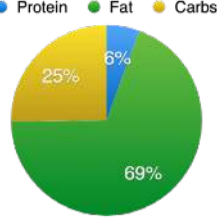
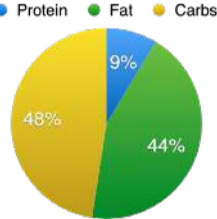
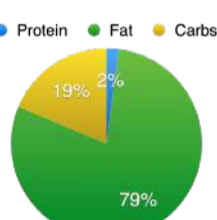
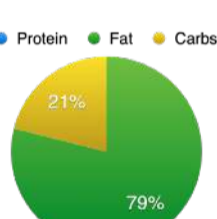


Quest for the Best - Non-Dairy Yogurt

	Taste	Texture	Nutrition	Ingredients	Flavors	Value	Notes	Macro Content (% of total calories)
SODelicious Dairy-Free Coconut Milk Yogurt Alternative - Blueberry	9 Tastes like yogurt! I thought the blueberry flavor was just enough and there was plenty of yogurt tanginess. This one might be a touch sweet for some though.	10 Nice and creamy with not much stirring needed to get it there. I thought it was a tiny bit less creamy than the Silk version. I liked that there were a good amount of blueberry chunks in here too.	<i>Per 5.3 oz serving:</i> 140 cals <1 g protein 4 g fat 24 g carbs (2 g fiber, 17 g sugar, incl. 16 g added sugar)	Organic Coconutmilk (Filtered Water, Organic Coconut Cream), Organic Cane Sugar, Blueberries, Rice Starch, Contains 2% or Less of: Calcium Citrate, Pectin, Natural Flavor, Blueberry Juice Concentrate, Citric Acid, Fruit and Vegetable Juice Concentrate (For Color), Locust Bean Gum, Live and Active Cultures, Vitamin D2, Vitamin B12.	11 flavors: Blueberry, Chocolate, Key Lime, Peach, Pineapple Brûlée, Raspberry, Strawberry, Strawberry Banana, Vanilla, Unsweetened Plain, Unsweetened Vanilla	\$1.46	This brand also makes an oat milk based yogurt alternative, which has 3 grams of protein per 5.3 oz container.	
Chobani Coconut Non-Dairy Treat - Vanilla	10 This one tastes like a yummy vanilla yogurt! A slight tang to it, a good level of sweetness, and nice vanilla flavor.	8.5 No need to stir this one. It's pretty creamy and smooth, but I thought it had a very slight grittiness to it (but only enough to take off 1 point). I would have liked it to be a little thicker as well (another 1/2 point off there).	<i>Per 5.3 oz serving:</i> 170 cals <1 g protein 10 g fat 21 g carbs (2 g fiber, 11 g sugar, incl. 9 g added sugar)	Cultured coconut blend (water, coconut*, tapioca flour, xanthan gum, agar, cultures), cane sugar, water, chicory root fiber, natural flavors, lemon juice concentrate, fruit pectin, locust bean gum, vanilla extract,	4 flavors: Blueberry, Peach, Strawberry, Vanilla	\$1.58	This was the 7th brand I taste tested, and when I tried it, I immediately thought "this is a winner!"	
Oui Coconut Dairy Alternative - Vanilla	7 I can taste the vanilla here and the sweetness level is great, but the coconut (cultured coconut?) flavor kind of takes over.	10! If you're looking for something closer to Greek yogurt, this one is a winner! It's super thick and creamy with no stirring necessary.	<i>Per 5 oz serving:</i> 170 cals 1 g protein 10 g fat 19 g carbs (0 g fiber, 12 g sugar, incl. 11 g added sugar)	Coconut Base (Water, Coconut Cream, Cane Sugar, Modified Tapioca Starch, Malic Acid, Natural Flavor, Vanilla Extract), Cultures.	4 flavors: Mango, Raspberry, Strawberry, Vanilla	\$1.79	I would definitely buy this one again. I loved the texture of it - it felt so luxurious, which was only amplified by the cute little glass jar it came in.	
