

LITTLE BIRD ALMOND & FLAX CRACKERS ARE MADE WITH ALMONDS AND GOLDEN FLAX SEEDS TO CREATE A TASTY GLUTEN-, DAIRY- AND SUGAR-FREE SAVOURY SNACK. \$10.50 A BAG FROM ORGANIC FOOD STORES.



Kissed by bees

Bees Blessing cordials are 100% natural, with no additives or preservatives, and are sweetened with honey, rather than sugar. Try the yummy Lemon Honey & Ginger. or more info go to www.beesblessing.co.nz

Appetite

Delicious flavours and tasty treats for autumn.



MICRO GREENS

There's nothing fresher than greens you can eat minutes after they've been picked. Now everyone can pick their own fresh greens with Prana Greens plants, pots of micro greens for home kitchens. You can buy rocket, mizuna, coriander, red basil, green basil, red cabbage, kale, mustard seed, dill and radish. Harvest by snipping off what you need. Available at Nosh food markets, \$6.99 each.

Waiheke Island Herb Spread blends traditional and wild fresh herbs with olive oil, garlic, cider vinegar and sea salt. www.waihekeherbs.co.nz



Mellow Mallow

Designed by Rangitoto College kids, for kids, Loaf's Minty Mallow chocolate and mint slice \$7.99, is slathered with marshmallow and then topped with chocolate icing and studded with yummy sweets. See www.loaf.co.nz



POP goes the corn

Kettle Korn is a super snack option for those with allergies, since it contains no gluten, soy, dairy, egg or peanuts. This gourmet popcorn is lightly salted and slightly sweet, making it ideal for both kids and adults. It's \$3.47 for a bag from www.kettlekorn.co.nz.

