

Wholesome scoops

Making desserts healthy is a constant challenge these days, but some of these restaurateurs and dessert chains have decided to make the impossible happen. From sugar-free options to vegan goodness, controlled calorie offerings and natural ingredients, desserts are not guilty pleasures anymore.

By KASHMEERA SAMBAMURTHY



"Today, healthy eating is becoming a part of a broader philosophical shift towards living a cleaner and a thoughtful life," says Yohan Dattoobhai, CEO and Founder of Sucres Des Terres, while I was busy appreciating the tender coconut chocolate ice cream. Sensing what I would ask next, Dattoobhai said, "We purchase peaches, peel, cut them, cook it up and churn them into an ice cream in a time controlled machine. While doing so, we control the incorporation of air in order to retain the essence of the flavour." Established in 2014, the brand name is derived from the French term for Sugars of the Earth, which is the brain child of Dattoobhai and his wife, Kunal, a trained pastry chef from Paris. Their ice creams are eggless; caramels are prepared in the kitchen, where, apart from dairy filled tubs, their sorbets (frozen fruit pulp) are seasonal. Available at The Bombay Canteen, O Pedro, and Taj hotels, the brand has also collaborated with apparel brand Nicobar. I had a taste of Frugurpop's sugarcane chia mint popsicle, owned by Sudheer Grover. Considered a pioneer for its paletas, their popsicles contain 100% natural fruits. They also produce indulgent desserts, and a range of vegan sorbets. When Grover was studying in New York, paucity of fruits in his house led him to make a concoction of mixed fruits and freeze them in popsicle moulds which inspired him to cement the brand in 2012. Milk-based flavours like chocolate brownie and tiramisu being in demand, Frugurpop can be found in nine Nature's Basket outlets, three Food Hall outlets and across Mumbai. Grover is all set to introduce the brand all over India, where, they also plan to increase the manufacturing capacity, and create a cold chain supply network.

The dark chocolate keto ice cream, introduced by Koldplay Creamery, left me with a wonderful aftertaste. While it was established in 2015, they introduced vegan options this year with the mango and raspberry sorbet. Sudip Putabunda, a trained food scientist and founder of Koldplay said, "Experienced in the food industry, I was convinced to introduce nutritious frozen desserts because I

Pune, and Ahmedabad.

Get-A-Whey's chocolate brownie fudge left an aftertaste of mild bitterness that comes from unsweetened cocoa. The founder of Get-A-Whey, Jimmy Shah, uses whey protein isolate, erythritol and xylitol to maintain the nutrition of the ice cream.

