



Super packed lunch for a Super Women lifestyle



WE FIND the lack of organic food in Ireland more than just a little frustrating. We want to be healthy, honestly we do! But the more we hear about the benefits of an organic diet the more frustrated we get trying to get hold of, and afford, the best green goodies. Which is why we like Glenisk's new organic probiotic yoghurts designed especially for women and called, why, Strong Woman, of course. Low fat and filled with healthy ingredients including aloe vera, linseed, green tea, psyllium and calcium, it's got a little bit of everything to promote a healthy bod and not a lentil or kidney bean in sight.

■ €2.55 for a pack of four, supermarkets nationwide, www.glenisk.com