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In order to help to really help people go vegan, I founded [Nafsika's Garden](#), a vegan cheese line that is completely allergen free! Launched in 2019, it is now available in several countries around the world!



I'm excited that you have decided to allow me to join you in your plant-based journey. Let's go plant-based!

With Compassion,

Nafsika



"If you plant it,
it will grow"

NAFSIKA ANTYPAS