### TUNA AND EGG CHOPPED SALAD

1. Heat a griddle pan until very hot. Brush tuna with a little olive oil and season with salt and pepper
2. Cook the tuna 2 minutes on each side, keeping it pink on the inside. Remove from the heat. Once cool, break into bite size pieces
3. Bring a small saucepan of water to the boil, add eggs and cook for 7 minutes. Drain and cover with cold water to cool. Once cool, peel cut into quarters

#### ANCHOVY DRESSING

4. Mix the garlic, oil, lemon juice and anchovies in a bowl. Mash the anchovies well with a fork. Pour over the dressing then lightly toss the salad
5. To serve: On a large platter, place the curly lettuce, top with tomatoes, grated carrot, sliced cucumber, olives. Scatter over torn basil leaves, the tuna pieces and boiled eggs.

### TIPS & HINTS

Hard-boiled eggs are easiest to peel right after cooling. Cooling causes the egg to contract slightly in the shell.





# VEGAN

## ZUCCHINI & KALE SLICE

RECIPE BY VEGGIEFUL

 PREP: 10 MINUTES

 COOK: 50 MINUTES

 SERVES: 12

### INGREDIENTS

Drizzle olive oil  
1 onion, diced  
1 garlic clove, crushed  
500g zucchini, grated  
1 big handful roughly torn kale leaves  
2 teaspoons curry powder  
Big pinch of salt  
Big pinch of black pepper  
350g extra firm tofu  
200ml Vitasoy Soy Milky Lite  
1 tablespoon nutritional yeast  
2 tablespoons flour  
2 teaspoons dijon mustard

### METHOD

1. Preheat your oven to 180°C. In a fry pan on medium to high heat, add the oil and onion and saute until transparent. Wrap the grated zucchini in a cloth and squeeze hard to discard the excess liquid. Add in the garlic, kale and grated zucchini, season with salt and pepper and saute until the zucchini has softened. Remove from the heat and set aside.
2. In a food processor, add the curry powder, salt, pepper, tofu, Vitasoy Soy Milky Lite, nutritional yeast, flour and mustard and blend until smooth. Combine the creamy mixture from the processor and the zucchini mixture and pour it into a 25cm x 25cm lightly greased tin.
3. Bake for 50 minutes to 1 hour until lightly browned on top and a skewer comes out clean. Allow to cool and put in the fridge until needed.





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# PEA & MINT SOUP

 **PREP: 10 MINUTES**

 **COOK: 6 MINUTES**

 **SERVES: 4**

## INGREDIENTS

420g (3 cups) frozen green peas

2 green onions, roughly chopped

500ml (2 cups) vegetable stock, at room temperature

35g (1/4 cup) fresh mint leaves

Salt and freshly ground pepper, to taste

Greek style unsweetened yogurt, to serve

Extra fresh mint leaves, to serve

## METHOD

1. For the best results, use your Breville Boss™ blender.
2. Place peas in a large heatproof bowl. Cover with boiling water. Stand for 5 minutes or until thawed and drain.
3. Place peas, green onion and stock into blender jug and secure lid.
4. Press the SOUP function until program finishes.
5. Add mint leaves and secure lid.
6. Puree 30 seconds or until combined, season to taste with salt and pepper.
7. Divide among serving bowls, dollop with yogurt and garnish with extra mint leaves.

## TIPS & HINTS

- We have used shelf stable UHT stocks in our soup recipes.
- If using fresh stock, stock must be heated to boiling point for 1-2 minutes, and then allow to cool until there is no visible steam before blending.



# ZOMT

## QUICK BEEF MINCE STIR FRY

 PREP: 10 MINUTES

 COOK: 10-15 MINUTES

 SERVES: 4-6

### INGREDIENTS

500g organic grass fed beef mince  
2 spring onions  
1 brown onion  
1 red capsicum  
2-3 large handfuls baby spinach  
1 tbsp Tamari sauce  
2 tsp sesame oil

### METHOD

1. Chop up the spring onion, brown onion and red capsicum into 1cm pieces.
2. In a non-stick pan, add the veggies and cook for a few minutes over a med-hot heat until starting to soften and brown.
3. Add the beef mince and stir to break up, continue to stir fry for 5 minutes, then add the Tamari sauce and add the baby spinach on top. Allow the spinach to start wilting and then stir it through.
4. Remove from the heat and drizzle the sesame oil over top. Serve as is or with some asian greens or broccolini on the side.







