



### ◀ A little goes a long way

No measuring spoons required! Tsp Spice's pre-measured herb and spice packets are perfect for quick and easy cooking and garnishing, especially since most recipes require herbs and spices in small quantities. Each tin contains 12 one-teaspoon servings. With 30 varieties to choose from, start your collection today! \$9, [tspspices.com](http://tspspices.com)

## Your Foodie File

Here are a few food finds that have us buzzing at the CE office. BY SANDY CORDEIRO

### The real deal ▶

Made with entirely natural ingredients, each baked Gnu Bar provides 12 grams of fiber (almost half of your daily need!), thanks to the Gnu High Fiber Blend of six whole grains, such as oats, flax, wheat bran and millet. You'd have to eat about six slices of whole-wheat bread to reap those same fiber benefits. Available in five flavors. **\$7.90 for a pack of five, gnufoods.com**



### Big ▶ squeeze



Does that apple you pack in your child's lunchbox come back home each night? Revolution Foods has helped put a little more fun into lunchtime with their Organic Mashups Squeezable Fruit. One hundred percent organic fruit purees with no added sugars or artificial ingredients in resealable squeezable containers means nutrition for the kids and peace of mind for you. Tip: Freeze container overnight to help keep your child's lunchbox cool. Grape, Berry, Strawberry Banana and Tropical flavors. **\$5 for a pack of five single servings, available at Whole Foods Market**

### Tea on-the-go ▶

Instead of reaching for a sugary bottled iced tea (with questionable amounts of real tea in the mix), you can now quickly and easily make your own all-natural chilled tea with the shake of a bottle. Simply add one package of natural tealeaf powder from Rishi Tea to two cups of water, shake and go. You won't be losing any antioxidant goodness because the powders are made from 100 percent pure cold-milled tealeaves. **From \$8 for a box of 12 packets, rishi-tea.com**

