

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)

Violife Cheese continued

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



With Mushrooms (Slices/Brick)



With Olives (Slices/Brick)



With Olive Oil (Slices/Brick)



Pizza Flavour (Slices/Brick)



Smoked Flavour (Slices/Brick)



Mozzarella Flavour (Slices/Brick)

Violife Cheese

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



For Pizza



Creamy Original



Creamy Tomato & Basil



Creamy Herbs



Creamy Cucumber & Dill



Creamy Hot Peppers



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



Veganic Pizza Cheese (Protein Free)

Violife Cheese available from many health food stores. Also available from the following:

www.plantgoodness24.ie (shipping cost €6.95)

www.alternativestores.com (shipping cost approx. €17.50)

Veganic Cheese available from:

www.alternativestores.com (shipping cost approx. €17.50)