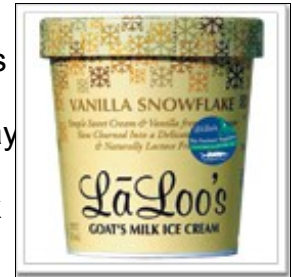




# Rock the Goat

## The Bite

Think it's a bad idea to mess with ice cream? Naaaa. Laloo's makes its rich creams with tangy goat's milk instead of regular ol' cow's milk, and it's impossible to disagree on this: It's awesome. Scoop up the Sonoma County creamer's naturally low-fat ice to celebrate National Ice Cream Day this Sunday, and reap the [health benefits](#). Laloo's was also kinder to the lactose-loathers on our staff - who loved the caramel-y [Cajeta](#) fro-yo (look for the seasonal Chocolate Cabernet in stores this fall). Laloo's runs its own hormone-free goat farm using erosion- and waste-control measures that keep the local ecosystem intact, and the profits from the sale of blue-stickered pints go to [Waterkeeper Alliance](#). Stir it up.



## Wanna Try

[Laloo's](#), available at Urban Harvest Market, 191 Eighth St. (415-621-1000) and Whole Foods. Cajeta frozen yogurt, \$6/pint.

## LIKE THIS TIP? TRY THESE:

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