

Culture Clash Creates New Coconut Milk Yogurt

Alisa Fleming, www.GoDairyFree.org ~ For years I have repeatedly fielded the same question about dairy-free yogurt, "Is there a dairy-free, soy-free yogurt on the market?" I have heard this inquiry so many times that I am sure my husband has heard me utter the response in my sleep, "Not to the best of my knowledge, but hopefully one will arrive soon!" Well soon has arrived, and at last I can offer a suggestion or two that I am sure will please many. Those wonderful people at Turtle Mountain ... you know them, the ones who have created dozens of delicious dairy-free frozen desserts, including a new coconut "ice cream" line ... are following up the release of their new line of soy-based yogurt with a line of coconut milk based yogurt. That is correct, a dairy-free, soy-free yogurt available in six flavors. More details can be read in the press release below

Turtle Mountain launches the first yogurt made from coconut milk

Eugene, OR ~ This is a tale of two food scientists. One was developing a new soy yogurt and the other a new coconut milk ice cream. Together, almost by accident, they created something completely new: coconut milk yogurt. Their creation, So Delicious Coconut Milk Yogurt, is being launched this summer by Turtle Mountain, makers of America's most popular dairy free ice creams and frozen desserts.

The new yogurt is made by adding beneficial bacteria cultures to organic coconut milk. Six live and active cultures turn the naturally sweet coconut milk into a thick and creamy yogurt. The two scientists, Ken Viscidi and Dolly Mok, were working on their separate products when they decided to mix things up by adding the yogurt culture to the coconut milk. The results surprised and excited them and they knew immediately they had created something special. "Even after the first try it tasted great. We knew we were on to something," says Ken.

The new yogurt is 100% soy and dairy free and fortified to be an excellent source of calcium, magnesium and vitamin B12, an essential vitamin many vegetarians have trouble getting enough of. Since it's made with coconut milk, the yogurt contains medium chain fatty acids (MCFAs) such as lauric acid which are known to boost the immune system and thyroid function.

So Delicious Coconut Milk Yogurt is available in six flavors: Plain, Blueberry, Raspberry, Vanilla, Strawberry Banana and Passionate Mango. The suggested retail price is \$1.89 for a 6-ounce container and it will be available at Whole Foods Markets and other select grocery stores nationwide in early July.

About Turtle Mountain, LLC

Based in Eugene, Oregon since 1990, privately held Turtle Mountain provides consumers with healthier alternatives to dairy products. All products are 100% plant-based and contain no artificial sweeteners, trans-fats or hydrogenated oils. Most are made with certified organic ingredients. For full product offerings and complete nutritional information, please visit: www.TurtleMountain.com.