

Food Bites

Taste test



The **Easy Food** tasting team tries out an ingredient commonly used in the kitchen. The test is blind so they have no idea which brand they are testing. See how they got on with six different types of strawberry/ raspberry yoghurts

Low Low Raspberry Yogurt

€2.45 (4x125g)

With visible fruit pieces and a "fresh taste," this pale pink coloured yoghurt has a smooth, creamy and thick consistency. Overall, it was a definite success with the panel who found it "delicious and very fruity."



Rachel's Organic Strawberry Yogurt

€0.99 (150g)

With "no fruit bits in sight and no distinguishable strawberry taste," the panel was rather let down by this yoghurt. It has a "pale and runny looking appearance." However, a panellist said, "its bitter aftertaste makes me believe it's natural."



Onken Raspberry Biopot

€1.99 (500g)

This dark pink coloured yoghurt has a smooth texture and strong fruity taste with noticeable seeds. Despite tasting "a little too sweet" for some testers others found it "beautiful and very refreshing."



Sno Strawberry Yogurt

€0.65 (125g)

This yoghurt has a white natural colour and a smooth and creamy consistency. However it didn't manage to fully convince the panel's tastebuds, who weren't fond of its "bitter aftertaste." They also felt it was "too creamy with not enough fruit."



Glenisk Organic Strawberry Yogurt

€0.69 (150g)

"Slightly bitter with a grainy texture," this natural looking yoghurt was enjoyable to eat for most of the panel. "Heavy and nicely creamy, it has a good balance of flavours."



Yoplait Strawberry Yogurt

€0.69 (125g)

With an appealing pink colour and a "good infusion of fruit," this yoghurt was a hit with the panel who described it as "very creamy and rich... yum". Its smooth texture and large chunks of fruit were the highlights.



★ Easy Food recommends

Yoghurt facts

- Yoghurt is a mixture of milk (whole, reduced fat, low-fat or non-fat) and cream fermented by a culture of lactic acid-producing bacteria, *Lactobacillus bulgaricus* and *Streptococcus thermophilus*.
- Yoghurt has been the staple food of Turkey, The Balkans, India, The Middle East and Asia for centuries.
- Yoghurt is usually made from cow's milk, but can also be made from goat's and sheep's milk.
- While yoghurt has been around for many years in the Western world, it is only within the last 30 to 40 years that it has become popular. This is due to many factors, including the introduction of fruit and other flavourings into it, the convenience of it as a ready-made breakfast food, and the image of yoghurt as a low-fat healthy food.

Note: Prices correct at time of going to press, and may vary between retailers