

## Low Protein Cheeses

### Violife Cheese

Comes in a variety of flavours (all protein free):



**Original (Slices/Block/Brick)**



**With Tomato & Basil (Slices/Brick)**



**With Herbs (Slices/Brick)**



**With Peppers (Slices/Brick)**



**With Hot Peppers (Slices/Brick)**



**Cheddar Flavour (Slices/Block/Brick)**



**With Mushrooms (Slices/Brick)**



**With Olives (Slices/Brick)**



**With Olive Oil (Slices/Brick)**



**Pizza Flavour (Slices/Brick)**

**Violife Cheese**



**Smoked Flavour (Slices/Brick)**



**Mozzarella Flavour (Slices/Brick)**



**For Pizza**



**Creamy Herbs**



**Creamy Cucumber & Dill**



**Creamy Hot Peppers**



**Violife Prosciutto with parmesan flavor** (<20g = free; 30 g = ½ exchange; 60 g = 1 exchange)



Violife Cheese is available from many health food stores. It is also available to buy online from the following:

[www.plantgoodness24.ie](http://www.plantgoodness24.ie) (shipping cost ~€6.95)

[www.alternativestores.com](http://www.alternativestores.com) (shipping cost ~€17.50)

### **Veganic Pizza Cheese (Protein Free)**



Veganic Cheese available to buy online from:

[www.alternativestores.com](http://www.alternativestores.com) (shipping cost ~€17.50)

**This information is current at the time of printing; please check individual labels to ensure the protein content has not changed.**