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SMOOZE

what's new

Smooze are yummy new dairy-free ice creams that have arrived in Australia.

The coconut milk-based treats are made with freshly pressed coconut milk, real fruit juices and fruit purees, not concentrates or reconstituted juices. Smooze have 40 per cent less sugar than regular frozen snacks and have a low fat content for those who are watching their waistline.

The all-natural ice creams are available in three varieties: coconut and mango, coconut and pink guava, and coconut and pineapple. My favourite is coconut and pink guava.

The makers of Smooze have been growing coconuts since 1986 using practices to improve environmental and ethical standards.

Smooze, \$6.50 for a box of 10.
Available from most supermarkets.