

Deliciously Dairy-Free Meals Made Easy With Daiya



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Founder of healthygrocerygirl.com Megan Roosevelt, a registered dietitian nutritionist and Daiya paid spokesperson, stops by to tell us how easy and delicious mealtime can be this school year with Daiya dairy-free and plant based products for families looking to lead a healthier lifestyle this fall.

"I don't think I could ever give up dairy because I love yogurt and cheese but they have their own yogurt."

-Host

"Yes, first we have a delicious breakfast parfait, perfect for busy mornings with Daiya's Greek yogurt alternative, which has six to nine grams of protein. Protein is really important for feeling full and energized in the morning. What I love about Daiya's yogurt is that it's rich and it's creamy. Daiya is for anyone that wants to eat healthier or more plant-based."

-Megan Roosevelt, registered dietitian nutritionist

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