

Ice Cream and Cookies (Sprouts)

By Tu'uwata (thatmeanstruth.com)

- **No dairy**
- **No soy**
- **No processed cane sugar**
- **No synthetic gums or additives**
- **Minimal ingredients**
- **Coconut or fruit-based if possible**

1. Coconut Bliss / Cosmic Bliss (Unsweetened or Sweetened with Agave)

- **Base:** Organic coconut milk
- **Sweetener:** Agave or coconut sugar (check label)
- **Best flavors:** Vanilla, Chocolate Hazelnut Decadence (if no cane sugar)
- **Why it fits:** Yah'ki encourages coconut-based products over nut milks; agave is a better sweetener.

2. Nadamoo (Select Flavors)

- **Base:** Organic coconut milk
- **Sweeteners:** Agave, tapioca syrup
- **Avoid flavors** with gums, soy lecithin, or cane sugar.
- **Good picks:** Vanilla...Ahh, Lotta Mint Chip, Strawberry Cheesecake (check label for gums)

3. SorBabes or Snow Monkey (fruit-based sorbet-style)

- **Base:** Fruit purée, sunflower butter, or banana blends
- **Sweeteners:** Dates, maple syrup, or fruit sugar
- **Why it fits:** Whole-food ingredients, no dairy/soy, less processed
- **Note:** Check for guar gum or preservatives

Cookies & Snacks

Top Selections:

1. Siete Grain Free Cookies Mexican Wedding 4.5oz
Sweetened with Coconut Sugar: These cookies use coconut sugar as a sweetener, which is less processed than cane sugar and aligns better with Yah'ki's dietary guidelines.
2. Siete Grain Free Mexican Shortbread Cookies, Almond Flour, No Sugar Added
Sweetened with Monk Fruit: Monk fruit is a natural, zero-calorie sweetener that doesn't spike blood sugar levels, making these cookies a suitable option.
3. Sprout Sandwich Bar Organic Peanut Butter & Strawberry Snack
Sweetened with Date Paste: Date paste is a whole-food sweetener rich in fiber and nutrients, providing a healthier alternative to refined sugars.
4. Sprout Organics Strawberry Waffle Snacks
Toddler-Friendly: These snacks are designed for toddlers and are made with organic ingredients, offering a sweet treat without processed sugars.

Summary:

These selections prioritize natural sweeteners like coconut sugar, monk fruit, and date paste, aligning with a diet that avoids processed and cane sugars.