

Tasting Notes - Dairy and Non-Dairy Milks								
	Best for these Coffee/Tea Drinks	Taste	Texture	Frothability	Nutrition per 8 fl oz	Ingredients	Notes	Macro Content (% of total calories)
Oatly Oat Milk Barista Original	Brown Sugar Oat Milk Shaken Espresso	Pretty neutral tasting with a bit of the typical oat flavor, but not overpowering.	Similar to 2% milk, slightly creamy but not super creamy.	Froths up easily with smooth, small bubbles.	140 cals 3 g protein 7 g fat 16 g carbs (2 g fiber, 7 g sugar, incl. 7 g added sugar)	Oat base (water, oats), low erucic acid rapeseed oil. Contains 2% or less of: dipotassium phosphate, calcium carbonate, tricalcium phosphate, sea salt, dicalcium phosphate, riboflavin, vitamin A, vitamin D2, vitamin B12.	This barista oat milk has an added stabilizer that allows it to be used in hot drinks without separating. It's also able to be frothed/steamed/foamed.	
Califia Farms Barista Blend Oat Milk	Not recommended	This one has a pretty strong oat flavor that overpowered a lot of drinks.	About the same creaminess of a 2% milk.	Froths up pretty quickly and easily with mostly small bubbles that drink smoothly and stick around for a while.	130 cals 1 g protein 7 g fat 14 g carbs (2 g fiber, 3 g sugar, incl. 3 g added sugar)	Oatmilk (Water, Oats), Sunflower Oil, Minerals (Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate), Sea Salt		
Califia Farms Vanilla Protein Oat Milk	Not recommended	Kind of a strong oat flavor, not as neutral as I would prefer for a coffee drink. Other than that, it has a nice sweetness and vanilla flavor.	Creamier than a 2% milk, but also a little bit gritty.	Didn't test it.	140 cals 8 g protein 7 g fat 10 g carbs (1 g fiber, 3 g sugar, incl. 3 g added sugar)	Oatmilk (Water, Oats), Pea Protein, Sunflower Oil, Sunflower Butter, Calcium Carbonate, Flaxseed Oil, Dipotassium Phosphate, Natural Flavors, Sea Salt, Tricalcium Phosphate, Gellan Gum, Vitamin D2 Mushroom Powder.	This one might be good in smoothies, but I thought it was too overpowering for coffee drinks.	
Chobani Oat Drink Vanilla	Iced Matcha Latte, Salted Caramel Cream Cold Brew	Noticeably sweet compared to others with a very distinct vanilla flavor.	Pretty creamy, somewhere between what a 2% milk and a whole milk would be.	Froths up into twice its volume pretty easily, and the froth bubbles are pretty small and stable. The overall texture remains pretty runny, but it easily floats on top of cold brew.	120 cals 2 g protein 5 g fat 15 g carbs (<1 g fiber, 9 g sugar, incl. 9 g added sugar)	Oat Blend (Organic Ingredients) (Water, Whole Grain Oats [Organic Ingredients]), Contains 2% or Less of: Canola Oil (Organic Ingredients), Cane Sugar (Organic Ingredients), Vanilla Extract, Natural Flavors, Sea Salt, Nutrient Extract Blend (Fruit and Vegetable Sources), Calcium Carbonate, Gellan Gum, Tricalcium Phosphate, Dipotassium Phosphate.	Use caution with this one in coffee drinks - it's very sweet, so you'll likely have to adjust the amount of syrup/sweetener you use to keep things balanced.	
