

WholeSoy & Co. Soy Frozen Yogurt – Crème Caramel (Organic, Vegan, Gluten-Free)

Alas, my pint of Crème Caramel met with the oh-so-common ice cream tragedy. The whole shipment of frozen yogurts at my grocer had melted and re-frozen. I thought that I had escaped the store with one that had been spared, kept cool in the middle of the pack. But, it seemed from the somewhat icy texture that my pint had suffered the same fate.

Luckily, the quality of this product outshined the mishap. Each bite entered with an icy texture, but quickly melted in my mouth to become an insanely creamy caramel dessert. This was unmistakably Crème Caramel. My taste buds rejoiced. It was perfectly sweetened, not over the top sugary as these flavors can be.

As with the other WholeSoy flavors, the Crème Caramel is amazingly low in fat (1 gram per ½ cup serving) and calories (120 per ½ cup serving). Yet, it is surprisingly rich. It easily stands alone as a dessert to savor. Trust me, a little goes a long way, even for this ice cream fanatic. Though true indulgence seekers may dare to trial it à la mode. My recommendation would be with anything chocolate.

I was able to confirm that this was just a fluke accident with my next purchase of WholeSoy & Co. Frozen Yogurt (see the vanilla review, creamy throughout). Just in case, I may just have to purchase another pint of the Crème Caramel to double check…for the sake of the review of course.

- Pros: Certified organic and kosher; All-natural; Vegan; Gluten-free; Contains live active cultures (a.k.a. probiotics); Low in fat and calories; Creamy and rich; Free of saturated fat, trans fat, and cholesterol
- Cons: It is a bit high in sugar, but no higher than the average “ice cream”

Recommended For:

- Decadent Desserts
- “Ice Cream” Sandwiches
- Low-Fat Diets
- Vegans
- Caramel Fans
- 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.