

Nogurt Does Yogurt, Free-From-Style

If I had to pick the biggest dairy-free food buzz for 2008, it would be yogurt. That tummy taming food was in the media more times last year than Paris Hilton, and milk-free manufacturers have been working hard to come out with options for those who are milk allergic, lactose challenged, or otherwise adverse to cow's milk products. First came the soy-based options … followed by a shameful departure from the dairy-free community by O'Soy, which was luckily replaced by a better brand … then came the rice-based versions, and the newly popular coconut-based versions … but wait! There is more. Just when you thought yogurt had reached its boundaries, Nogurt arrived on the scene with a unique blend of ingredients and those same probiotic benefits. Read the full review ...