Pacific Foods Barista Series Soy Plant-Based Beverage	Iced Matcha Latte	Definitely tastes like soy, but it's not overly sweet. It's not quite neutral in flavor, but not far off.	Smooth but not particularly creamy. Maybe on par with 1% milk.	Froths pretty easily into a smooth foam, though you end up with some big bubbles among the foam with a milk frother. Lasts for a decent time, but not as long as dairy milk.	90 cals 5 g protein 3.5 g fat 9 g carbs (7 g sugar, incl. 6 g added sugar)	Organic Soybase (Water, Whole Organic Soybeans), Cane Sugar, Contains 1% Or Less Of: Carrageenan, Dipotassium Phosphate, Expeller-Pressed Canola Oil, Natural Flavor, Sea Salt, Sodium Citrate		
Silk Vanilla Soy Milk	Iced Matcha Latte	This one leans toward the sweet side, but not overly sweet.	Pretty creamy - if you drink it plain you can see what looks like some grittiness on the glass but I don't really get that feeling on my tongue.	Froths up easily with a milk frother! The foam bubbles are a bit larger than you get with dairy milk, making it less creamy, but still great!	100 cals 6 g protein 3.5 g fat 11 g carbs (1 g fiber, 9 g sugar, incl. 8 g added sugar)	Soymilk (Filtered Water, Soybeans), Cane Sugar, Vitamin And Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Sea Salt, Natural Flavor, Gellan Gum, Sodium Ascorbate (To Protect Freshness)	I struggle to describe what soy milk tastes like, but I really enjoy it - especially for drinks that are heavy on milk and light on other flavors.	

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	Best for these Coffee/Tea Drinks	Taste	Texture	Frothability	Nutrition per 8 fl oz	Ingredients	Notes	Macro Content (% of total calories)
Silk Unsweetened Vanilla Almond Milk	Iced Chocolate Almond Milk Shaken Espresso	Pretty neutral tasting and not too sweet. If drinking by itself, you can get a hint of the almond flavor.	Nice and smooth, but not particularly creamy.	Doesn't really froth.	30 cals 1 g protein 2.5 g fat 1 g carbs (0 g fiber, 0 g sugar)	Almondmilk (Filtered Water, Almonds), Vitamin and Mineral Blend (Calcium Carbonate, Vitamin E Acetate, Vitamin A Palmitate, Vitamin D2), Sea Salt, Locust Bean Gum, Gellan Gum, Ascorbic Acid (to Protect Freshness), Natural Flavor.	This is my go-to non-dairy milk for baking, drinking, etc.	<p>● Protein ● Fat ● Carbs</p> <p>13% 74% 13%</p>
