

## 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** (available in Supervalu and some independent stores)



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



**Cornetto** (available in Tesco)



**Marks and Spencer Plant Kitchen**

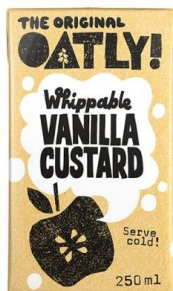


**Booja Booja** (available in Dunnes and some independent stores)



**Custard**

**The Coconut Collaborative**



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



## Dessert

All & More (available in Supervalu)



## The Coconut Collaborative



## Marks and Spencer Plant Kitchen



## Creams

Alpro



Ecomil (online Health shops)



## Elmlea Plant



## Coconut Collaborative



## Natumi (online Health shops)



## Oatly