Silk Dairy-Free Soy Yogurt Alternative - Vanilla	6.5 I can definitely taste the soy up front on this one with quite a bit of tang coming in next. There is still some good vanilla flavor but I thought it could use a touch more sweetness.	10 Perfect level of creaminess (for a non-Greek yogurt alternative) and no need to stir before digging in!	<i>Per 5.3 oz serving:</i> 140 cals 6 g protein 3.5 g fat 21 g carbs (2 g fiber, 16 g sugar)	Soymilk (Filtered Water, Soybeans), Cane Sugar, Corn Starch, Pectin, Tricalcium Phosphate, Citric Acid, Natural Flavor, Dipotassium Phosphate, Sea Salt, Vanilla Bean, Live and Active Cultures, Mixed Tocopherols and Vitamin C Ester (to protect freshness), Vitamin D2.	6 flavors: Blueberry, Peach Mango, Plain, Strawberry, Tropical Pineapple, Vanilla	\$1.42	Silk also makes almond milk and oat milk based yogurt alternatives.	
Forager Project Organic Dairy-Free Cashewmilk Yogurt - Vanilla Bean	7 Good vanilla flavor and a nice level of sweetness. It definitely has that classic yogurt tanginess to it, but I also got a serious cashew aftertaste - not necessarily bad, but very obvious.	9 I was worried about this one because it started out looking really lumpy, but the lumps incorporated pretty well after stirring and it actually had a pretty creamy mouthfeel.	<i>Per 5.3 oz serving:</i> 140 cals 3 g protein 6 g fat 19 g carbs (1 g fiber, 12 g sugar, incl. 11 g added sugar)	Cashewmilk (Filtered Water, Cashews*), Cane Sugar*, Tapioca Starch*, Pectin, Locust Bean Gum*, Natural Flavor*, Vanilla Beans*, Lemon Juice Concentrate*, Coconut Cream*, Live Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Lactis, L. Plantarum). *Organic	7 flavors: Blueberry, Cherry, Lemon, Strawberry, Unsweetened Plain, Unsweetened Vanilla Bean, Vanilla Bean	\$1.99	Of note, this brand also makes a Greek style dairy free yogurt, but I haven't found it in my local grocery stores yet.	

	Taste	Texture	Nutrition	Ingredients	Flavors	Value	Notes	Macro Content (% of total calories)
Daiya Yogurt Alternative Made with Coconut Cream - Blueberry	6 I had high hopes for the flavor here considering how great the texture is. I found the blueberry flavor to be lacking and there wasn't enough sweetness or tanginess.	9.5 Very thick and creamy, pretty close to a Greek yogurt thickness. I wish it had more chunks of blueberry though!	<i>Per 5.3 oz serving:</i> 160 cal 6 g protein 7 g fat 19 g carbs (1 g fiber, 9 g sugar, incl. 8 g added sugar)	Filtered Water, Coconut Cream, Blueberries, Cane Sugar, Pea Protein, Less than 2% of Chicory Root Extract, Potato Starch, Vegan Natural Flavors, Rice Starch, Lactic Acid (Vegan), Blueberry Juice Concentrate, Tapioca Starch, Tricalcium Phosphate, Tamarind Seed Gum, Locust Bean Gum, Lemon Juice Concentrate, Pectin, Guar Gum, Sea Salt, <i>L. plantarum</i> , Vitamin D Yeast, <i>L. casei</i> , Vitamin B12.	<i>6 flavors:</i> Black Cherry, Blueberry, Peach, Plain, Strawberry, Vanilla Bean	\$1.66	It looks like Daiya used to offer a Greek yogurt alternative, but have since discontinued it.	 ● Protein ● Fat ● Carbs