Califia Farms Unsweetened Vanilla Almond Milk	Iced Chocolate Almond Milk Shaken Espresso	A more distinct almond flavor than Silk's version.	A bit thicker and creamier than Silk's version, but there's also a slight grittiness to it.	Doesn't really froth.	40 cals 1 g protein 3 g fat 1 g carbs (<1 g fiber, 0 g sugar)	Almondmilk (Water, Almonds), Natural Flavors, Calcium Carbonate, Sunflower Lecithin, Sea Salt, Locust Bean Gum, Gellan Gum, Potassium Citrate.		<p>● Protein ● Fat ● Carbs</p> <p>11% 77% 11%</p>
Fairlife Milk Ultra-Filtered Reduced Fat 2%	Iced Skinny Vanilla Latte, Iced Mocha, Salted Caramel Cream Cold Brew, Iced Caramel Macchiato	Somehow seems to have less flavor than the Lactaid 2% milk, but generally just tastes like 2% milk.	Has the texture of regular 2% milk.	Easily froths into a well structured, thick, and long lasting cold foam with just a milk frother.	120 cals 13 g protein 4.5 g fat 6 g carbs (0 g fiber, 6 g sugar)	Reduced Fat Ultra-Filtered Milk, Lactase Enzyme, Vitamin A Palmitate, Vitamin D3	This one has the least flavor of the 2% ultra filtered milks that I tested.	<p>● Protein ● Fat ● Carbs</p> <p>45% 35% 21%</p>
Chobani Ultra Filtered Lactose Free 2% Reduced Fat Milk	Iced Skinny Vanilla Latte, Iced Mocha, Salted Caramel Cream Cold Brew, Iced Caramel Macchiato	A bit more flavor than the Fairlife 2% milk, but not as much sweetness as the Lactaid 2% protein milk. Pretty neutral.	A bit creamier than the other 2% ultra filtered milks.	Easily froths into a well structured, thick, and long lasting cold foam with just a milk frother.	160 cals 20 g protein 5 g fat 7 g carbs (0 g fiber, 6 g sugar)	Ultra-filtered Skim Milk, Milk, Cream, Lactase Enzyme, Vitamin A Palmitate, Vitamin D3	Chobani discontinued this product just a few months after it hit the shelves!	<p>● Protein ● Fat ● Carbs</p> <p>52% 29% 18%</p>
Lactaid Protein 2% Reduced Fat Milk	Iced Skinny Vanilla Latte, Iced Mocha, Salted Caramel Cream Cold Brew, Iced Caramel Macchiato	Tastes like 2% milk, but a bit sweeter than I was expecting.	Has the texture of regular 2% milk.	Easily froths to 2-3x it's original volume. Forms a well structured, thick, and long lasting cold foam with just a milk frother.	130 cals 8 g protein 5 g fat 14 g carbs (0 g fiber, 12 g sugar)	Reduced Fat Milk, Lactase Enzyme, Vitamin A Palmitate And Vitamin D3	This one is the sweetest of the 2% ultra filtered milks.	<p>● Protein ● Fat ● Carbs</p> <p>24% 34% 42%</p>
