

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

Magnum Vegan (available in Dunnes, Tesco and Supervalu)



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



Nobó (500ml tubs available in Supervalu, some branches of Dunnes, Tesco, Avoca and many Health food shops)



Ben & Jerry's Non-dairy Vegan Range (available in Supervalu)



Cornetto (available in Tesco)



Ice Beam (available in Supervalu)



Marks and Spencer Plant Kitchen



Custard

The Coconut Collaborative (available in Supervalu)



Oatly (available through online Health shops)



Dessert

All & More (available in Supervalu)



Alpro (available in Tesco)



The Coconut Collaborative (available in Supervalu and Tesco)



Marks and Spencer Plant Kitchen



Creams

Alpro



Ecomil (online Health shops)



Elmlea Plant



Coconut Collaborative



Natumi (online Health shops)



Oatly (online Health shops)



Provamel (online Health shops)

