

Dairy-Free, Soy-Free "Ice Cream" Reaches Luxurious New Heights

Alisa Fleming, www.GoDairyFree.org ~ I couldn't think of a better way to celebrate food allergy awareness week than to write about the wonderful food products now available for food sensitivities. I say food sensitivities, because if you have a severe or highly sensitive food allergy, you should contact the manufacturer prior to consumption of any processed food to ensure that there are no potential cross-contamination issues that might render the food unsafe for you. That being disclaimed, one of the new products that has me the most excited is the new Purely Decadent Frozen Dessert Pints (aka "ice cream"). They are made with coconut milk, and consequently they are dairy-free, egg-free, and soy-free. That's right, dairy-free AND soy-free. Last week I had the opportunity to taste test three flavors of this new "ice cream" product, and I was floored with its luxuriousness, and downright healthy ingredient list. Please do enjoy my full Purely Decadent Coconut Milk "Ice Cream" Review.