So Delicious Dairy Free Coconut Milk Beverage Vanilla Unsweetened Organic	Pink Drink	This one has a slight coconut taste but is pretty neutral, with the tiniest bit sweetness.	Looks surprisingly creamy but it doesn't translate to a creamy mouthfeel.	Froths a tiny bit, but it doesn't stick around.	45 cals 0 g protein 4.5 g fat 1 g carbs (0 g fiber, <1 g sugar)	Organic Coconutmilk (Filtered Water, Organic Coconut Cream), Contains 2% or Less of: Vitamin and Mineral Blend (Calcium Phosphate, Magnesium Phosphate, L-Selenomethionine [Selenium]), Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Sea Salt, Natural Flavor, Organic Sunflower Lecithin, Organic Locust Bean Gum, Gellan Gum	Be careful with this one in your coffee drinks - it tends to separate a bit and lose some of the creaminess that it started with.	<p>● Protein ● Fat ● Carbs</p> <p>9% 91% 9%</p>
Silk Unsweetened Coconut Milk	Pink Drink, Matcha Latte, Iced Skinny Vanilla Latte, Iced Mocha	A definite coconut flavor with this one, but it's not overpowering. The lack of sweetness is helpful when you want total control over the sweetness in your drink. Wouldn't want to drink plain, but good to mix.	A pleasant mouthfeel with no noticeable grittiness. It's smooth but not thick and creamy.	I was able to get a baby froth on this one, but it disappeared pretty quickly.	40 cals 0 g protein 4 g fat 1 g carbs (0 g fiber, 0 g sugar)	Coconutmilk (Filtered Water, Coconut Cream), Vitamin and Mineral Blend (Calcium Carbonate, Vitamin E Acetate, Vitamin A Palmitate, Vitamin D2, Vitamin B12), Dipotassium Phosphate, Sea Salt, Sunflower Lecithin, Gellan Gum, Ascorbic Acid (to Protect Freshness), Natural Flavor		<p>● Protein ● Fat ● Carbs</p> <p>10% 90% 10%</p>

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Silk Unsweet Almond & Coconut Milk	Pink Drink, Matcha Latte, Iced Chocolate Almond Milk Shaken Espresso	You get a pretty strong aroma of coconut with this one, but not an overpowering flavor. It's surprisingly neutral.	Pretty creamy mouthfeel, though you can see a bit of grit on the glass as you drink it.	This one doesn't really froth, and any froth that it does make is weak and quickly falls apart back into the liquid.	30 cals 1 g protein 2.5 g fat <1 g carbs (0 g fiber, 0 g sugar)	Almondmilk (Filtered Water, Almonds), Coconutmilk (Filtered Water, Coconut Cream), Vitamin and Mineral Blend (Calcium Carbonate, Vitamin E Acetate, Vitamin A Palmitate, Vitamin D2), Sea Salt, Sunflower Lecithin, Gellan Gum, Ascorbic Acid (To Protect Freshness), Natural Flavor.		<div><div>Protein</div><div>Fat</div><div>Carbs</div></div> <table><caption>Macro Content Data</caption><tr><th>Macro</th><th>Percentage</th></tr><tr><td>Protein</td><td>13%</td></tr><tr><td>Fat</td><td>74%</td></tr><tr><td>Carbs</td><td>13%</td></tr></table>	Macro	Percentage	Protein	13%	Fat	74%	Carbs	13%
