

Holland & Barrett Join Us On The Free-from Dessert Revolution

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Introducing the new dessert range from **Pudology**, the pudding maker that specialises in making delicious puddings that are also gluten and dairy free. Born out of the desire for indulgent, luxurious puddings that are suitable as part of a free-from diet. **Pudology** has created five unique flavours that are sure to satisfy any sweet tooth. Best of all these amazing puds taste so great no-one will even guess they're free-from!

Pudology launched its way into Holland & Barrett stores across the country with three of its 100g irresistible flavours' including the exclusive and tasty **Yog's** to please even more pud lovers across the nation at the end of January this year!

Made with coconut milk rather than dairy, **Pudology** puds are creamy, rich and full of flavour - perfect for any dinner party or as an indulgent treat for one. **Pudology** proves that cutting out dairy and gluten doesn't have to be boring or bland, you can still enjoy moments of pure indulgence here and there. The range was created by Lucy Wager, an experienced food developer who gave up dairy four years ago for health reasons and missed desserts so much she decided to make them herself and share the joy with everyone else. Two years on and Pudology is pleasing the taste buds of the nation, two of the bestselling and award winning flavours launched with Holland and Barrett in January this year.

Pudology Chocolate Pud is where it all began; the flagship flavour is an instant crowd pleaser and a chocoholic's delight. Made with rich, dark chocolate, this smooth chocolate ganache is enhanced with a hint of Madagascan vanilla to get your taste buds tingling. **Pudology Chocolate Pud** is an irresistibly decadent treat that's incredibly satisfying. Great Taste 2013 Gold Star Award Winner.

Pudology Chocolate Orange Pud's add a tangy twist to your taste buds with the orange texture twisting around your mouth. Made with Brazilian Orange Oil and chocolate ganache, this pud is sure to delight you as soon as the dairy free delight touches your lips. **Pudology Chocolate Orange Pud's** are perfect for any occasion for any person, with the **Pudology** gluten and dairy free tradition continuing.

Pudology Yog's are currently exclusive to Holland & Barrett. The new natural coconut yogurt uses coconut milk instead of dairy to allow everyone across the county to experience the creaminess of **Pudology Yog's**. The yoghurts continue to possess the taste that tempts your taste buds for more and you'll never guess that they're dairy and gluten free! So everyone can enjoy a snack to themselves or a whole group with the exclusive **Pudology Yog's** at Holland & Barrett.

So treat yourself to one of **Pudology's** delicious gluten and dairy free puddings and experience the free-from taste revolution for yourself.

The **Pudology** range is available from Holland & Barrett stores **RRP£1.99** each.

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