

Berrydales no-cream ices : the healthier option : honey vanilla, maple & walnut, berry, ginger & honey, bitter chocolate : dairy free, low fat, low cholesterol, low calorie.

Contributors

Berrydales (Firm)

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Berrydales

No-Cream Ices

The Healthier Option



Honey Vanilla
Maple & Walnut
Berry
Ginger & Honey
Bitter Chocolate

Dairy free ≈ Low fat ≈
Low cholesterol ≈ Low calorie

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NUTRITIONAL BREAKDOWN OF BERRYDALE'S ICES

100 ml	<u>BERRY</u>	<u>MAPLE</u>	<u>GING.</u>	<u>CHOC.</u>	<u>VAN.</u>
K.cals	75	98	96	95	92
Protein	01.02g	01.61g	01.36g	01.69g	01.27g
Total fat	00.79g	03.51g	01.15g	01.72g	01.24g
Saturated fat	00.12g	00.29g	00.17g	00.44g	00.18g
Poly unsat. fat	00.45g	01.22g	00.55g	00.75g	00.70g
Carbohydrate	17.12g	17.26g	22.01g	19.90g	20.19g
inc. total sugar	16.39g	16.17g	20.31g	18.64g	19.10g
salt	00.08g	00.08g	00.07g	00.07g	00.07g

INGREDIENTS:

Berry: Soya milk, tofu, honey, raspberries, blackcurrants

Maple & Walnut: Soya milk, tofu, maple syrup, honey, lemon juice, walnuts

Ginger & Honey: Soya milk, tofu, honey, crystallised ginger, ginger syrup, lemon juice

Bitter Chocolate: Soya milk, tofu, honey, raw cane sugar, cocoa

Honey Vanilla: Soya milk, tofu, honey, raw cane sugar, lemon juice, natural vanilla essence

The ices are available from health food stores and delicatessens nationwide. Please call 071 722 2866 for your local stockist.

At last, a scrummy dessert that's good for you and for the environment. Berrydales Special Ices are very low fat (under 100 cals per portion), additive and lactose free, low cholesterol, free from animal products and the cardboard tubs are biodegradable. And the best news is that they taste like the naughtiest, richest ice creams you can buy. Available in Bitter Chocolate; Ginger & Honey; Berry; Maple & Walnut and Honey Vanilla from health food stores nationwide. Tel: 071-722 2866 for your nearest stockist.



Missing out on delicious treats such as ice cream is one of the frustrations of life if you're allergic to the lactose in milk. When food consultant Michelle Berrydale-Johnson discovered that both her husband and her son had developed allergies to milk products, she set about devising ice creams using tofu (made from soya bean curd). The FC office tried her four gourmet-style flavours (Berry, Maple and Walnut, Ginger and Honey, Bitter Chocolate) and the tubs were virtually licked clean! They are low in fats and cholesterol, so would be ideal for those on a low-cholesterol diet, and are suitable for vegans. Berrydales Special Ices are about 70p for 100ml tubs; £2.75 for 500ml, from health food stores and some supermarkets.