

Erie Times-News

Chew on this: Fun, fast and flavorful news about food

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Soy Good

Milk-allergic people have a new soy alternative to milk-based pudding.

ZenSoy is selling a new organic pudding available in chocolate, vanilla, swirl and banana. The pudding cups are free of dairy, eggs, lactose or casein, nuts and gluten.

We tested the products on one milk-allergic child and it received excited approval.

We're not sure what's left in there, but the company says the pudding offers up calcium, vitamins B12, B2 and D. The company also sells a Go drink available in chocolate, cappuccino, and vanilla.

The sweet stuff is made from whole organic soybeans farmed in the U.S.



www.ZenSoy.com