

Why Sheep's Milk

Sheep's milk is easily digested, a quality source of protein and is rich in calcium. The milk contains high levels of vitamins A, D, E, C, B6 and B12. Other benefits include elevated beta carotene, thiamine and riboflavin levels, one of the highest folate sources amongst dairy products and a good source of zinc.

The fat content within the milk is largely mono or polyunsaturated fatty acids. The fat globules in sheep milk are smaller, more homogeneous and therefore more easily digested. This reduces the feeling of bloating and mucas build-up following the consumption of dairy products (source: The Raw Paleo Forum - <http://www.rawpaleodietforum.com/raw-weston-price/advantages-of-sheep-s-dairy-over-cow-and-goat-s-dairy/>).



Sheep's milk, yoghurt and cheeses can be the ideal alternative to many people that are lactose intolerant. Sheep milk, like goats milk, contains lactose, however it is believed that due to the presence of medium and short chain saturated fatty acids the rate of lactose absorption increases, relieving issues for a majority of lactose intolerant people.

Conditions such as eczema and asthma can be relieved by incorporating sheep milk into the diet.

Sheep milk also contains medium chain triglycerides which aid the reduction of cholesterol (source: High Weald Dairy - http://www.highwealddairy.co.uk/index.php?webpage=allergy_advice).



Sheep milk can be frozen and will not separate when defrosted due to the small protein and fat particles.

Most importantly, sheep milk tastes like a rich, creamy milk with a hint of sweetness and has no odour. Many blind milk tastings have resulted in sheep milk being recognised as a superior tasting milk.

