

Colorado-based company unleashes tasty new yogurt flavors

EAT WELL



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I've made no secret of the fact that Noosa is one of my favorite brands of yogurt. And one of the things that sets apart the Colorado-based company is its creativity when it comes to flavors.

I gushed over blackberry serrano in January when it hit the shelves exclusively in Colorado. The thick, creamy top layer covering the chunky fruit layer was spicy, with a distinct serrano chili flavor. The combo was perfection.

But wait — there is more perfection! I recently tried several new Noosa flavors: raspberry habanero, pineapple jalapeño, mango sweet chili and Mexican chocolate. And I am giving them all an enthusiastic two thumbs up.

I must confess: I was skeptical about the pineapple-flavored yogurt. Usually pineapple-flavored anything is over-the-top, cloyingly sweet for me. But Noosa doesn't produce overly sweet yogurt, and the recipe developers there know what they are doing. The jalapeño adds tasty notes that provide just the right balance.

My one minor objection is

that, except for the Mexican chocolate, the new flavor options are only available in 8-ounce containers. At 300 calories per container, that's too much for a snack and not quite enough for a meal. However, they are so good that once you dig in, it's hard to stop.

The Mexican chocolate comes in a four-pack of

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4-ounce containers, each delivering 150 calories. It's easier to limit the indulgence with the smaller portions.

Noosa also has created a limited-batch flavor of yogurt in collaboration with another Colorado-based company, Bhakti Chai. The flavor bears the same name, Bhakti Chai, and will only be available for the fall and holiday season. You can find it at Target, Walmart and Whole Foods Market.

The Bhakti Chai company, based in Boulder, introduced the first fresh-brewed chai on the market. It uses fresh-pressed organic ginger and fiery spices without any preservatives. The resulting chai-flavored yogurt is like

having a creamy cup of spicy tea. It is available in the larger 8-ounce container.

The other new flavors of Noosa can be found at Safeway, Whole Foods Market, Target, Walmart and Albertsons. Not all flavors are found at every store. And the luscious blackberry serrano now is distributed nationally.

Yogurt makes a good companion with pancakes for breakfast, but those avoiding gluten have had limited tasty options. If you've tried grain-free pancake mixes without good results, you might want to give Pamela's Grain-Free Pancake Mix a whirl. It's made with a blend of almond, organic coconut, pecan and walnut flours.

They aren't fat and fluffy. Rather they are more crepe-like with an omelet texture and very full of flavor.

At \$7.99, one 12-ounce package isn't cheap.

Pamela's products — gluten-free baking mixes, cookies and snack bars — are distributed in Whole Foods Market, Natural Grocers and Sprouts Farmers Market, among others.

