

## Dairy Free Sweet Options

All the products below are free from lactose and galactose but are **not fortified** with any vitamins or minerals so will not contribute to your calcium intake.

### Ice- Cream

**Alpro** (widely available)



**Ben & Jerry's Non Dairy** (available in some Supervalu's)



**Halo Top Plant Based** (available in Tesco)



## Marks & Spencer Plant Kitchen



## Magnum Vegan (available in Dunnes, Tesco and Supervalu)



## Nobó (available in Supervalu, some branches of Dunnes and many Health food shops)



**Oppo Dairy Free** (available in some branches of Dunnes)



**Swedish Glace** (Sticks available in Tesco, tubs available in Supervalu)



**Custard**

**The Coconut Collaborative** (available in Supervalu)



**Oatly** (available through online Health shops)



Information correct at time of printing October 2021



## Dessert

All & More (available in Dunnes and Supervalu)



Alpro (available in Tesco)



The Coconut Collaborative (available in Supervalu and some products in Tesco)



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**Provamel** (available in Health Food Shops)



## Creams

**Alpro** (widely available)



**Ecomil** (online Health shops)



**Elmlea Plant** (available in Supervalu)



**Marks & Spencer Made Without Dairy**



**Natumi** (online Health shops)



**Oatly** (Supervalu, Nourish and online)



**Provamel** (online Health shops)



**Soyatoo** (Nourish, Down to Earth, online)

