

SIMPLY DELICIOUS SNACKS & SAUCES

Scrumptious clean eats our editors are coveting now.

BY LAURA SCHOBER

1. SNACK PACKS

Comprised of just two wholesome ingredients – organic dehydrated banana paste and organic coconut flakes – Barnana Organic Coconut Chewy Banana Bites are a delicious, lip-smacking snack for both kids and adults alike. These fiber-rich nuggets make an ideal snack for the office, on the road or as a pre- or post-workout bite.

\$4 per 1, \$12 per pack of 3, barnana.com

2. CRUNCHY CRACKERS

With just 130 calories per 15 crackers, Crunchmaster 7 Ancient Grains Crackers in Hint of Sea Salt makes a satisfying, waistline-friendly afternoon snack. Each cracker contains a blend of gluten-free grains including quinoa seeds, sesame seeds, sorghum flour, flax and amaranth seeds, giving these crackers just the right amount of crunch and flavor to accompany everything from cheeses and lean deli meats to nut butters.

\$3, crunchmaster.com

3. MADE-OVER MAYO

You won't find any canola oil in this creamy mayo! Instead, Primal Kitchen Mayonnaise includes healthy fats like avocado oil and cage-free eggs as well as flavor boosters such as organic vinegar, sea salt and rosemary extract for a succulent spread that will appeal to Paleo devotees.

\$7.50, thrivemarket.com

Use the promo code **CLEANEATS to get a two-month complimentary membership to Thrive Market!*

4. CAN YOU FEEL THE HEAT?

Habanero peppers, mango juice and pineapple juice add a nice kick of sweet 'n' spicy heat to Homesweet Homegrown Hot Sauce in Aramingo, which also contains pure ingredients such as carrots and onions as well as chia seeds for thickness. As a bonus, the proceeds from the sale of every bottle help convert GMO cornfields back to organic pepper fields.

\$6 per 5-oz bottle, homesweethomegrown.com

These potassium-rich snacks provide great fuel for workouts, and best of all, are sugar-free, so they don't sap my energy afterward.

BIANCA DIPIETRO, ART DIRECTOR

"I'm not usually a fan of hot sauce, but this ultra-mild one won me over with its unique, fresh home-style flavor. I use this with eggs, steamed veggies and even on tortillas – it's so versatile."

LAURA SCHOBER, ASSOCIATE EDITOR & RESEARCH CHIEF