Ayo Almondmilk Yogurt - Vanilla	7 There's a really heavy almond flavor up front before the vanilla hits you, but unlike Kite Hill, I actually found the nuttiness to be pleasant.	8.5 Comes straight out of the container nice and smooth, with no stirring required. I thought it was a bit too runny though.	<i>Per 5.3 oz serving:</i> 150 cal 4 g protein 10 g fat 19 g carbs (7 g fiber, 11 g sugar, incl. 9 g added sugar)	Almond Milk* (Almond Butter* And Water), Sugar*, Water, Chicory Root, Cellulose Fiber, Tamarind Seed Gum, Corn Starch, Natural Flavors,* Vanilla Extract,* Natural Flavors, Locust Bean Gum*, Pectin, Lactic Acid (From Vegetable Source), Vegan Live Active Cultures (Lactobacillus Delbrueckii Subsp., Bulgaricus Streptococcus Thermophilus, Bifidobacterium BB-12®). *Organic	<i>4 flavors:</i> Blueberry, Peach, Strawberry, Vanilla	\$2.49		 ● Protein ● Fat ● Carbs
Nancy's Probiotic Oatmilk Non-Dairy Yogurt - Vanilla	6.5 Not a super obvious vanilla flavor, but a good level of sweetness. I thought it had kind of a weird aftertaste though.	8.5 Comes with a layer of liquid on top, which requires a lot of stirring to get it all incorporated and smooth.	<i>Per 6 oz serving:</i> 100 cal 6 g protein 1.5 g fat 16 g carbs (2 g fiber, 7 g sugar, incl. 6 g added sugar)	Oatmilk (Water, Whole Oat Flour), Faba Bean Protein, Organic Cane Sugar, Strawberry Puree, Tapioca Flour, Coconut Oil, Concentrate (Hibiscus and Apple), Strawberry Natural Flavor, Hibiscus Natural Flavor, Vegetable Juice (Color), Agar, Citric Acid, LIVE NON-DAIRY YOGURT CULTURES: <i>S. thermophilus</i> , <i>L. bulgaricus</i> .	<i>7 flavors:</i> Apple Cinnamon, Blueberry, Cold Brew Vanilla, Passion Fruit Banana, Plain, Strawberry Hibiscus, Vanilla	\$1.99		 ● Protein ● Fat ● Carbs
Activia Dairy-Free Almondmilk Yogurt Alternative - Vanilla Cinnamon	4 Although all of the almond milk varieties have a distinct flavor, this one overpowers any of the nice vanilla and cinnamon flavors in here. I think maybe it could use more sweetness too.	10 Great creaminess with no stirring needed.	<i>Per 5.3 oz serving:</i> 120 cal 5 g protein 4 g fat 18 g carbs (3 g fiber, 9 g sugar, incl. 8 g added sugar)	Almondmilk (Filtered Water, Almonds), Cane Sugar, Tapioca Starch, Fava Bean Protein, Contains Less Than 1% Of Acacia Gum, Tapioca Dextrose, Pectin, Natural Flavors, Citric Acid, Cinnamon, Vanilla Bean Specks, Sodium Citrate, Live Cultures <i>L. Bulgaricus</i> (2), <i>L. Lactis</i> , <i>S. Thermophilus</i> , Live And Active Probiotic <i>B. Lactis</i> DN 173-010 BV/CNCM 1-2494,	<i>4 flavors:</i> Blueberry Acai, Peach Hibiscus, Raspberry Pomegranate, Vanilla Cinnamon	\$1.49		 ● Protein ● Fat ● Carbs

	Taste	Texture	Nutrition	Ingredients	Flavors	Value	Notes	Macro Content (% of total calories)
Lavva Pili Nut Yogurt - Vanilla	5 There's a good vanilla flavor to this one, but it's seriously sour. I expect yogurt to be tangy, but this one is over the edge for my tastes.	7 Smooth, but a little on the runny side, even for a non-Greek yogurt style. I did really like all the little bits of real vanilla in there (at least I think that's what those little black spots were!).	<i>Per 5.3 oz serving:</i> 140 cal 2 g protein 11 g fat 9 g carbs (1 g fiber, 6 g sugar, incl. 0 g added sugar)	(*=organic) Coconut Water*, Coconut Cream*, Vanilla (Vanilla Extract, Vanilla Bean Seeds, Lemon Juice), Plantains, Pili Butter (Pili Nuts, Water), Coconut Powder*, Cassava Root Starch*, Lime Juice*, Himalayan Salt*	6 flavors: Blueberry, Mango, Original, Raspberry, Strawberry, Vanilla	\$1.99	This brand has zero added sugar and is certified paleo.	
