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CINCO DE MAYO RECIPES

'MUY ESPECIAL' RECIPES FOR CINCO DE MAYO MENU CONSIDER SPECIAL DIETARY NEEDS FOR THOSE WITH INTOLERANCE TO LACTOSE OR GLUTEN

Goat Milk Yogurt and Kefir from Redwood Hill Farm® and Green Valley Organics® Lactose Free Real Dairy Yogurt, Kefir and Sour Cream Make it a Celebration for Everyone

SEBASTOPOL, Calif. – For people living with lactose intolerance Cinco de Mayo can go quickly from "Ole!" to "Oh, no!" Sour cream and cheese are mainstays of Mexican food and even the desserts can present issues for those that experience difficulty digesting lactose.

To the digestive rescue is Redwood Hill Farm and Green Valley Organics, "Dairy's Dynamic Duo," with a complete menu for Cinco de Mayo. Goat milk and lactose free real cow dairy yogurt and kefir and lactose free sour cream replace ingredients that can be troubling to tummies in these recipes that include a creamy avocado soup, crunchy tacos drizzled with spiced crema and a moist "Tres Leches" cake.

"All of our Green Valley Organics real dairy products are lactose free as well as gluten free," said Jennifer Bice, owner of Redwood Hill Farm & Creamery. "Our Redwood Hill Farm line of yogurt and kefir is made from Grade A goat milk and because goat milk is easier to digest for most people with 25 percent less lactose than cow milk, it is often an excellent replacement for traditional cow milk products."

This Cinco de Mayo celebrate with these 'delicioso' dishes for a fiesta that everyone can enjoy.

Chilled Avocado Soup with Roasted Corn and Pico de Gallo Garnish
Cool and creamy, this chilled avocado soup refreshes with a satisfying tanginess from Redwood Hill Farm Plain Kefir even on the hottest summer days. It's perfect for a quick entrée soup for the family, or portioned into shot glasses and topped with grilled shrimp for a party-worthy appetizer. This recipe is gluten free, vegetarian and rich in healthful fats.

Chicken Tinga Tacos with Avocado Chile Crema and Chipotle Lime Slaw
Fun to say and even more fun to eat, chicken tinga tacos are extra tender and moist due to a dip in Green Valley Organics Plain Kefir and a slow roast in the oven (or crock pot). Short on time? Simply marinate the chicken for one hour, skip the oven and fire up the grill. Top the tacos with avocado chile crema made with Green Valley Organics Sour Cream and a chipotle lime slaw that uses Green Valley Organics Plain Yogurt. This recipe is lactose free; for a gluten-free version, use corn tortillas.

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Individual Tres Leches Cakes*

This "light on the lactose" Tres Leches or "three milks" cake is a classic Mexican dessert traditionally made with yellow cake drenched with sweetened condensed milk, evaporated milk and cream; topped with whipped cream and a cherry. We make ours in individual dessert cups (no sharing required!). The recipe uses Green Valley Organics Sour Cream in the cake batter and switches out the milks with creamy Redwood Hill Farm goat milk yogurt and Mango Orange Pineapple Kefir mixed with a splash of evaporated milk and vanilla. The result is a light and refreshing fruity dessert.

*Recipe includes modifications to make this recipe lactose free. For a gluten-free cake, use a gluten free flour or cake mix.

About Redwood Hill Farm & Creamery, Inc. – Sustainably Farmed & Family Owned Since 1968

Located among the picturesque redwoods of western Sonoma County, Calif., 60 miles north of San Francisco, Redwood Hill Farm & Creamery, Inc. is a different kind of dairy. A small, family farm, it has been producing delicious, award-winning goat milk dairy products since 1968. Excellence is a top priority and Redwood Hill Farm & Creamery takes pride in producing the best tasting, least processed goat milk yogurt, kefir, and artisan cheeses. Its products are free of refined sugar, artificial coloring, preservatives or powdered milk. Dedicated to protecting the environment and green open spaces, Redwood Hill Farm & Creamery is a proud supporter of Ceres Community Project, Climate Protection Campaign, Sonoma Land Trust, Daily Acts and LandPaths. Visit RedwoodHill.com for more recipes and to learn more about the company's wholesome products, award-winning goat herd and earth-friendly business practices, including the installation of a solar energy system at the farm and creamery where Redwood Hill Farm® and Green Valley Organics® products are made.

About Green Valley Organics Lactose Free

Green Valley Organics® Lactose Free yogurts, kefirs and new sour cream were created to help folks who are lactose intolerant enjoy all the health benefits and great taste of real dairy without the tummy troubles, bringing peace, love and dairy back into their lives. From the makers of Redwood Hill Farm®, a family-owned company committed to digestive health for more than 45 years, Green Valley Organics is a brand consumers can trust, made with organic milk that carries the Certified Humane Raised and Handled® label, which is considered the gold standard in third-party certification for humane animal treatment. Redwood Hill Farm and Green Valley Organics are the only dairy brands with Flourish®, a custom blend of 10 live and active cultures that deliver millions of probiotics in every spoonful. Visit GreenValleyLactoseFree.com for tips on living with lactose intolerance, great recipes and more information about the company's wholesome products and earth-friendly business practices, including the installation of a solar energy system at the Green Valley Organics creamery.

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