



Their small size makes these the perfect take to go snack, but they're also great in smoothies for extra flavor and fiber.

STACY JARVIS, SENIOR ART DIRECTOR



FLAVORSOME FINDS

Update your clean pantry with these must-try snacks, teas and gourmet goods.

BY LAURA SCHOBER

1. HEAVENLY HONEYS

Just the sight of the sweet trio of Wedderspoon Gold Gourmet raw honeys was enough to throw our taste buds into a tizzy when they arrived at our office. Wild Rata offers indulgent, buttery flavor and a lovely creamy texture that melts on your tongue; Wild Dandelion provides a tangy, earthy burst of sweetness; antioxidant and prebiotic-rich Wild Beechwood boasts a dark, rich syrupy flavor.

\$10, wedderspoon.com

2. TEAS IN A POD

Numi's single-serve recyclable tea capsules feature four rejuvenating and relaxing flavors: Aged Earl Gray, Moroccan Mint, Jasmine Green and Rooibos Chai. The tea leaves are fair-trade, organic and compostable while the cup is compatible with all Keurig K-Cup brewing systems and has a built-in filter to bring out the best flavor, body and aroma.

\$10, numitea.com for where to buy

3. PINING FOR PINEAPPLE

It didn't take long for Fruttata
Pineapple Crisps to win the
praise of CE editors – after
one bite we were sold. These
addictively delicious freeze-dried
crisps are fruity and sweet – not
artificial-tasting or chalky. One
10-gram bag clocks in at a mere
39 calories and contains zero fat,
sodium or cholesterol. We say,
what's not to love?

\$2, fruttatacrisps.com

4. CHIA

Nutiva Contains organic chia see spices, nourish 60 calo sweets this sn kids an