



JUST SOME OF OUR MANY YOGURT FLAVORS!



Tahitian Vanilla
Espresso
Cookies 'n Cream
Strawberry Sensation

Sea Salt Caramel Pretzel
Cheesecake
Espresso
Valencia Orange

Old Fashioned Peanut Butter
Birthday Cake
Blueberry 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 / Sea Salt Caramel Pretzel)

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

OUR TOPPINGS

Capt'n Crunch Cereal
Coconut Flakes
Fruity Pebbles
Gummi Bears
Kit Kat
Granola
Pecans
Reese's Pieces
Bananas
Cookie Dough Bits
Pineapple
Mini Reese's Cups
Butterscotch
Raspberry Sauce
Butterfinger
Kiwi

Caramel
Chocolate Chips
Graham Cracker
Gummy Worms
Mini M&M's
Oreo Cookies
Rainbow Sprinkles
Twix Candy
Blackberries
Fudge Brownies
Raspberries
Strawberries
Marshmallow
White Chocolate Sauce
Mocchi
White Chocolate Chips

Chocolate Sprinkles
Froot Loops
Grasshoppers
Heath Bar English Toffee
Nerds
Chocolate Covered Pretzels
Raspberry Truffles
Walnuts
Blueberries
Mandarin Oranges
Cherries
Hot Fudge Sauce
Reese's Peanut Butter Sauce
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.