

WholeSoy & Co. Soy Frozen Yogurt - Vanilla Bean (Organic, Vegan, Gluten-Free)

The only "bean" flavor in this guilt-free frozen dessert is organic vanilla bean. Smooth, creamy, and tasty, no one could believe it was a low-fat frozen yogurt, let alone soy-based and dairy-free! I found it to be somewhat light and refreshing, but another taster proclaimed that they could only eat a small bowl, as it was quite rich.

The Vanilla Bean selection is true to flavor, and likely an excellent "à la mode" option for fruit pies and crisps. Nonetheless, I sampled it atop a fresh out of the oven brownie with indulgent success. In fact, it was so satisfying that I did a double take on the nutrition label. WholeSoy's frozen yogurt contains just 1 gram of fat (total) and 120 calories per ½ cup serving. I kid you not. I even checked out their website just to be sure it wasn't a misprint. It is also all-natural (no funny low-fat ingredients), certified organic, and supplemented with live active cultures to soothe tummy troubles. A true blessing for the dairy intolerant.

- Pros: Certified organic and kosher; Vegan; Gluten-free; Contains live active cultures (a.k.a. probiotics); Low in fat and calories; Creamy and delicious; Free of saturated fat, trans fat, and cholesterol

- Cons: Hmm... I suppose it is a bit high in sugar, but average for an "ice cream";

Recommended For:

- Desserts à la Mode
- Low-Fat Diets
- Vegans
- A Special Treat any time of Year
- Sensitive Stomachs

Where to Buy:

- In Stores – Most large natural foods stores, such as Whole Foods and Wild Oats, see www.wholesoyco.com for a store locator. However, I purchased this product at a mainstream grocer (Von's/Safeway), which is not reflected on their website. Check the frozen natural foods and ice cream sections of your local grocer. As distribution expands, it may suddenly appear.