

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

One of the best marriages in my mind is vanilla “ice cream” and chocolate. Not chocolate sauce, but actual shards of chocolate. The rewarding experience of having sweet frozen cream melt on your tongue, only to have chocolate chunks emerge just when you thought the pleasure had ended. These bars create a similar experience, only in reverse. A premium coconut milk-based, dairy-free “ice cream” is encased in a semi-thick chocolate coating.

It comes in two varieties, one with a smooth chocolate coating and one studded with almond bits. While I certainly have nothing against just chocolate, and won’t hesitate to polish off the entire box, I must admit that the almonds added a little something. When enrobed in chocolate, I find that almond bits sometimes take on an almost toffee-like vibe. I said almost. It really is hard to explain, but as someone who rarely likes nut-studded anything, they just added a nice crispy bite and made the bars complete. My husband agreed, but he liked both bars so much that it wouldn’t matter which one I placed in his hand.

The chocolate coating itself is a silky smooth semi-sweet chocolate that would easily appease young and old taste buds alike. The filling is based on the Purely Decadent creamy vanilla coconut milk-based frozen dessert. Though the coconut flavor is certainly present, it is tamed a bit by the essence of vanilla … overall, the blend just works.

While they have more calories than the So Delicious Minis Sandwiches, we are still looking at a good satisfaction per calorie return. At just 150 calories per bar, you can actually walk away after just one treat feeling both good and fulfilled. The almond-studded bars are just a wee bit more indulgent with 170 calories per bar.

Since the demand is there for a wonderful dairy-free, gluten-free, vegan, and almost soy-free ice cream bar that actually tastes like premium ice cream wrapped in a rich chocolate, I have a hunch that you will be able to find these in the freezer section of many stores very soon. SThis 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.