

Peas of Mind Veggie Wedgies Vegan Food Review

by SHARON NAZARIAN - BIG CITY VEGAN on 4:05 AM

So who can resist trying something new? Clearly not me. I scour the aisles of Whole Foods in a daze at times because there's just so much to consider. I'm always searching for products that I haven't seen or tried before.

The frozen food section almost always freezes me in my tracks. Don't know if it's because it's so cold there or that I've been walking around for a half an hour before I get there and just need a rest, but there's always something new that catches my eye.

Well today I hit the jackpot. Peas of Mind is the brand and they are all about making kid friendly, organic, healthy foods for the on-the-go family. I don't have any little ones but I am a kid at heart so I had to check 'em out. So glad I did because they have a great vegan product. I absolutely love their vegan Veggie Wedgies! They're great to have in place of fries for a heart healthy, vegan accompaniment to your main dish, or you can just have them as a snack any time.

In addition to being vegan, Peas of Mind Veggie Wedgies are gluten free, soy free and fat free and very low in sodium. They're baked to perfection with a handful of ingredients all of which you will recognize. At 70 calories, zero fat, zero cholesterol, they also contain a bunch of vitamins and nutrients all in all kicking your traditional french fry back to Y2K.

They come in a variety of different flavors, broccoli, apple, carrot and cauliflower. I tried the cauliflower ones and have yet to try the others but will let you know as soon as I do.

As wedgies go, these are definitely the kind of wedgies you want, just ask George Costanza.

Peas of Mind Cauliflower Veggie Wedgies are fantastic. If you've tried them, let us know what you think. As always we love to hear from you.

Thanks Peas of Mind!

