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GOING POTTY

Aloe Vera, Linseed, Green Tea, Psyllium Husk... not the usual things you find in a yoghurt pot, but Irish company Glenisk is on a mission to convert us. Their new organic yogurt range is surprisingly delish and bursting with health benefits - probiotic cultures to aid digestion, omega 3, omega 6 and vitamin E, while the Green & Psyllium Husk flavour is packed with antioxidants and helps keep you feel fuller for longer. €2.55/NI £2 for four.