

Low Protein Yoghurt

Koko

Available at Dunnes Stores and health food shops



Koko Plain/ Koko Vanilla = 125g ½ exchange

Koko Plain No Sugars = 125g 1 exchange

Koko Greek Style = 125g 1.5 exchanges



Koko Coconut and Lemon/ Koko Peach and Passionfruit = 125g pot 1 exchange

Koko Strawberry/ Koko Raspberry = 125g pot 1 exchange

The Coconut/ Oat Collaborative

Available in Supervalu 350g pots



The Coconut Collaborative Vanilla / Natural = 125g 1.5 exchange

The Coconut Collaborative Mango & Passion Fruit = 125g 1 exchange

The Oat Collaborative Natural = 125g 1 exchange

Marks and Spencer



Plant Kitchen Coconut/ Plant Kitchen Vanilla & Coconut = 125g 1.5 exchanges



Plant Kitchen Blueberry & Coconut/ Plant Kitchen Mango & Passionfruit Coconut = 120g pot 1 exchange

Yoplait Dairy Free

Available in Supervalu and Tesco



**Dairy Free
Coconut & Strawberry, Raspberry & Blackberry/ Dairy Free Coconut & Pineapple,
Mango & Passionfruit = 100g pot ½ exchange**

Abbot Kinney's

Available online through websites such as veganic.ie and greenearthorganics.ie



Coco Start Natural/ Coco Start Raspberry = 125g 1.5 exchange

Coco Start Mango/ Oat Daily Delight Peach Passionfruit = 125g 1 exchange

This information is correct at time of printing.

Please check individual labels to ensure the protein content has not changed.