

How do we make our products lactose free?

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Lactose is a "double-sugar" that requires the digestive enzyme lactase to split it apart into its component parts, glucose and galactose, so that they can be properly absorbed in our intestines. People with lactose intolerance do not produce enough lactase enzyme to absorb lactose. We add lactase enzyme to our milk and cream and carefully culture it into our yogurt, kefir, cottage cheese, sour cream, cream cheese, and butter. By adding it to the milk and cream, the lactase splits apart lactose into its component sugars and render it digestible to even those with severe lactose intolerance. The lactase enzyme we use is naturally occurring and derived from vegetarian yeast cultures. That's it!

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