# EGG

## POTATO & CAULIFLOWER CURRY

 PREP: 20 MINUTES

 COOK: 40 MINUTES

 SERVES: 4

### INGREDIENTS

6 eggs  
2 tablespoon vegetable oil  
1 onion, chopped  
2cm piece ginger, grated  
2 cloves garlic, grated  
1 teaspoon turmeric  
2 teaspoon garam masala  
2 teaspoon ground cumin  
4 large ripe tomatoes, chopped  
1 head cauliflower, cut onto florets  
2 potatoes, peeled and cut into chunks  
1 green chilli, split lengthways (optional)  
1 cup fresh peas  
1 handful spinach leaves  
1 lemon, juice  
Handful coriander, chopped  
Plain natural yoghurt, to serve  
4 pieces of Naan bread

### METHOD

1. Bring a small saucepan of water to the boil, add the eggs and cook for 9 minutes. Drain and plunge into cold water to cool. Crack, peel and cut into halves and quarters. Set aside.
2. Heat the oil in a heavy based saucepan. Add the onion and cook for 5 minutes until soft, then add the ginger, garlic and spices. Cook for a further 1 minute.
3. Stir in the tomatoes, cauliflower, potato and chilli (if using).
4. Add  $\frac{1}{2}$  cup of water, put the lid on, and cook gently for 30 minutes.
5. Once potato is cooked, add the peas, spinach, lemon juice and boiled eggs. Cook for 2 minutes, sprinkle in coriander and serve.
6. Serve with a dollop of yoghurt and Naan bread.



# PALEO

## ALMOND AND SESAME CHICKEN NUGGETS

RECIPE BY FIG & CHERRY

 PREP: 20 MINUTES

 COOK: 25 MINUTES

 SERVES: 4

### INGREDIENTS

500g chicken thigh fillets  
(or breast fillets), trimmed  
of fat

2 eggs

80ml ( $\frac{1}{3}$  cup) Vitasoy  
Coconutmilk Unsweetened

$\frac{1}{2}$  teaspoon sesame oil

165g ( $\frac{1}{4}$  cup) almond meal

3 tablespoons coconut flour

3 tablespoons raw white  
sesame seeds

1 tablespoon black sesame  
seeds

$\frac{1}{2}$  teaspoon paprika

60ml ( $\frac{1}{4}$  cup) macadamia oil  
(or coconut oil)

### METHOD

1. Heat oven to 200°C and line a baking tray with non-stick paper. Slice the chicken into bite size chunks about 4-5cm. Set aside.
2. Add the eggs, Vitasoy Coconut Milk Unsweetened and sesame oil to a large bowl and whisk until combined. Set aside.
3. Place the almond meal, coconut flour, white and black sesame seeds and paprika onto a large plate. Season with a little salt and pepper, then mix with your fingers to combine thoroughly.
4. Dip each piece of chicken first into the egg mixture and then into the almond mixture, pressing down firmly to coat the chicken evenly.
5. Place all the crumbed chicken pieces onto the paper lined baking tray. Brush or drizzle with oil and bake for 15 minutes. Flip each piece and bake for a further 10 minutes. Serve hot or warm with your favourite sauce.



**Breville®**

# HANDY TIPS & HINTS

1

## RELEASE THE GOODNESS

Many nut butters available to buy have added stabilizing agents, sugar and preservatives. To get the freshest flavor and maximum nutrition, make your own nut butter from whole, fresh or roasted nuts – without the additives. The Boss™ grinds nuts to fine particles using very high blade velocity, turning the once dry structure into a paste.

2

## LET OFF SOME STEAM!

In most blenders, blending hot liquids is fraught with danger. The Boss™ has been designed with a tightly sealed and vented lid, to hold the liquid in place under pressure. Not only that, but The Boss™ uses friction to turn cold ingredients into heated soup in around 6 minutes.

