



Food Wine

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Women only?

A new range of organic yoghurts from Glenisk have been developed for the female market. The 'Strong Woman' range includes a refreshing aloe vera and linseed yoghurt, and an unusual green tea and psyllium husk flavour. The various ingredients are claimed to have general health benefits, for heart, brain, joints, and digestive system, and are tasty too – although we're a little bemused as to why strong men mightn't want to eat such a tasty healthy snack too.