

EDITOR'S EATS

MAKE SMART AND DELICIOUS CHOICES WITH THE HELP OF OUR FOOD FAVORITES!

ROJO'S AUTÉNTICO

We always like a little spice in our lives, and Rojo's Southwest Fire Roasted Salsa hits the spot. At just 5 calories per serving, it's easy to fiesta without the guilt.

// rojossalsa-dev.com

GINNYBAKES

GinnyBakes always has great products, and our current favorite is the Love & Nuts bar. They are fully organic, vegan, and paleo, and packed with nuts, seeds, fruit, and love.

// ginnybakes.com

JOVIAL

Einkorn is another buzzed-about ancient wheat. With more protein than oats, it's a nutritious addition to any diet. To explore the enchanting world of wheat, Jovial's Sea Salt Organic Sourdough Einkorn Crackers are a great place to start.

// jovialfoods.com

BREWLA

We understand that it's the middle of winter, but popsicle cravings can strike at any moment. Instead of going for high fructose corn syrupy options, we suggest Brewla Bars. Made out of entirely naturally occurring ingredients and teas, our favorite is the Cherry Pomegranate and Red Tea pop, aptly named "The Hero."

// brewlabars.com

GOLDEN PLATTER

Golden Platter is known for its yummy gluten-free chicken products, and their Buffalo Bites are no different. They are a great source of protein and gluten-free goodness.

// goldenplatter.com

I HEART KEENWAH

Do cheesy puffs haunt your dreams? Believe us, we know the feeling. That's why we're recommending i heart keenwah's Aged Cheddar Quinoa Puffs. With a hint of peppercorn and a punch of protein, your diet will be safe, and your cheese puff nightmares will soon fade away.

// iheartkeenwah.com



LEE KUM KEE

Lee Kum Kee has a large assortment of chili sauces, but none tingle our taste buds quite like their Sriracha Chili Sauce. It has spicy, garlicky heat that is perfect for marinating meat.

// use.ikk.com/en

MEDITERRA SAVORY BARS

We love breakfast bars, but sometimes we crave something more savory than sweet. Luckily, Mediterra makes savory snack bars for us to enjoy. Our top choice is the Kale and Pumpkin Seed bar, but you can't go wrong with any of their healthy options.

// mediterranutrition.com

THREE BRIDGES

Some people are suspicious of packaged pasta. If they are thinking about canned noodle rings, they should be. If they are thinking of Three Bridges Spinach and Cheese Tortellini, they are terribly mistaken. With organic spinach, organic Romano cheese, and a delicious blend of organic spices, there's no room for suspicion here.

// threebridges.com

GO RAW

We've all had the quandary: soft and chewy, or crispy and crunchy? Luckily, with Go Raw's Sprouted Pumpkin Seed Bar, we don't have to choose. And what's better than getting exactly what we want?

Getting exactly what we want AND having it be good for us. // goraw.com

ZICO

Zico has always stolen our coconut water-loving hearts. Perfect with a squirt of lemon, this USDA-certified Organic beverage continues to keep our bodies healthy and hydrated.

// zico.com

RUBY ROCKETS

This up and coming product is the first nondairy shelf-stable yogurt alternative. The Nondairy Fruit and Veggie Blends are creamy mixes of your favorite produce and plant-based proteins like coconut, chia seeds, and pea protein. We like the Beam Me Up Berry flavor.

// icecreamsources.com/ruby-rockets