3

## BLENDING GREEN

The secret to a nutrient rich green smoothie is to find a blender that creates super fine particles. The Boss™ uses a unique folding motion to create extra fine particles that aren't over heated in the process, giving you a raw smoothie packed with nutrients.

**Breville®**

# SHOW CASE



## THE BOSS™

ONE TOUCH FUNCTIONS. MINIMUM INTERVENTION. TOTAL CONTROL.

Now it's easy to create everything from scratch - green smoothies to hot soup, from sorbets to hummus and nut butters to flour. The Boss™ features a high velocity ProKinetix® blade and bowl system that pulverises virtually any combination of ingredients. Creating up to 50% smaller particles than traditional blending. This super fine texture increases absorption of nutrients and creates a smoother mouth feel that traditional blenders have not been able to achieve.



# GUILT FREE TREATS

SWEET TREATS  
MADE WITH FRESH  
AND NATURAL  
INGREDIENTS







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# BANANA

## PECAN & HONEY FROZEN YOGHURT

 **PREP: 5 MINUTES**

 **SERVES: 4**

### INGREDIENTS

- 4 medium frozen bananas, quartered
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- 140g (½ cup) Greek natural yogurt
- 70g (½ cup) pecan halves

### METHOD

1. For the best results, use your Breville Boss™ blender.
2. Place ingredients into blender jug and secure lid.
3. Using the FROZEN DESSERT function, blend for 40 seconds or until combined and smooth. Use wand to press ingredients into the blades.
4. Serve immediately.



# ZOMT RAW CHOCCY NUT SLICE

 **PREP:** 30 MINUTES

 **SETTING:** 2-3 HOURS

 **MAKES:** 16-20 PIECES

## INGREDIENTS

### BASE

- 5 organic medjool dates
- 1 ½ cup almond and quinoa meal (or just almond is fine)
- 4 tbsp organic coconut oil (melted)

### RAW CARAMEL

- 4 organic medjool dates
- ¼ cup almond, brazil nut and cashew butter
- 6 tbsp organic coconut oil (melted)
- 1 sachet French Vanilla Complete (or other vegan vanilla protein)
- 3 tbsp coconut syrup
- 1-4 tbsp water as needed
- ⅓ - ½ cup raw peanuts

### CHOCOLATE TOPPING

- 6 tbsp coconut oil (melted)
- 1 sachet Dutch Chocolate Complete (or other vegan chocolate protein)
- 2 tbsp raw cacao powder

## METHOD

### BASE

1. Place all the base ingredients into a food processor, pulse until it combines together, scraping down the side as needed.
2. Press the base mixture firmly into a baking paper line dish. I like to place another sheet of baking paper over top and use a flat object like a glass to press and smooth it down. Set aside in the fridge.

### RAW CARAMEL

3. Place all the raw caramel ingredients, except the peanuts, into a food processor and pulse again until you get a thick creamy consistency. Add a tablespoon of water at a time, processing in between - this will bring the mixture together.
4. Smooth the raw caramel over the base right up to the edges. Sprinkle the peanuts over top and press into the raw caramel lightly. Set aside in the freezer to allow it to set completely (this will make it easier to slice).

### CHOCOLATE TOPPING

5. Add all the chocolate topping ingredients to a food processor (or blender) and process until smooth. Pour over top of the raw caramel mixture, smoothing out quickly as it will set quickly on the cold raw caramel.
6. Pop back in the freezer to allow the chocolate to firm up. Slice with a sharp knife, dipping it into hot water if needed to help.
7. Once sliced, store in an airtight container in the fridge for up to 10 days or so.

## GOOD FOR YOU TIP

Make sure your caramel is as firm as possible before putting the chocolate topping on to make it easier to cut.



# TROPICAL FRUIT CHIA PUDDING

RECIPE BY VEGGIEFUL

 **PREP:** 10 MINUTES

 **SERVES:** 2

## INGREDIENTS

1 cup Vitasoy Coconut Milk Original or Unsweetened  
3 tablespoons chia seeds  
2 tablespoons maple syrup  
Dash vanilla essence or vanilla seeds

### TROPICAL FRUIT OPTIONS:

Mango, passionfruit, pineapple, banana, kiwi fruit, apple

## METHOD

1. In a jar or bowl, add all 'basic chia pudding' ingredients and stir or shake until completely combined
2. Place in the fridge for at least 2 hours or overnight stirring a couple of times to prevent it from jelling on the bottom of the jar or bowl
3. Top with your choice of tropical fruit and enjoy!

