

# THINGS WE LOVE

Here's a selection of groceries and other things which have caught our attention this month.



## BERRY GOOD BARS

These baked fruit-filled bars taste similar to other products on the market which are not gluten/wheat free. The berry flavour tastes natural and not too sweet, or artificial in flavour. The consistency of both the bar and the fruit filling are smooth and not too dry. LEDA Nutrition Gluten Free Triple Berry bars are low-fat and contain no trans fats.



## PICK OF THE PICKLES

This chutney is a unique blend of rich, sweet and tangy ingredients including tomato, onion, brewed vinegar, apple, and spices. Buccleuch Estates Hot Tomato Pickle is a little hot, but is highly recommended! A more-ish experience.



## A HEALTHY ROAD TRIP

If you're on the F3 Freeway and don't want to succumb to the temptations of junk food, look out for Oliver's Real Food outlets which are offering healthy food for the whole family.

Meals include fresh breakfasts, soups, salads, stir fries and smoothies.

Outlets are located at two Caltex sites (the F3 Wyong Northbound and F3 Wyong Southbound sites), between Sydney and Newcastle. [www.oliversrealfood.com.au](http://www.oliversrealfood.com.au).



## CHEESE WITH BITE

Bored with the same old cheese? This might inspire you again. Ashgrove Tasmanian Cheese has a new "Exotic Collection" line, featuring a 'Wild Wasabi' blend. A little bitey and a good pairing with seaweed crackers, but like most cheeses, it is quite high in fat so take care not to overindulge.

## NEW MUESLI

This light and tasty bircher muesli is ideal for a nutritious meal on the run, at work, or as a snack when those mid-afternoon hunger pangs hit. The House of Winston Honey and Vanilla Muesli is particularly flavoursome. Also in Forest berries and Original (apple and cinnamon).



## DARK CHOCOLATE: THE NEW BLACK?

With all the latest research on antioxidants in dark chocolate we decided to investigate it some more! Lindt 85% Cocoa Dark Chocolate is smooth but has quite a bitter taste. It is also available as a 70% cocoa blend if you prefer a slightly softer flavour. Yet despite dark chocolate's evident health benefits, best enjoy it as a treat food!



**"Things we love" is an editorial feature.**

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