



the full mommy

Naked, honest reviews for every body

FRIDAY, SEPTEMBER 26, 2008

Smashies



I am always on the lookout for convenient, healthy snacks for my children.

I received a couple of Smashies recently and threw them in the cooler when we were traveling.

Unlike other unhealthy food fare

that often gets consumed on road trips, I didn't feel guilty handing these back to my daughter as we traveled the highways. At only 50 calories and 10 grams of carbs, they definitely fit into our snack guidelines (my daughter is diabetic).

Smashies are organic squeeze apple sauces for kids. And they are pretty mess-free. I unscrewed the cap and my daughter consumed them in the car without spilling a drop.

She keeps asking for them and unfortunately I only had the two packages.

For now Smashies can be ordered online through their [website](#) at \$14.99 which covers the cost of shipping for a box of 10. But they will be hitting store shelves soon.

From the company:

Ingredients: We are foodies at heart and the claim to only eat things your great grandmother would recognize strikes us as common sense. We kind of like the Michael Pollan "5 ingredients or less" theory too. That's why we have 3 ingredients: Organic apple puree, organic apple flavor and ascorbic acid (Vitamin C), and nothing else. NO preservatives, NO added High Fructose Corn Syrup or Sugar.

Certifications: USDA Organic, Kosher, Gluten Free, No animal bi-products.

WIN IT: We have one box of ten Smashies to award to a lucky reader of The Full Mommy (retail value \$15). To enter, send an e-mail to [winfullmommy \(at\) gmail \(dot\) com](mailto:winfullmommy@gmail.com) with "SMASHIES" in the subject line, by October 3, 2008 with the answer to the following question: What is the name of the company that makes *Smashies*? (Hint: look at the "About Us" page or at the bottom.) Winners will be notified by e-mail. Please read the [official rules](#) for entering our giveaways.

Enter our giveaway to win a [Flip Ultra](#) video camera through October 31, 2008.

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POSTED BY LEEANTHRO AT 12:00 AM

LABELS: GIVING IT AWAY, GLUTEN-FREE, KOSHER, LEEANTHRO, LEIGHANN, ORGANIC, SMASHIES, SNACKS, VEGETARIAN

The Full Mommy's Holiday Gift Guide

We're making a
list and checking
it twice



ABOUT US

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