

Preface

Plant milk is a plant beverage with a color resembling that of milk. Plant milks are non-dairy beverages made from a water-based plant extract for flavoring and aroma. Plant milks are consumed as alternatives to dairy milk, and may provide a creamy mouthfeel.

As of 2021, there are about 17 different types of plant milks; almond, oat, soy, coconut, and pea are the highest-selling worldwide. Production of plant-based milks, particularly soy, oat, and pea milks, can offer environmental advantages over animal milks in terms of greenhouse gas emissions, land and water use.

Plant-based beverages have been consumed for centuries, with the term "milk-like plant juices" used since the 13th century. In the 21st century, they are commonly referred to as *plant-based milk*, *alternative milk*, *non-dairy milk* or *vegan milk*. For commerce, plant-based beverages are typically packaged in containers similar and competitive to those used for dairy milk, but cannot be labeled as "milk" within the European Union.

Across various cultures, plant milk has been both a beverage and a flavor ingredient in sweet and savory dishes, such as the use of coconut milk in curries. It is compatible with vegetarian and vegan lifestyles. Plant milks are also used to make ice cream alternatives, plant cream, vegan cheese, and yogurt-analogues, such as soy yogurt. The global plant milk

market was estimated to reach US\$62 billion by 2030. ⁱ

In the present book, twelve typical literatures about Plant milk published on international authoritative journals were selected to introduce the worldwide newest progress, which contains reviews or original researches on Plant milk. We hope this book can demonstrate advances in Plant milk as well as give references to the researchers, students and other related people.

ⁱ https://en.wikipedia.org/wiki/Plant_milk