

GLAMOUR

VITAMIN G

DAILY HEALTH & FITNESS BLOG



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A lot of words come to mind when we think of yogurt. Nutritious. Snacky. Boring. But decadent? We wouldn't go that far.

That was before we got a taste of [Lowell's new Multi Grain Yogurt](#).



Forget anemic, plain Jane yogurts of the past. This stuff is thick, creamy and loaded with intense fruit flavor. One serving contains 170 calories, 20% of your daily requirement of calcium and no preservatives, artificial sweeteners or rBST.

We swooned over the real bits of fruit and chewy grains mixed right into the container. The yogurt comes in six silky varieties, like apple-pear, peach and raspberry. We'll never resort to grabbing a yogurt parfait from a cafe again.

[Click here](#) to find it at a store near you.

At \$1.49 for a 6 oz. container, it's a smooth operator.

<http://www.glamour.com/health-fitness/blogs/vitamin-g/2009/10/afternoon-snack-lowells-multi.html>