

Healthy eating Bio yogurt : deliciously creamy and virtually fat free / Tesco Stores Ltd.

Contributors

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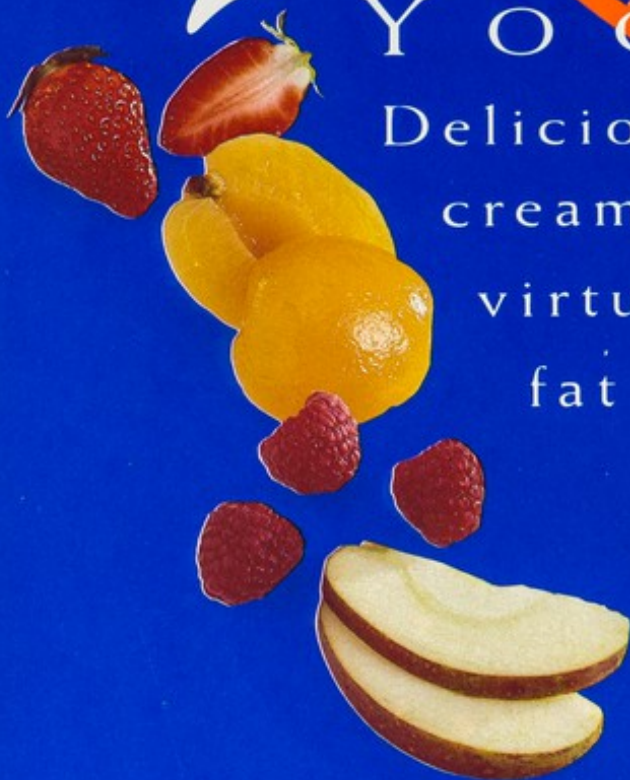
TESCO

Healthy Eating

Bio

YOGURT

Deliciously
creamy and
virtually
fat free



TESCO

Healthy Eating

- IS A RANGE OF FOODS FOR PEOPLE WHO CARE ABOUT THEIR HEALTH, BUT WHO DON'T WANT TO MISS OUT ON TASTE. IF YOU SEE THE HEALTHY EATING MAN ON A PRODUCT, IT IS YOUR GUARANTEE OF HEALTHIER FOOD. IT MEANS IT IS LOWER IN FAT, WITH A BALANCE OF SUGARS AND SALT AND IF RELEVANT, HIGHER IN FIBRE TOO.



One of the newest Healthy Eating products to arrive on Tesco shelves is Healthy Eating Bio Yogurt. Not only is this yogurt new, it is also unique. It is the first in the world to combine the special 'Bio' taste with a new fat alternative, made from natural dairy ingredients, called SIMPLESSE®.

The result is a deliciously mild and creamy yogurt that is virtually fat free - ONE POT CONTAINS ONLY 0.3g OF FAT COMPARED TO AROUND 3-5g FOR MANY STANDARD CREAMY VARIETIES. All yogurts are made using cultures, but the ones used to make Bio yogurt are more unusual. Instead of the slightly acid taste of many yogurts, Bio is much milder - it's a taste that has proved particularly popular amongst men and children. The Bio cultures also have another benefit - medical evidence suggests they may help digestion and also help protect against some digestive illnesses.





Healthy Eating Bio Yogurt, in its distinctive foil packs, comes in 8 different fruit flavours and a natural variety. The fruit yogurts are available in 2 different combination packs, each containing 4 mouthwatering flavours. Choose from the green pack with Raspberry, Strawberry & Vanilla, Nectarine & Apricot and Banana, or the blue pack containing Peach & Vanilla, Apple & Mango, Strawberry and Black Cherry.

There are many ways to enjoy 'Bio' - all the flavours are delicious on their own for breakfast, or as a dessert.

Natural Bio (available in individual 125g pots or a 450g family pot) is ideal as an alternative to cream. Just look below at the difference it can make to your intake of fat – Healthy Eating Bio Yogurt saves you 22g.

APPLE PIE (120g)
& CREAM (45g)

FAT 33g



APPLE PIE (120g)
& BIO YOGURT (45g)



FAT 11g

Try the recipes overleaf for some more unusual ways to enjoy the taste and goodness of 'Bio'. You'll find the Healthy Eating Fruit Bio Yogurts alongside our other fruit yogurts, whilst the Natural variety can be found with standard natural yogurts and cream.

Guacamole with Natural 'Bio'.
See recipe overleaf.



RASPBERRY & HONEY POTS Serves: 4

Ingredients:

8 oz (225g) Frozen Raspberries, defrosted, 4 tsp (4 x 5 ml sp) Clear Honey, 4x125g pack Fruit Flavoured Healthy Eating Bio Yogurt, 4 Coriander sprigs, to garnish

Method:

1. Reserve 8 raspberries, then divide the rest between 4 ramekin or glass dishes.
2. Add 1 teaspoon of honey to each dish.
3. Top each one with a pot of yogurt.
4. Decorate with the reserved raspberries and coriander sprigs.

Nutritional Content (per serving)

Energy 137	Calories (kcal)	Protein 8g
Carbohydrate 25g	Fat 0.5g	Fibre 2g



GUACAMOLE (AVOCADO DIP) Serves: 8 - 10

Ingredients:

2 ripe Avocados, peeled and stoned, 2 fresh Tomatoes, skinned (drop into boiling water first to make skinning easier), 2 cloves Garlic, crushed, 1 fresh Chilli, de-seeded and finely chopped, Salt and Ground Black Pepper, 2 x 125g pots Healthy Eating Natural Bio Yogurt or half of a 450g pot.

Method:

1. Place the avocados, tomatoes, garlic and chilli in a food processor or blender. Blend until smooth.
2. Mix with the yogurt and seasoning.
Serve with strips of raw vegetables such as celery, red pepper, courgettes and cucumber.

Nutritional Content (per whole dip)

Energy 512	Calories (kcal)	Protein 21g
Carbohydrate 26g	Fat 36g	Fibre 8g



For more information, please contact:
The Simplese Information Centre
Telephone: 071-631-3434

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