

METABOLIC CHANGE FEBRUARY 2022 NEWSLETTER

VEGAN SWEETS & TREATS

- 1. Daiya Cheesecake**
- 2. Kind Ice Cream Bars**
- 3. No Whey Chocolates**
- 4. Starbucks' Specialty Drinks**
- 5. Just Desserts Cakes & Cupcakes**
- 6. Farmhouse Fudge Vegan Fudge**
- 7. Ben & Jerry's Non-Dairy Ice Cream**

VEGAN GIFTS

- 1. Gift Baskets**
- 2. Lush Gift Set**
- 3. Conscious Jewelry**
- 4. Indoor Herb Garden**
- 5. Clothing & Accessories**
- 6. Cookbooks or Virtual Classes**
- 7. Yogurt Maker & Starter Culture**