

# cottageLiving®

COMFORT SIMPLICITY STYLE

Imagine yourself in this bright and airy Maine cottage page 86

our top 10 cottage neighborhoods

romantic outdoor living

4 inspiring makeovers

cool summer milk shakes



**SWEET NEWS.** Laura uses a fresh alternative, goat's milk, to create low-fat ice creams that make indulging a guiltless pleasure.



Laura Howard

## LALOO'S

This former Hollywood producer "got goat's milk" and followed her heart to Sonoma to create ice cream that's good for you

**HER FORMER LIFE** After 10 years as a Hollywood producer, Laura Howard traded in her fast-paced lifestyle for healthier existence. At the suggestion of her yoga teacher, Laura eliminated cow's milk from her diet, but she could shake her Ben & Jerry's cravings. With an old ice-cream maker she inherited from her grandmother, she started experimenting with goat's milk, which is easier to digest and has one-third the fat of cow's milk.

**THE TURNING POINT** While working on a movie in Italy, Laura met an artisanal cheese producer and thought, "I want her life." Laura says, "She made a product she believed in and was making a living from it." Convinced she didn't want to go back to Los Angeles, Laura headed to Sonoma, and Laloos was born.

**TRADE SECRET** "You can't be afraid to roll up your sleeves and work," Laura says. When finding enough goat's milk to launch her product presented a challenge, "I knocked on doors with a cooler full of my ice cream and asked everyone with goats if I could buy milk from them," she says. "Networking with peers is also really important. I was having a hard time finding certain ingredients until I asked a friend in the natural food business who knew exactly where to go."

**WHAT'S HOT** First prize goes to Strawberry Darling, a sophisticated combination of strawberry ice cream with swirls of aged balsamic vinegar. The extra-creamy Lemon Chiffon, made with Laura Chenel goat cheese (the French-style chèvre made in the U.S.), comes in a close second.

**WHERE TO BUY** Visit [goatmilkicecream.com](http://goatmilkicecream.com) for stores or to order directly. ■



# Easy Breezy Style

LāLoo's  
GOAT'S MILK ICE CREAM COMPANY