

Wednesday, October 7, 2009

Snack of the Month: Lowell's Multi Grain Yogurt

A new European-style yogurt lays it on thick with chewy fruit and healthy whole grains.



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 café 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://vitaljuice.com/entry_detail/everywhere/10213/A_new_European-style_yogurt_lays_it_on_thick_with_chewy_fruit_and_healthy_%0D%0Awhole_grains_.htm