



GLENISK STRONG WOMAN

Organic dairy company Glenisk has launched a new range of yogurts aimed at women. Strong Woman yogurts are not only low fat but they come in unusual flavours; how does aloe vera and linseed or green tea and psyllium husk sound? The new tasty ingredients were chosen for their healing properties – linseed contains Omega 3 and 6, green tea is an antioxidant and psyllium husks can help cleanse the body.

*From supermarkets and independent stores, €2.55 for four.
www.glenisk.com*