

Mom Fuse

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Review: Smashies

December 18, 2008 by Nicole Ibarrondo

Filed under Food & Beverage, For Kids, Reviews

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Smashies are definitely one of those products that make you say "Why didn't I think of that?". Just when you think you have been spoiled by every toddler-friendly product imaginable, here comes another one.

Smashies are convenient pouches of applesauce specifically designed for kids. Each serving of Smashies organic applesauce comes in a resealable squeeze pouch (think Capri Sun) which can easily be tossed in your diaper bag or tots backpack for school.

Not only are Smashies convenient but they are healthy too! I know you are thinking that this is too good to be true, but I kid you not! Each pouch is filled with certified USDA organic applesauce, with no added sugar, salt or fat. This is a fun way to make sure your kids are eating healthy, probably without even noticing that they're good for them!

My daughter was a big applesauce fan up until about six months ago, I think she just got bored with it honestly. I've been trying to encourage her to try new fruits and veggies, but she's been catching on to the idea that these are healthy things and healthy things are supposedly "yucky"! I am pretty certain that Nick Jr. fruit snacks don't qualify as recommended fruit servings, so Smashies arrived just in time! As soon as she saw the pouches, she was sold, and as soon as I read the labels, so was I!

Nutrition Facts	
Serving Size 90 g	
Servings Per Container 1	
Amount Per Serving	
Calories 50	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Sugars 10g	
Protein 1g	
Vitamin A 0% • Vitamin C 25%	
Calcium 0% • Iron 2%	
<small>*Percent Daily Values are based on a diet of 2000 calories</small>	

I know this probably is going to sound like poor parenting, but my daughter actually finished all four of Smashies in less than two days! Trust me, I don't usually OD my daughter on snacks, but she loved them much that she actually convinced my husband to give her the extra two that were left over, unbeknownst me!

Smashies currently offers these snacks in one flavor, Snappy Apple, but they will soon be coming out with three more varieties. These are the things I look forward to now that I'm a mom.



Smashies are available to purchase online for only \$9.99/10 pack - www.smashies.com

Here is some info from the Smashies site -

Health Benefits

- Each 3.2 oz pouch yields 1 serving of whole fruit
- Packed with antioxidants, 25% Vitamin C
- USDA Organic
- No added sugar or high fructose corn syrup
- Low calorie, low sugar, all-natural

Eco-friendly Benefits

- Flexible packaging developed to reduce land fill space
- Less weight, therefore less fuel needed during freight
- Less breakage means less waste during manufacturing, in transport, in the store and in kids hands