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SHOPPING | hfg

THIS MONTH, WE LOVE ...

Looking for inspiration?
Here is our round-up
of products new
to the market.



Chop chop!

Save on chopping and buy veges cheaply all year round with McCain frozen pumpkin, mushrooms and capsicums.

\$3.39, from supermarkets nationwide

You'll flip over this

This wheat and gluten-free mix puts pancakes back on the menu for people with coeliac disease, anyone with IBS or those on a low-FODMAP diet.

\$7.30, from leading supermarkets, health food and organic stores



Snack-tastic

Proof that just three natural ingredients – popcorn, oil and salt – make the tastiest snack! Visit www.kettlekorn.co.nz.

\$3.49 for 132g, from supermarkets and specialty food stores



Gourmet Garden

Fresh herbs are delicious, but unless you grow your own, they can be costly. These lightly dried herbs are a tasty alternative to fresh herbs and last for four weeks.

\$4.99, from selected supermarkets nationwide

Turn up the heat

These New Zealand-made hot sauces from Alderson's are delish! Our faves are the salsa verde and chipotle. See www.aldersons.co.nz.

\$9.95 each or \$24 for a three pack, from organic and specialist food stores