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Pacific Foods Barista Series Coconut Plant-Based Beverage	Pink Drink, Matcha Latte	Not much coconut flavor in this one at all, but there is quite a bit of sweetness up front.	Looking at this one, it seems like it might be gritty, but it has a smooth mouthfeel. It's really not creamy though - I think it's on par with the creaminess of 1% milk?	Although I got this one to froth (cold), the bubbles were too big for smooth sipping and quickly dissipated/ separated.	90 cals 1 g protein 5 g fat 10 g carbs (9 g sugar, incl. 8 g added sugar)	Water, Coconut Cream (Coconut Milk, Water, Xanthan Gum), Cane Sugar, Contains Less Than 1% of: Carrageenan, Gellan Gum, Natural Flavor, Sea Salt, Sodium Citrate, Tripotassium Citrate		<div><div>Protein</div><div>Fat</div><div>Carbs</div></div> <table><caption>Macro Content Data</caption><tr><th>Macro</th><th>Percentage</th></tr><tr><td>Protein</td><td>13%</td></tr><tr><td>Fat</td><td>74%</td></tr><tr><td>Carbs</td><td>13%</td></tr></table>	Macro	Percentage	Protein	13%	Fat	74%	Carbs	13%
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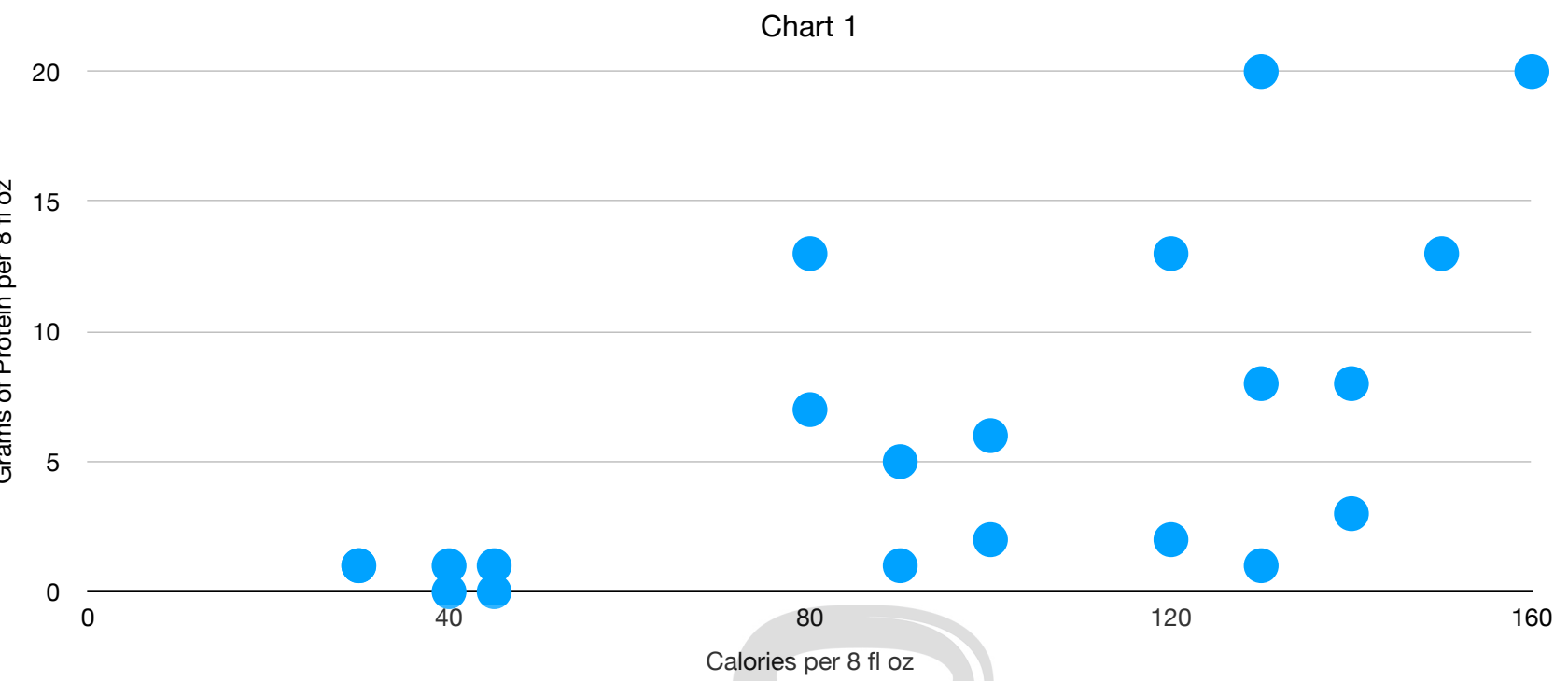


Table 1

		Calories per Cup (8 fl oz)	Grams of Protein per Cup	Grams of Carbs per Cup	Grams of Fat per Cup
▼ Oat Milk					
	Oatly Oat Milk Barista Original	140	3	16	7
	Califia Farms Barista Blend Oat Milk	130	1	14	7
	Califia Farms Vanilla Protein Oat Milk	140	8	10	7
	Chobani Oat Drink Vanilla	120	2	15	5
	Chobani Oat Plain Extra Creamy	120	2	11	9
	Chobani Oat Plain	100	2	11	6
	Silk Oat Milk 0g Sugar Low Fat	45	1	5	3
▼ Soy Milk					
	Silk Vanilla Soy Milk	100	6	11	4
	Pacific Foods Barista Series Soy Plant-Based Beverage	90	5	9	4
	Silk Organic Unsweet Soy	80	7	3	4
▼ Almond Milk					
	Califia Farms Unsweetened Vanilla Almond Milk	40	1	1	3
	Silk Unsweetened Vanilla Almond Milk	30	1	1	3
▼ Dairy Milk					

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	Fairlife Milk Ultra-Filtered Reduced Fat 2%	120	13	6	5
	Fairlife Fat Free Ultra-Filtered Milk	80	13	6	0
	Chobani Ultra Filtered Lactose Free 2% Reduced Fat Milk	160	20	7	5
	Chobani Ultra Filtered Lactose Free Fat Free Milk	130	20	7	0
	Horizon Organic 2% Reduced Fat Milk	130	8	12	5
	Lactaid Protein 2% Reduced Fat Milk	150	13	5	12
▼ Coconut Milk					
	So Delicious Dairy Free Coconut Milk Beverage Vanilla Unsweetened Organic	45	0	1	5
	Silk Unsweetened Coconut Milk	40	0	2	4
	Pacific Foods Barista Series Coconut Plant-Based Beverage	90	1	10	5
	Silk Unsweet Almond & Coconut Milk	30	1	1	3

Peanut Butter
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