

Shopping LIST

Take a look at our round-up of this month's healthy **must-haves**



TRUST CRUNCH BAR

£2.50 • Holland and Barrett, DW Sports

Available in a range of four deliciously moreish flavours: Fudge Brownie, Cookies & Cream, White Choc Cookie Dough and Salted Caramel Peanut! Whenever you're in need of a guilt-free, sweet and delicious snack you can trust these bars will deliver just that!

PER 100g: 355 cal, 14g fat, 7.7g sat fat, 2.7g sugars, 1g salt



MANILIFE DEEP ROAST SMOOTH PEANUT BUTTER

£3.75 • Waitrose, Ocado, manilife.com

ManiLife Deep Roast Smooth peanuts are roasted a bit longer for a deep decadent flavour, before being lovingly blended in small batches for a luxuriously creamy texture, with just a pinch of sea salt.

PER 100ml: 613 cal, 49.3g fat, 6.5g sat fat, 6.4g sugars, 1.1g salt



The Food Doctor Chilli, Coriander and Harissa Mix Super Snacks

£3 • Tesco, Ocado

A tasty and nutritious snack made from a blend of harissa flavoured chickpeas, chilli and coriander cashews, chilli and coriander peanuts and roasted almonds. Super Snacks are roasted, and never fried and the recipes have been carefully crafted to ensure they contribute to the recommended daily intake of fibre, protein and unsaturated fats.

PER 100ml: 580 cal, 51.1g fat, 7g sat fat, 3.3g sugars, 1.4g salt



Upbeat water

£1.79, Sainsbury's • WHSmith, Amazon

Upbeat is nutritious and refreshing, made from real fruit, energising B vitamins and whey protein isolate - a combination scientifically proven to help you stay strong, feel energised and maintain mental performance whilst keeping you hydrated.

PER 100ml: 10 cal, 0g fat, 0g sat fat, 0g sugars, 0g salt

GADGET of the month

MASHA

£39.99 • Amazon, Argos, Sainsbury's, Lakeland

The Masha is a fantastically versatile electric hand-held gadget that can revolutionise your cooking. The Masha's distinctive extrusion technique and patented rotor-cone technology produces restaurant-quality creamy mashed potato every time. Using the interchangeable aerator blade it can also be used to combine ingredients for no-fuss pastry and crumble toppings; whisk batters for Yorkshire pudding and sponge cakes or to whip cream.





OGGS MINCE PIES

£2.75 for 4 • Sainsbury's

These fantastically festive, handmade mince pies are completely egg and dairy free and ethical from plant to plate. The perfectly crumbly pastry case is made using wheat flour, sugar, vegetable oil (in place of butter) and they are brimming with a homemade vegan filling containing sultanas, currants, raisins, Bramley apple purée, vegetable suet, mixed spices and brandy.
PER 100g: 178 cal, 5.8g fat, 2.6g sat fat, 13g sugars, 0.1g salt



LIZI'S DIGESTIVE HEALTH GRANOLA

£3.70 • Sainsbury's, Ocado

Lizzi's brand new Digestive Health Granola contains toasted oats, almonds, walnuts, coconut, pumpkin seeds, sunflower seeds and pecans combined with tummy friendly bacteria to help maintain healthy digestion whilst supporting good gut health.
PER 100g: 512 cal, 27.9g fat, 8.3g sat, 8.6g sugars, 0.03g salt

Love Beets Sweet and Smoky Shredded Beetroot

£1.25 • Tesco

Gently cooked in a deliciously smooth, smoky marinade these beets add a wonderful depth of flavour to salads and also work great in a burger!
PER 100ml: 78 cal, 0.2g fat, 0.1g sat fat, 13.8g sugars, 0.44g salt



FILIPPO BERIO ORGANIC BALSAMIC VINEGAR

£7.99 • Amazon

Made in the heart of Modena, the home of real artisan balsamic vinegar, Filippo Berio Organic Balsamic is expertly crafted using a traditional Modena recipe. As well as making the ideal base for a dip vinaigrette when combined with Filippo Berio Organic Extra Virgin Olive Oil, this balsamic dramatically enhances almost any recipe especially soups and stews and is even delicious drizzled on fresh fruit, ice cream and cheese.
PER 100ml: 95 cal, 0g fat, 0g sat fat, 19g sugars, 0.05g salt



ARCTIC BLAST PROTEIN SHOT

£1.49 • Morrisons

Crafted in a dairy in the heart of Devon, Arctic Blast Coffees are a perfect blend of fresh Devonshire milk and premium cold brew coffee. Arctic Blast Protein Shot contains 15g of protein as well as a double espresso hit of coffee, to help fuel and boost fitness performance.
PER 100ml: 51 cal, 1.1g fat, 0.7g sat fat, 3.9g sugars, 0.22g salt



Capsicana Latin Fusion Tomato and Coconut Fajita Kit

£3.60 • Sainsbury's

Mexico meets Brazil in this kit which combines frutescent chillies and coconut in an award-winning fragrant Brazilian sauce, along with a chipotle and mango salsa. Simply add the protein of your choice and some fresh vegetables for a meal in minutes!
PER 100ml: 243 cal, 6.5g fat, 3g sat fat, 7.9g sugars, 1.9g salt