Kite Hill Almond Milk Yogurt - Vanilla	5 Overwhelming flavor of almond (I think?) up front, with some decent vanilla flavor after you get past that.	6.5 Stirs up easily into a smooth yogurt like consistency, but it's pretty runny. I do like the natural bits of vanilla bean paste in there.	<i>Per 5.3 oz serving:</i> 170 cal 4 g protein 9 g fat 22 g carbs (2 g fiber, 18 g sugar, incl. 17 g added sugar)	Almond Milk (Water, Almonds), Cane Sugar, Tapioca Starch, Natural Flavor, Locust Bean Gum, Citric Acid, Vanilla Bean, Xanthan Gum, Agar, Live Active Cultures: S.Thermophilus, L.Bulgaricus, L.Acidophilus, Bifidobacteria.	7 flavors: Blueberry, Key Lime, Peach, Plain, Plain Unsweetened, Raspberry, Strawberry	\$1.58		
Cocojune Organic Cultured Coconut - Vanilla Chamomile	4 This one is so tangy that I thought it was downright acidic. I was reminded of kombucha. If you can get past that, there is some vanilla flavor in there.	5 When I opened this one I was excited because it looked really creamy around the edges. Turns out, that was just around the edges and it's actually really runny and hard to incorporate the creamy parts even with vigorous stirring.	<i>Per 4 oz serving:</i> 190 cal 1 g protein 17 g fat 9 g carbs (2 g fiber, 6 g sugar)	Organic coconuts, spring water, organic agave syrup, organic cassava root, organic vanilla extract, organic vanilla, organic chamomile, vegan probiotic cultures	4 flavors: Lemon Elderflower, Pure Coconut, Strawberry Rhubarb, Vanilla Chamomile	\$2.49		
The Coconut Cult Probiotic Coconut Yogurt - Vanilla Toffee	1 I'm not proud of it, but I had to spit this one out. It's horribly sour.	3 Even after lots of stirring, this once has a grittiness that I believe is actually from coconut meat that's not completely smoothly ground. I found myself chewing on it.	<i>Per 1 oz serving:</i> 60 cal 0 g protein 5 g fat 3 g carbs (1 g fiber, 1 g sugar)	Organic Coconut Meat, Organic Coconut Cream, Organic Coconut Water, Organic Coconut Nectar, Organic Vanilla Bean, Custom Probiotic Blend (16 Strains of Probiotics: L. Lactis, S. Thermophilus, L. Salivarius, L. Acidophilus, L. Helveticus, L. Plantarum, L. Gasseri, L. Brevis, L. Casei, L. Fermentum, L. Reuteri, L. Rhamnosus, B. Longum, B. Infantis, B. Breve, B. Bifidum)	4 flavors: Chocolate Mousse, Mangos n' Cream, Original, Vanilla Toffee	\$8.49 per 16 oz jar = \$1.06 per serving	Notice the serving size on this one - although it's marketed as a yogurt, the serving size is only 1 oz and it's recommended to be used as a topping for pancakes (or on it's own) because of how many probiotics are in it. On their website they refer to it as "an insanely probiotic coconut yogurt."	

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