

Get Your Licks

Treat yourself to this summer's coolest healthyish trend: alternative ice creams. From big names to small start-ups, brands are churning out tubs with smarter macro balances and natural ingredients. Here's the cream of the crop



Words by Scarlett Wrench – Photography by Sun Lee – Styling by Lucy-Ruth Hathaway



Cover All Bases

01/ Oppo Simply the Zest

Where most tubs leave a box or two unticked, this delivers on every metric: it's melt-in-the-mouth creamy, suitable for vegans and "has lower levels of sugar and calories compared to most other ice creams", according to nutritional therapist Alice Mackintosh. The addition of chicory root gives it an impressive fibre content, while natural sweetener stevia will help to keep your energy levels from slumping. It's MH's go-to brand. **125KCAL | 0.2g PROTEIN | 3.5g SUGAR***

Natural Selection

02/ Oatly Strawberry

While the hip Swedish brand is most closely associated with vegan flat whites and other such staples of wellness culture, its ice cream offshoot decidedly doesn't market itself as "healthy". On the plus side, it's made with 15% real fruit, along with oats, coconut oil and beetroot colouring. "These are all high-quality ingredients," says Mackintosh. However, its high levels of sugar mean you'd be unwise to finish a tub. Sorry. **197KCAL | 0.7g PROTEIN | 23g SUGAR**

Sweet Deal

03/ Magnum No Added Sugar Vanilla Caramel

Fresh from the launch of the Magnum Vegan comes the brand's latest offering: the low-sugar spin-off. Where the vegan stick comes in at 234kcal, roughly the same as the original, this contains 154kcal. Made with skimmed milk and erythritol – an artificial sweetener that you shouldn't overconsume, according to registered dietitian Tabitha Ward – it's a good choice for those who struggle to stop at a scoop. **237KCAL | 3.8g PROTEIN | 5g SUGAR**

Vegan Wild Card

04/ Northern Bloc Peanut Chip

With a sorbet-like texture and nutty flavour, this new blend on the block shouldn't work, but somehow it does. "It doesn't use dairy substitutes, and its highest ingredient is water, so it's lower in fat and calories than some other options," says Mackintosh. Made with rice protein, chicory root and ground carob, its ingredients list is unconventional but commendable – though it's still quite sugary. It's not quite a tub-finisher. **201KCAL | 2.8g PROTEIN | 26g SUGAR**

*ALL VALUES PER 100G | ** KYORIN UNIVERSITY IN TOKYO | SEE ALICE.MACKINTOSH.COM

Plant-Based Hit

05/ Coconuts Organic Chocolate Orange

Made with 37% coconut cream and sweetened with unrefined coconut sugar, this vegan option tastes like a cross between a Bounty and a Jaffa Cake. Its macro count is roughly comparable to y Oatly's offering, so which you pick is a matter of personal preference. Its ingredients include organic cocoa powder, so it is likely to contain a pinch of antioxidants. "But it's low in protein, which means that it won't keep you full for very long," says Mackintosh. **182KCAL | 2g PROTEIN | 20g SUGAR**

See the Light

06/ Jude's White Chocolate Minis

"With fewer than 90kcal per bar, these are great for people who are looking for a lighter option, or who don't trust themselves with a tub," says Ward. Made with skimmed milk, cocoa butter and sweeteners, a bar also packs just 6.4g of sugar, while Madagascar Bourbon vanilla extract gives it an authentic taste. Jude's also now has a vegan range, with a far wider variety of flavours than most. **255KCAL | 4.2g PROTEIN | 19.2g SUGAR**

Smart Protein

07/ Halo Top Blueberry Crumble

A trailblazer since 2012, Halo Top was making virtuous ice cream long before it was cool. A tub contains just 336kcal – little more than a large pot of yogurt – though Ward warns that it will also take a large bite out of your daily sugar intake if you eat it all. However, Halo Top's use of whey and egg gives it a decent protein content, tempering the sugar rush. Best served with fresh fruit for a hit of extra fibre. **123KCAL | 6.8g PROTEIN | 9.6g SUGAR**

IN ONE STUDY**, VOLUNTEERS WHO ATE ICE CREAM AFTER WAKING WERE MEASURABLY MORE ALERT AND HAD FASTER REACTIONS THAN THOSE WHO DIDN'T