**Choose Oat-based Cheese: A Sustainable Solution for Lactose Intolerance and Dairy Allergies!**

In today’s world, people dealing with lactose intolerance and dairy allergies are no longer ashamed and instead want to find solutions. If you are seeking relief from bloating and allergic reactions, oat-based cheese is both a delicious and sustainable solution. Among all non-dairy cheese options, oat cheese stands out for its creamy texture, rich flavor, and eco-friendly production process.

Unlike traditional dairy cheese that contains lactose, oat cheese is naturally lactose-free and of course dairy-free because its main ingredient is oat, a plant! You don’t have to say bye to all cheese. Oat cheese tastes just as good as dairy cheese if not better!

Why else should you eat oat cheese? Oats offer many environmental benefits that further enhance their appeal. Oats are a sustainable crop that requires less water and land compared to dairy production, making them the perfect choice if you are environmentally conscious. By choosing oat-based cheese, you can reduce your carbon footprint and support sustainable agriculture practices that promote biodiversity.

From field to table, oats can be transformed into creamy, flavorful cheese, demonstrating how there can be a balance between taste and sustainability. Whether enjoyed in slices, spreads, or shredded forms, oat-based cheese offers a bloat-free indulgence that satisfies cravings without compromising on taste or texture.

So, choose oat-based cheese, your tasty and eco-friendly cheese choice. You will not only make a positive impact on your health, but also the planet! You can be lactose intolerant, allergic to dairy, or just wanting a more sustainable dietary option. Oat cheese is great choice for everyone.

Use Oatly’s Oatfinder to find your nearest grocery store that offers No Bloat Oat Cheese, Oatly’s newest cheese product. Join us in making a difference (in your stomach and the environment) one cheesy bite at a time!