



FRIDAY, AUGUST 8, 2008

## Food - LaLoo's Goat's Milk Ice Cream

It's hot and steamy in New York City around this time of year.

You could probably fry an egg on the sidewalk, but that would be grody to the max.

Besides, that dirty fried egg wouldn't help you beat the heat. It's far better to cool off with something cool and creamy like LaLoo's Goat's Milk Ice Cream.

According to LaLoo's website, goat's milk presents an easier to digest alternative for folks with lactose intolerance who have problems with cow's milk-based products. The company also says that goat's milk has more vitamins A and D (though less folic acid and vitamin B12) than cow's milk. LaLoo's Goat's Milk Ice Cream also contains both natural and added probiotic 'friendly' bacteria such as *Lactobacillus bulgaricus*, *Streptococcus thermophilus*, *Lactobacillus acidophilus* and *Bifidus* culture.



From a Green standpoint, we like the fact that LaLoo's has partnered with the Waterkeeper Alliance this summer to help fund the Alliance's efforts to protect watersheds and waterways from pollution. (Look for the Waterkeeper Alliance logo on pints of LaLoo's Goats Milk Ice Cream sold in NY, Los Angeles and San Francisco if you want 25% of your purchase price to go toward Alliance programs.)



LaLoo's PR rep sent us an article from *Dairy Goat Journal* in which LaLoo's founder Laura Howard is quoted as saying that goats are good for the environment. The article goes on to quote Howard as saying:

"Goats eat the dry brush that causes fires and they eradicate poison oak. They don't decimate the land, they are light on their feet and because they are smaller they are the perfect addition to any biodynamic farm. In fact, goats actually help to aerate the soil where they browse and make it suppler for the natural habitat to grow."

(I would have thought that Howard had made up the word 'suppler' instead of using the term 'more supple', but it turns out that 'suppler' is a real word after all as in, "I wish that I was **suppler** so that I could touch my toes without bending my knees." Who knew? ... Well, apparently Ms. Howard knew actually.)

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Aaron Dalton

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The same *Dairy Goat Journal* notes that LaLoo's Goat's Milk Ice Cream is humane-certified, carbon neutral, GMO-free and all natural. Those are all phrases that get our (zero emission) motor running at [1GreenProduct.com](#).

Actually, we couldn't find mention of these laudable attributes on LaLoo's website or on its packaging. Our advice - ditch the modesty and let Green consumers know all the eco-friendly benefits of choosing LaLoo's ice cream.

One Green selling point that is mentioned on LaLoo's packaging is the fact that LaLoo's goats roam freely on 350 acres of [Sonoma hillsides](#).

We applaud this idea of letting animals roam free over the landscape where they can have all sorts of [serendipitous encounters](#) with other photogenic creatures.

You probably want to know how it tastes. Well, I can only describe LaLoo's Deep Chocolate by saying it's like diving into a giant tub of chocolatey goodness. Chocoholics who taste this flavor will stop worrying and learn to [love the goat](#).

As for Vanilla Snowflake, I did feel like a bit more of the goat-y tang came through here, probably because it couldn't hide under a chocolate blanket. Personally, we must (guiltily) admit that we prefer the taste of vanilla ice cream made from cow milk, but for more adventurous palates and those who like goat milk cheeses, this flavor could hit the spot.

The only other flavor at our local market was Mission Fig (we did not indulge), but LaLoo's does make some [tasty-sounding concoctions](#) like Rumpmint, Capraccino and Molasses Tipsycake.

ps - LaLoo's may not be the ideal diet food, but it is advertised as naturally low fat. As you can see from this [nutritional info](#), the Deep Chocolate variety has about 19% of your daily recommended saturated fat per serving (4 servings per pint). I don't have a premium brand cow milk ice cream in front of me for comparison purposes, but I believe that a slightly larger serving size of brands like [Haagen-Dazs®](#) or [Ben & Jerry's](#) will often have more than 50% of your daily recommended saturated fat quotient. So...LaLoo's gets our vote in the 'better for your swimsuit figure' category.

**Where to buy:**

Use the [Store Locator](#) on LaLoo's website to find a retail outlet near you. Not surprisingly, [Whole Foods Market](#) carries LaLoo's ice cream, but you'll also find the product in many smaller health food and natural food stores.

**Sweepstakes Reminder:**

Just a few days left to enter the [1GreenProduct.com Eureka envirovac Sweepstakes](#). The contest ends Sunday night at 11:59 p.m. EDT. Good luck to all!

POSTED BY AARON AT 9:00 AM

CATEGORY: [FOOD AND DRINK](#)

## 2 COMMENTS:

[missreneer](#) said...

When I first started reading this post all I could think about was the "goat-y tang". I do really like goat cheese. I wouldn't mind giving it a try :)

