

So Delicious made with Coconut Milk Minis - Ice Cream Sandwiches (Vegan)

Who doesn't like rich ice cream sandwiched between two wafer cookies? Perhaps, we like them a little too much. Though I am by no means a calorie counter, I must admit feeling some pangs of guilt when I turn over a frozen treat wrapper to discover that I just inhaled over 300 calories and will be having dinner in just an hour or two, after sedentarily sitting at my computer of course.

Well, at last the solution has arrived in the form of luxurious dairy-free mini-sandwiches that have just 100 calories each, yet they aren't made with any artificial sweeteners! The frozen filling is sweetened solely with agave nectar. But how do they taste? Are they really fulfilling? How do I know I won't down four of them in one sitting? Read on … But wait, first some pictures to give you an idea of what you are in store for ...RobedUnrobed

Vanilla

This treat was an amazing experience - Like a jumbo coconut-inspired Oreo cookie with a super-thick frozen filling. The sandwiches were nicely frozen, leaving the cookies with a slightly crispy, wafer-cookie like feel. Though I could easily see how rich and smooth the ice cream filling was going to taste, it was so firm and dense that I could actually pop the top off and eat it like an Oreo! So I did, licking the filling and crunching on the wafer cookie in between each luxurious taste. I would classify the "ice cream" as premium, with a thick, rich, and extremely smooth texture. The flavor was noticeably coconut-inspired, but with a definite vanilla vibe. The cookies even tasted somewhat like Oreos with a mild and gently sweet chocolate flavor.

My husband immediately exclaimed, "These are really good." Since he isn't a huge coconut fan, and was raised on pot roasts and pastry crême, I think the incredible taste and texture really surprised him.

Banana Split

This unique frozen delight is like childhood wrapped up into a small but satisfying treat. The flavors were all strangely familiar, yet it was hard for me to pinpoint a specific memory to them, it was more of an overall feeling of well-being like I enjoyed as a kid when I had not a care in the world.

Not being a coconut supertaster, I found the flavors to be definitely banana, strawberry, and chocolate, with a very refreshing vibe, but not overly tropical or fruity. The cookies on this one were softer, forgiving, and slightly fudgy, yet the sandwich still wasn't the least bit messy. There were no sticky fingers, no crumbs dropping; in fact, I didn't even need a napkin! If you have ever seen me eat anything that drips, pours, smooshes, or spreads, then you will know that "not messy" means a lot coming from me.

My husband, who is more of a coconut supertaster, also loved them. He agreed that the coconut didn't shine through, but rather the intended flavors took center stage. Actually, he was so smitten by both the vanilla and banana split sandwiches that he went back for a frozen treat every afternoon until both boxes had vanished. Yes, just one little 100 calorie "ice cream" sandwich a day. You might be wondering, as I was, "If they were so great, then how could my sugar-addicted husband stop at one?"

Here were my husband's actual words: "There really is something to dairy and addiction. When I eat these ice cream sandwiches I feel good and satisfied. They taste great and I feel like I just had a good dessert, but I don't feel sick or weighed down. In the past when I ate dairy ice cream, I never felt fulfilled, I always wanted more and I felt physically horrible afterward."

I was stunned. But enough about this … I have spotted these new Minis at Whole Foods and in the Fresh & Easy stores in the Southwest. They are making their way to shelves quickly, and come with eight treats per package, so get out and try them! This is a third party review by Alisa Fleming, author of *Go Dairy Free: The Guide & Cookbook*. For more information on the So Delicious product line, see the manufacturer's website, Turtle Mountain.