

So Delicious Coconut Milk Yogurt (Vegan, Gluten-Free, Soy-Free)

Hannah Kaminsky, My Sweet Vegan ~ As concerns about eating processed soy are surfacing more often these days, Turtle Mountain's innovative thinking seems to come at the perfect time. I'm not only talking about their delicious ice cream line, but also their latest and perhaps more healthful development: Coconut Yogurt! Carving out their own niche in the non-dairy arena, it's exciting just to know that there are more options out there, especially for those who are soy-adverse. Available in six different flavors, there are enough options to satisfy anyone's tastes, and even give those big name dairy yogurts a run for their money.

I was lucky enough to get a sneak peek of these cultured treats- It was such an advanced preview that they were still tinkering with the formula! For that reason, I won't comment on the texture, which I've been assured was perfected since my sample batch (even though I found it to be spot-on regardless.)

Popping the top of my go-to flavor, vanilla, I was immediately impressed. Pale, smooth and creamy, the delicate floral notes of the vanilla managed to assert themselves, much like their vanilla ice cream. Almost no tangy "bite" to be found and sweetened generously, I could hardly even think of it as yogurt- Just call it pudding, and the kids would be all over it! Most surprisingly though, I would have never guessed that coconut had any involvement; it was so well disguised by even the delicate flavor of vanilla. Clean-tasting and refreshing, this really hit the spot as a midsummer snack.

Moving on to my second favorite yogurt flavor, the deep purple color concealed within the cup of blueberry yogurt was an encouraging sight to see. Lumps of smashed berries dotted the otherwise unblemished surface and added some good texture, along with a fresh burst of intense flavor. Quite sweet and yet again lacking that characteristic tanginess, I couldn't imagine that anyone could take issue with this flavor. If you like blueberries, you will like this yogurt!

It wasn't long before the siren song of the raspberry yogurt beckoned me back to the fridge, spoon in hand. Tinted a dusty pink, its demure appearance belied an immense flavor. A dead-on duplicate of pure raspberry essence with a few seeds scattered about for realism, I'm not ashamed to say that I licked the cup clean. Tempering the tart berries with a perfect dose of evaporated cane juice, I wouldn't change a thing about it... Except pack it in gallon-sized containers, perhaps! I could certainly demolish that amount with little effort, given the chance.

Expecting great things now from the strawberry banana combo, I was a bit taken back by the lack-luster beige color, and slightly off smell. Although I was hesitant to take a bite of this dubious concoction, I was pleasantly surprised when I did. It does taste far better than it smells, although not to the same standards as the previously mentioned flavors. It had a generic "fruity" flavor that kids would probably appreciate, but it wasn't exactly evocative of either strawberry or banana. Nonetheless, it was still good enough that I had no trouble finishing my container.

Excited about the most adventurous and original flavor in this new line, the passionate mango combines the exotic taste of passion fruit with fresh mango to create a whole new sensation. Unfortunately, it wasn't exactly a sensation I enjoyed. Super tart and strangely lacking in sweetness, I found it difficult to eat more than a few bites. The mango seems to be a bit more assertive, covering up the nuances of passion fruit. It might appeal to mango-lovers out there... It just didn't hit the spot for me.

As for the final flavor, plain, I don't have too much to say. If you're looking for something to bake with, or use in savory sauces or dips, this will be absolutely perfect. By my sweet tastes, it wasn't too exciting to eat on it's own, but it's an excellent canvas for you to dress up to your heart's desire.

Although slightly higher in fat than their original soy-based offerings, this new line of coconut yogurts seems like an overall healthy option for those looking beyond the standard dairy alternatives. They've only just begun appearing on grocery store shelves, so be on the look out- Most of these cultured cups are worth hunting down!

For more information on the new So Delicious Coconut Milk Yogurt line, visit www.TurtleMountain.com.