

MINAS CHEESE



Minas cheese is very popular and present in almost every Brazilian table. The Minas cheese is produced in the region of Minas Gerais, in southwest of Brazil and is a healthy option and very suitable for dieters because it is very nutritious and combines with sweet or savory recipes.

Minas Cheese is rich in many vitamins and calcium, has less fat, has little sodium compared to other types of cheese, improves immunity and has antioxidants.