daiya
deliciously dairy-free®

This month, we are featuring an assortment of **Daiya dairy-free products**. If you've never given them a try, we encourage you to do so – especially if you are considering exploring a vegetarian or vegan diet.

While there are numerous health benefits associated with going veggie, the unfortunate fact is many people wind up missing those high calorie, fatty, creamy foods our culture seems love, with milk and cheese being at the top of most lists. Cheese can be eaten on its own or as part of a more elaborate dish, and you'd be hard pressed to find a well-rounded recipe that doesn't include some amount of milk.

Well, here's where Daiya comes to the rescue! They offer plant-based alternatives that "provide the delicious characteristics you desire. Whether you suffer from allergies, are dairy-intolerant, living vegan or simply choosing a healthier lifestyle, Daiya is the perfect choice."

Why consider a plant-based lifestyle? In short, a diet that's rich in plant-based foods has all kinds of health benefits. Many studies show it can help prevent diabetes, high blood pressure, heart disease and certain cancers. It's also better for the environment **–** from the way ingredients are grown to the materials used in their packaging, sustainability is a huge part of plant-based culture.

Here are a few of the Daiya items on sale this month:

Homestyle Ranch Dairy-Free Dressing

The perfect combo of tanginess and smoothness. A great choice for salads or veggie burgers and your new go-to dressing for dips plain or fancy.
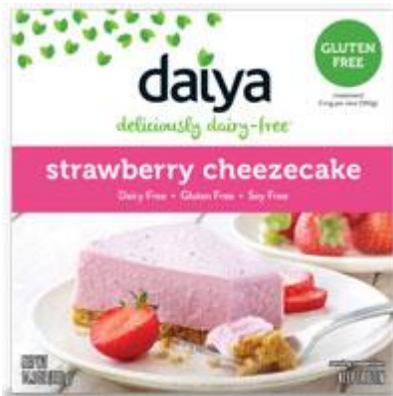
$3.29

Cheeze Lover's Pizza

A delicious combination of a crispy gluten-free crust, zesty tomato sauce, and our dairy-free Mozzarella and Cheddar Style Shreds. It's pizza perfection at its best and soon it will be the favorite at your family table.

$5.99

Strawberry Cheezecake

Our tantalizing Strawberry Style Cheezecake is bursting with the sweet, natural flavor of real strawberries. (Mmm strawberries.) The taste will linger on your tongue but NOT on your plate.

$5.49