

→ PRESERVE GREAT FLAVOR: ENJOY FRESH FRUIT ALL YEAR LONG—NO CANNING NEEDED!

HEALTHY FOOD • GREAT LIVING

eating

NATURALLY

6
EDGY
VEGGIE
SIDES

8 NEW
TRENDS

in Natural Foods

COCKTAIL
COOLDOWN

FIRE UP THE GRILL:

The Ultimate

BBQ

MENU



EATINGNATURALLYMAG.COM
AUGUST 2016



TEA-RRIFIC ICE CREAM

Tea-rrific impressed us with their Ginger Matcha ice cream. With ginger as bright as the summer sun and matcha as earthy as freshly-cut grass, this pint tastes like a cool breeze on a hot day.
// tearrificicecream.com



HEALTHY SKOOP

While salad is a fast and summery option, sometimes a fork is a luxury we don't have time for. In those moments, we love Healthy Scoop's Super Scoop. It's "all that and the kitchen sink," filled with protein and greens, vitamins, minerals, and enough energy for your busiest days.
// healthyskoop.com

PANTRY PICKS Summer treats to fuel your snack time

KALOT SUPERFOODS

With just 7 ingredients and plenty of your daily vitamin intake, Kalot Superfood's Fruit and Cashew Butter with Blueberries, Pure Vanilla, and Chia Seeds will keep your stomach satiated all day long.
// kalotsuperfoods.com



SIMPLY 7

If you found it hard to get on the kale train, we recommend Simply 7's Kale Sea Salt Kale Chips. With nearly 80 percent of your daily vitamin K, intake and a crispy crunch, these chips will make you wonder why you didn't try kale sooner.
// simply7snacks.com



GINGER'S HEALTHY HABITS

For a sweet snack that is low in sugar and high in protein and whole food ingredients, look to Ginger's Healthy Habit's Maple Cinnamon Veggie Trail Mix. The assortment of real sweet potatoes, carrots, and nuts boast unbelievably healthy flavor.
// gingershealthyhabits.com



BREWLA BARS

Going to the local Starbucks isn't always easy. Especially when they keep calling for "Emily" when, in fact, your name is "Amery." Luckily, Brewla made their Barista bar, a refreshingly sweet cold-brewed coffee bar that has your real name written all over it.
// brewlabars.com



I HEART KEENWAH

Sometimes we need to curb a chocolate craving on the go. For those moments, we look at i heart keenwah's chocolate puffs. They're a healthful snack filled with smooth dark chocolate and whole grains. Our favorite even has a hint of Himalayan pink salt.
// iheartkeenwah.com



CORE ORGANIC

Stay hydrated this summer with Core Organic's Pomegranate Blue Acai drink. It has only 5 calories per serving and gluten-free, organic ingredients, so you can feel good about what you're putting in your body.
// core-hydration.com



LENNY AND LARRY'S

If you are in the chewy chocolate chip cookie camp rather than the crunchy cookie camp, this one's for you. Lenny and Larry's Complete Chocolate Chip Cookie is mouthwatering, sprinkled liberally with chocolate morsels, and packed with 16g of protein per cookie.
// lennylarry.com