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## We're loving with Nicky Park



**Snacking** on the new Bliss Bites, by Loaf. Gluten, dairy and wheat free, these morsels are packed with good stuff like goji berries, chia seeds, dates, almonds and blueberries. They come in three different flavours - goji nut, cacao & orange and apricot & macadamia - and each pack has eight, 15g servings we keep stashed in our drawer at work. RRP \$7.

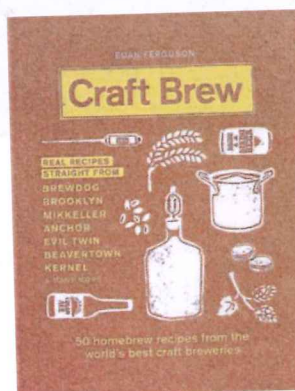


**Eating** gluten-free donuts, released by GFTreats in Christchurch to coincide with Coeliac Awareness Week this week. The sugar coated cinnamon treats come in the freezer section of supermarkets. RRP \$9 for a pack of six. [gftreats.co.nz](http://gftreats.co.nz)



### Toasting

up a storm on the new George Foreman jumbo grill. The super-sized grill plate can fit four ham and cheese toasties at once! But, as we know, this is more than a toasted sandwich press, you can prepare an entire meal on the durable, non-stick appliance. This new style fits up to 10 portions. RRP \$160.



### Learning

up about the art of craft brewing. Stylish new book, *Craft Brew*, features 50 homebrew recipes from the world's best craft breweries. Introductory chapters cover the basics, followed by a breakdown in to tastes from wheat and sour to brown and bitter. Or, search by country - there's Estonia, Norway, Denmark and, of course, New Zealand - to name a few. Published by Quarto Group UK, RRP \$33.



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The Press, Christchurch

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## Eating

gluten-free donuts, released by GFTreets in Christchurch to coincide with Coeliac Awareness Week this week. The sugar coated cinnamon treats come in the freezer section of supermarkets. RRP \$9 for a pack of six. [gftreets.co.nz](http://gftreets.co.nz)







June, 2016  
EastLife, Auckland

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# Taste

Try our latest flavours of the month and experience a range of new products with a real taste difference. EastLife is always on the lookout for new products to tantalise the tastebuds of our readers.



## NUTRITIOUS LUNCHES ALL WRAPPED UP!

Look what's sprouted in the supermarket aisle! At the forefront of a new global food trend for Sprouted Grain bread products, Farrah's has released its NEW Sprouted Grain Wraps! Simply put, a sprouted grain is in the transitional period between a grain and a plant. This increases digestibility and improves the protein quality of grains, which increases their B vitamin and fibre content. Containing ancient grains, these wraps are highly nutritious – perfect for those seeking extra nutrients and a lighter alternative to bread! Try pairing with hummus and fresh veggies for a wholesome lunch Available in the bread aisle of your local supermarket. RRP \$5.99.

## GLUTEN-FREE DONUTS SWEET SURPRISE

Many a sweet-toothed foodie considers donuts to be the ultimate treat food – and, now, being a Coeliac doesn't mean missing out on a hard to resist favourite. To celebrate the recent Coeliac Awareness Week GFTreats launched a new 6-pack of Cinnamon Sugar Coated Donuts and these delicious, gluten-free treats can be found in the freezer section at selected supermarkets and speciality stores. RRP \$8.99.



## GO, GO DOUGH YO!

On the surface, the very idea of doughnut yoghurt sounds nuts, but on second thought, maybe it's not such a crazy idea. Combining the flavours of freshly baked cinnamon doughnuts oozing with raspberry jam, and thick 'n' creamy probiotic yoghurt, this new variety is the result of creative thinking from The Collective. However, this dishy delight is available only until the end of July. (RRP \$5.50 per 500g tub).

## SOLD ON GOLD

Can't find a match made in heaven? Stiff cheese! But if you're really serious about a drop designed as a most fitting accompaniment to hard cheeses and spicy or savoury dishes alike, Allan Scott's Riesling 2014 could be the answer. Due to its balance of citrus and spicy floral characteristics, this vintage is gold in colour, and it's good as gold too – as two gold medals at the recent Air New Zealand Wine Awards goes to show. Allan Scott Family Winemakers Riesling 2014 is available now (RRP \$18) from supermarkets and liquor outlets.



## BEST FOODS SPOONS OUT MORE OF THE BEST!

Flavour addicts seeking extra bite should check out four new tasty mayonnaise flavours from Best Foods – Mayonnaise with a touch of Garlic (no chopping hassles), Mayonnaise with a spark of Chilli (awakens the fire within), Mayonnaise with a pinch of Mustard (add a dollop to mashed potatoes) and Mayonnaise with a zing of Lemon (citrus zap for yum salads). Using its Lite Mayonnaise as the base, Best Foods has added rapeseed oil, garlic oil, chilli paste, mustard seeds and lemon juice to give meals that extra special something! Best Foods Flavoured Mayonnaise range (RRP \$5.49 each) available at supermarkets nationwide. For recipes using the new Best Foods flavoured mayonnaise – created by ambassador Jo Wilcox – visit [www.bestfoods.co.nz](http://www.bestfoods.co.nz)

## OAT-RAGEOUSLY DELICIOUS AND QUICK BREAKFASTS!

Gone are the days of endlessly stirring the pot! Harraways have cut down the cooking time of Steel Cut Oats from 20 minutes to just 3 minutes! If your mornings are rushed, simply pop Harraways Steel Cut Oats into the microwave for 3 minutes for a quick and healthy breakfast packed with so much goodness! Available in three delicious flavours – Original; Brown Sugar, Sultana and Cinnamon; Apple and Honey – Harraways Steel Cut Oats make daily breakfasts so easy without the hassle of preparing your own fruit!

Available in supermarkets nationwide. RRP \$4.49.