## TIPS & HINTS

- It is up to you how thick you would like your chia pudding. 3 tablespoons chia seeds to 1 cup of coconut milk will give you a completely thick pudding with a consistency similar to a soft jelly. Feel free to do 2 or 2 1/2 tablespoons for a more liquidy pudding.
- Feel free to add any spices to the pudding such as cardamom, cinnamon or a vanilla bean to add more flavour. You could even add cacao/cocoa and make a chocolate chia pudding! Yum yum.



# ZOMT

# RAW

## COFFEE CHEESECAKE SLICE

 **PREP:** 30 MINUTES

 **SETTING:** 2-3 HOURS

 **MAKES:** 16-20 PIECES

### INGREDIENTS

#### BASE

6 organic medjool dates  
100g activated walnuts  
100g brazil nuts  
Pinch of Himalayan sea salt

#### CHEESECAKE

350g cashews (Soaked minimum 2 hours)  
¼ cup rice malt syrup  
⅓ cup coconut oil, melted  
1 tsp vanilla extract  
75ml Cold Drip Coffee

#### CHOCOLATE DRIZZLE

2 tbsp raw cacao  
2 tbsp rice malt syrup  
¼ cup coconut oil

### METHOD

#### BASE

1. In a food processor, add all the ingredients and pulse until combined but don't process it all the way until it's smooth. We want a bit of texture in there from the nuts.
2. Press the base mixture firmly into a baking paper lined dish (I used a ceramic brownie dish) or individually lined muffin tray if you so wish (super cute). I like to place another sheet of baking paper over top and press and smooth it down. Seriously, works a treat. Pop this in the freezer whilst you make the cheesecake layer.

#### CHEESECAKE

3. Next, make the cheesecake layer. The longer the cashews have soaked the better. Add all the ingredients and process until super smooth and creamy. Add splashes of water if you need, but it should be a thick batter that needs to be smoothed out.
4. Smooth the cheesecake layer over top of the base and pop into the freezer whilst you make the chocolate drizzle.

#### CHOCOLATE DRIZZLE

5. For the chocolate layer, just mix up the ingredients by hand or in the food processor and drizzle over top of the cheesecake layer.
6. Place it back in the freezer and allow to set for at least a few hours before slicing with a super sharp knife.

**GOOD  
FOR YOU TIP**

Dip your knife into boiling hot water in a glass before each slice to effortlessly make clean cheesecake squares.





# HANDY TIPS & FACTS

1

## GET CREATIVE

Vitasoy Coconut Milk is really versatile and can be used for all types of occasions, from cooking and baking to making a cheeky cocktail. Hello Pina Coladas!

2

## WATCH THAT WAISTLINE

With a third less calories than lite dairy milk in Original and half the calories of lite dairy milk in Unsweetened it's a low calorie milk with a creamy coconut taste.\*

3

## LOW SUGAR ALTERNATIVE

Vitasoy Coconut Milk Unsweetened has 95% less sugars than lite dairy milk\*

\*Based on dairy milk with 1% fat containing 51 Calories and 6.1g total sugars per 100ml (NUTTAB 2010).



# SHOW CASE



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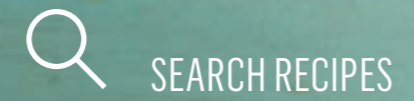
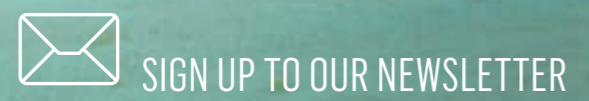
## VITASOY COCONUT MILK

Made with real coconuts, Vitasoy Coconut Milk is perfect to add a twist to your breakfast, cooking or desserts. Contains the goodness of calcium but is naturally lactose and dairy free. Available in Original and Unsweetened, Vitasoy Coconut Milks contain no artificial colours, flavours or preservatives.



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