

10th June 2025

Almond Milk

Tips to consider when purchasing Almond Milk:

1. Consider Organic or Non-GMO Options- If you prefer fewer pesticides or genetically modified ingredients, look for almond milk labelled organic or Non-GMO project verified.
2. Compare Protein Content- If protein is important, consider other plant –based milks like soy milk or pea milk which have higher protein levels (6-8g per cup).

Items	Size	Retail Price
Nature's Heart Original Almond Milk	946ml	\$9.44
Nature's Heart Unsweetened Almond Milk	946ml	\$9.44
Natura Unsweetened Almond Milk	946ml	\$11.87
Natura Original Almond Milk	946ml	\$12.07
Nature's Heart Vanilla Almond Milk	1Litre	\$8.11
Green Star Almond Milk	1Litre	\$11.72
Blue Diamond Almond Breeze Milk	1Litre	\$15.15