

Tried & tasted

We've test run the latest products and here's our pick of the bunch...

We couldn't have got through this month without...

FOX'S VINNIE'S TASTES OF AMERICA BISCUITS

From £1.15, widely available

With classic US flavours such as Mississippi Mud Pie, Cherry Cheesecake, and Key Lime Pie, these Fox's limited edition biscuits are divine.



READY-PREPARED FOOD YOU CAN PASS OFF AS YOUR OWN

Zesty Lime & Coriander roast-in-the-bag chicken, £5 (serves 4), Asda

Simply pop the bagged chicken in the oven along with

some veggies for a hassle-free meal for four. The chicken was very tender and juicy — a real winner.



Truly Irresistible pizzas, £4.50 each (serves 2), The Co-operative

With toppings such as Goat's Cheese & Beetroot Chutney and Kashmiri Butter Chicken, these are no ordinary midweek pizzas.

Schwartz Flavour Shots, £1.39 each (serves 4), widely available

Add these liquid pots to raw ingredients to rustle up a range of dishes, from paprika chicken to Thai Red Curry.



Wright's Cake Mixes, £1.59-£1.89, Sainsbury's & Morrisons

Just add water and oil to any of these mixes for a cake (or cupcakes) that tastes impressively homemade. Our favourite? We couldn't decide between the Carrot, Toffee and Ginger cake mixes.

LIGHTER SNACKING

Clearspring Miso Soup On The Go sachets, £1.29 each, Waitrose & Sainsbury's
Craving crisps before lunch? Stir these white or red flavours into boiling water — they pack a savoury punch that will fill you up till noon.



Blue Diamond Thin Shell Almonds, £2.49 (150g), Asda, Tesco & Sainsbury's
Small amounts of nuts make a great snack, and having to remove the shells will help you to eat less.

Apple Filo Topped Pies, £3.49 (for 2), M&S

One of these spicy parcels will ease any apple pie cravings — and at around 300 calories a pie, they're a healthier option.



New Covent Garden Soup Co. Skinny soups, £2.20 (600g), selected supermarkets

Just because these soups are 300 calories and less than 2 per cent fat a carton, it won't make choosing between the Quinoa & Turtle Beans or Goan Spiced Chicken & Lentils any easier!



BREAKFAST: ADULTS VS KIDS!



Dorset Cereals Oat/Berry Granolas, £2.99/£3.79 (550g), widely available
Both are packed with oat goodness, but go for the Berry version if you like your morning a little fruitier.

Percy's Pink Porridge, £2.69 (10 sachets), M&S
Porridge that tastes like Percy Pig sweets and turns the milk pink will make any child (or adult) love porridge!



TOP OF THE CHOCS — OUR FAVOURITE MILK, DARK AND WHITE CHOCOLATE



Cadbury's Dairy Milk with Daim, £1.42 (120g), widely available
There is nothing like a Daim, and now the almondy bar has teamed up with Dairy Milk for the ultimate choc-ollaboration!

Green & Black's Organic Dark with Lemon, £2 (100g), widely available
We loved the strong zesty flavour that melted away into a rich chocolate hit.



Amelia Rope White Edition 03, £5.60 (100g), ameliarope.com
The pistachios and sea salt offset the creamy, sweet white chocolate perfectly in this seriously addictive bar.



FREE-FROM SPECIAL

A1 milk-protein free a2 milk, £1.99 (2 litre), Budgens, Tesco, Waitrose & Ocado
Produced by specially selected dairy cows, a2 milk is free from the A1 milk protein that has been linked to a number of digestive problems.



Gluten free Genius crumpets, £2.09 (for 4), Sainsbury's & Asda
There was a resounding chorus of hurrahs from the free-from testers when they sank their teeth into these delicious crumpets. Teatime just got a tad tastier.

Gluten & wheat free BFree multigrain wraps, £2.80 (for 6), Asda
The best free-from wraps out there, and at only 99 calories a wrap, forgiving on the waistline too.



Gluten, wheat & egg free Perkier Bitesize Tiffin tub, £2 (175g) Tesco
Both the free-from and normal food testers adored these tempting little tiffin bites.



Gluten, wheat, dairy, egg, yeast, soy & nut free Orgran Farm Animals pasta and Itsy Bitsy Bears choc chip cookies, £2.49/£2.29 (250g/175g), Ocado
Our junior free-from testers loved these, and their mums loved finally having some fun food to feed them!