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**Good Karma Foods Dairy Free Blueberry Yogurt Recognized  
with 2017 SELF Magazine Healthy Food Award**

*Good Karma Blueberry Dairy Free Yogurt wins 'Best Dairy-Free Yogurt' based on its surprisingly delicious taste, use of allergen-friendly ingredients, and delivery of mighty nutrition*

**Boulder, Colo. (Sept. 28, 2017)** - [Good Karma Foods](#), the leading producer of plant-based milk and yogurt alternatives made from flaxseeds, today announced its creamy and delicious Blueberry Dairy Free Yogurt was recognized by [SELF](#) as the best dairy-free yogurt in the annual [SELF Healthy Food Awards](#). The first-ever line of plant-based yogurts made with Flaxmilk won this honor for meeting strict nutritional requirements set by the magazine, as well as having delicious flavor and being made with allergen-friendly ingredients.

"Made with Flaxmilk (derived from flaxseeds), this dairy-free yogurt is nut- and soy-free, which is great news for people with allergies. Even if you don't have allergies, you'll appreciate how flavorful this yogurt is," shared the *SELF* editorial team. "It tastes like regular blueberry yogurt, which is pretty much the highest compliment you could give it."

*SELF* magazine is all about healthy living, touting delicious products that leave you feeling great. To compile its list of Healthy Food Award winners this year, *SELF* editors taste-tested more than 200 packaged foods, all of which met strict nutrition criteria established by Stephanie Clarke, R.D., and Willow Jarosh, R.D., of [C&J Nutrition](#).

In the fast-growing, plant-based yogurt category, Good Karma Dairy Free Yogurt is set apart from the competition because the yogurts are the first to be free of the top eight allergens and also deliver a surprisingly delicious taste, creamy texture, and a mighty bundle of nutrition. Celebrated by *SELF* in the awards, each 130-calorie serving of Good Karma Blueberry Dairy Free Yogurt delivers 5g of plant-based protein, 800mg of Omega-3 healthy fats, and only 2g fat.

"Good Karma Foods isn't just our name, it's what drives us to inspire goodness in everything we do, including creating new plant-based milks and yogurts the whole family can enjoy" said Doug Radi, Good Karma Foods CEO. "We are incredibly honored to have *SELF*'s editorial and R.D. team recognize our efforts to deliver the best-tasting, allergen-friendly and nutritious yogurt, even comparing the taste to its dairy counterpart."

**Product Details & Where to Buy**

Good Karma Dairy Free Yogurts (MSRP \$1.69-\$1.99 - 6oz) are available in a variety of delicious flavors, including Blueberry, Strawberry, Vanilla, Plain and Raspberry. Compared to other non-dairy yogurts made from coconut milk, nuts (almonds) or soy, the spoonable texture and neutral flavors of these yogurts make them a perfect breakfast or on-the-go snack, as well as a delightful alternative for allergen-friendly recipes. Good Karma Dairy Free Yogurts can be found in natural food stores and mainstream supermarkets across the U.S. Visit the Good Karma [store locator](#) to find nearby stores.

## **ABOUT GOOD KARMA FOODS**

Good Karma isn't just our name, it's the inspiration for everything we do. We are a company and a group of people with good hearts who inspire goodness with the tiny but mighty choices we make every day, from selecting our ingredients, to how we make our products and give back to our community. Based in Boulder, Colo., we are dedicated to making plant-based, dairy alternative food and beverage products that deliver a mighty bundle of nutrition along with surprisingly good taste and texture. In 2012, Good Karma was the first company to create a flax-based milk alternative based on the need for a dairy alternative that was free of all major allergens, and also delivered on nutrition, taste and texture. Since then, we have launched Flaxmilks with added protein, Probiotic Drinkable Yogurts and Dairy Free Yogurt Cups. By providing allergen-friendly products that put a smile on your face, we hope you'll be inspired to pour some goodness forward. Join our Good Karma movement and find additional inspiration by connecting with us online at [goodkarmafoods.com](http://goodkarmafoods.com), and on [Facebook](#), [Instagram](#) and [Twitter](#).

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