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## **Benefits of Drinking Camel Milk**

**Camel milk offers consumers compelling benefits! Long popular in many Middle Eastern and African cultures, camel milk is now increasingly becoming available on a more global basis. Some health highlights include fewer calories, higher protein content (i.e. than bovine milk, etc.), lower lactose and a unique vitamin (A, B2, C) and mineral density. It also tastes good – camel milk smoothie, anyone?**

**Driving consumers back to the dairy case is a mission we are all pursuing! So, let's give a 'shout out' to the "pioneers" who are striving to make camel milk more widely available. In the USA, Desert Farms (California) is reaching out to network small to medium farmers across the country with supply lines and incentives for quality production of camel milk from small herds. The Camel Milk Cooperative (North Carolina) is working to build availability and educate people as to the unique pluses of this product. All we are saying, is, "Give Milk a Chance!"**

