

OUR YOGURT FLAVORS

Tahitian Vanilla
Espresso
Cookies 'n Cream
Strawberry Sensations

Red Velvet Cupcake
Cheesecake
Espresso
Watermelon Sorbet

Triple Chocolate
Lemon Ice Box
Raspberry Tart
California Tart

**Our yogurts have live active cultures, are all fat free or low fat, 100% all-natural with no artificial sweeteners & have Probiotics (great for your immune & digestive system)
(All are gluten free except Cookies n Cream / Sorbets are a non dairy product)**

we rotate some flavors every week or so... keep checking to see what we're featuring!

OUR TOPPINGS

Andes Mints
Caramel Fudge
Coconut Flakes
Frosted Flakes
Grasshoppers
Kit Kat
Nestle Crunch
Pecans
Raspberry Truffles
Twix Candy
Bananas
Cookie Dough Bits
Pineapple
Mini Reese's Cups
Caramel Sauce
Raspberry Sauce
Butterfinger
Kiwi
Mangoes

Apple Jacks Cereal
Chocolate Sprinkles
Chocolate Chips
Fruity Pebbles
Gummi Bears
Mini M&M's
Oats & Honey Granola
Pretzel Twists
Reese's Pieces
Walnuts
Blackberries
Fudge Brownies
Raspberries
Snickers
Hot Fudge Sauce
White Chocolate Sauce
Mocchi
White Chocolate Chips

Capt'n Crunch
Cinnamon Toast Crunch
Froot Loops
Graham Cracker
Heath Bar English Toffee
Nerds
Oreo Cookies
Rainbow Sprinkles
Gummi Worms
Whoppers
Blueberries
Mandarin Oranges
Cherries
Strawberries
Butterscotch
Cantaloupe
Honeydew Melon
Wild Berry Sauce

What are "Live & Active Cultures?"

These are the bacteria involved in culturing the milk to make yogurt. They are part of a group of bacteria called the Lactic Acid Bacteria because the primary product of this fermentation process is lactic acid. This is what contributes the tartness to traditional yogurt. For yogurt, the characterizing cultures are *Lactobacillus bulgaricus* and *Streptococcus thermophilus*. Use of these strains results in the flavor and some of the texture attributes associated with yogurt. However, other probiotic cultures can be added for additional health benefit. "Probiotics" are living microorganisms that, upon ingestion in sufficient numbers, provide health benefits beyond normal nutrition.