



FAQ

> What is Mila Skyr?

Mila Skyr is a dairy speciality similar to yoghurt. The recipe is Icelandic in origin. Mila Skyr is rich in protein and low in fat. The taste is full-bodied with a gentle, refreshing acidity similar to Greek yoghurt. For Mila Skyr, we use exclusively mountain milk from South Tyrol and select ingredients.

∨ What is special about Mila Skyr?

- High protein content (plain: 9.2 g protein/100 g)
- Low in fat (fat < 0.5% g/100 g)
- 100% milk from South Tyrol
- Non-GMO
- Full-bodied flavour

∨ How is Mila Skyr made?

Mila Skyr is made from skimmed milk, which is why it is so low in fat. Given that around 3 litres of milk go into one kilo of Skyr, it is also wonderfully creamy and rich in protein. Mila Skyr's distinctive taste comes from lactic acid bacteria and microbial (non-animal) rennet. Although Skyr is eaten like yoghurt, it is, strictly speaking, not yoghurt at all, but a dairy product in its own rights with numerous beneficial properties.

∨ Why do Mila make Skyr?

Here at Mila, we have always lived in harmonious balance between tradition and innovation, a philosophy which is echoed in Mila Skyr: The milk, sourced exclusively from South Tyrolean mountain farms, is transformed into an innovative dairy product made to the Icelandic recipe. A dairy product loved by the Vikings that has, at long last, found its way to the Italian market.

∨ What sizes and tastes is Mila Skyr available in?

Mila Skyr is available in 150 g pots - just the right size for a snack - and provides around 25% of the recommended daily protein intake. Alongside plain Skyr, we also make five fruit flavours: Blueberry, raspberry apricot, vanille and mango-passionfruit.

∨ Does Mila Skyr contain lactose? Is there a lactose-free version?

Skyr is made from cow's milk, and, as such, contains milk sugar, otherwise known as lactose. At the moment, Mila do not make lactose-free Skyr.

Mila



Mila represents an extensive and exciting range of products. Raw milk taken from free-range cows living in barns and pastures owned by 2.500 mountain farming families throughout South Tyrol is used to create our dairy products.

Mila LATTE MONTAGNA ALTO ADIGE

Soc. Agr. Coop.

Phone +39 (0)471 451 111

E-mail: info@Mila.it

VAT no. IT01661820215

Discover more about Mila

