

Low Protein Yoghurt

Koko

Available at Dunnes Stores, Supervalu and health food shops



Koko Plain/ Koko Vanilla 125g = ½ exchange

Koko Greek Style 125g = 1½ exchanges



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

Koko Strawberry/ Koko Raspberry 125g pot = 1 exchange

Petits Filous

Available in Dunnes Stores



Dairy Free Petits Filous Raspberry 95g pot = 1½ exchanges

Updated August 2023

Information correct at time of printing. Always check the label as ingredients can change

The Coconut Collaborative

Available in Supervalu and some branches of Tesco 350g pots



The Coconut Collaborative Vanilla / Natural **125g = 1½ exchanges**

The Coconut Collaborative Mango & Passion Fruit **125g = 1½ exchanges**

The Coconut Collaborative Raspberry **125g = 1 exchange**

Marks and Spencer



Plant Kitchen Coconut/ Plant Kitchen Vanilla & Coconut **125g = 1½ exchanges**



Plant Kitchen Blueberry & Coconut **120g pot = 1 exchange**

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

Updated August 2023

Information correct at time of printing. Always check the label as ingredients can change

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 greenearthorganics.ie and in some health food shops



Coco Start Daily Delight Natural/ Coco Start Raspberry 125g = 1½ exchanges

Almond Daily Delight Natural 125g = 1½ exchanges

Updated August 2023

Information correct at time of printing. Always check the label as ingredients can change