

healthy bites

IT'S TIME TO SAMPLE SOME TASTY NEW TREATS, SAYS LUCY CHEEK

New this month

1. Hovis Hearty Oats

This is bread with an edge - baked with 60 per cent oats, it's high in fibre and helps to lower cholesterol, which makes for a superbod sarniel! **£1.34, major supermarkets**

2. Lactofree Cheese

Lactose intolerant but love dairy? Try the Lactofree range, which includes this hard cheese. **£1.99, major supermarkets**

3. Kenwood Compact Glass Blender

This nifty little blender is perfect for summer smoothies. With its powerful 600W motor, it'll have you whizzing up a post-workout drink in no time. **£79.99, www.kenwood.co.uk**

4. Steve's Leaves Wild Red Rocket & Milder Leaves

Steve's Leaves' new range of innovative baby leaves, including the scarlet-stemmed Wild Red Rocket that's bursting with a peppery flavour, screams 'summer salad'... **£1.60 per bag, www.stevesleaves.co.uk**



We love... berries!

Strawberries, raspberries, blackberries, blueberries, even pineberries (a new fusion of strawberries and pineapple!) have burst onto the fresh-fruit scene for summer and are a great source of antioxidants, so why not whip up a fruity smoothie with yoghurt and honey? Mmm, berry good...



Tip
For a workout boost, add protein powder to your smoothie



Gym bag buy

Pulsin' Maple and Peanut Protein Snack

Pulsin' certainly has its finger on the workout pulse with this vegan snack that's enriched with peanuts, pea protein isolate and real maple syrup. Each tasty snack has 10g of high-grade protein for controlling hunger or aiding post-exercise recovery.

£14.58 for 12, www.pulsin.co.uk

did you know?

A tomato grown in a hothouse has half the vitamin C content of a vine-ripened tomato
(Source: www.mercola.com)

Tried & tested

Do breakfast bars live up to their healthy hype? We find out...

Eat Natural Dark 70% Chocolate Brazils and Apricots

The apricot zing coupled with velvety chocolate and crunchy nuts is a sure-fire palate pleaser, but it's not the lowest-fat bar around. **68p per bar, major supermarkets.**

Per bar: fat 10.6g | sat fat 5.0g | calories 207 | sugars 12.3g



Jordans Frustr Tasty Cranberries & Apple Slices

The fruit in this low-fat wholegrain oat bar stops it from tasting dry, but it might not stop your tummy rumbling before lunch. **£1.79 for six, major supermarkets.**

Per bar: fat 2.4g | sat fat 0.5g | calories 114 | sugars 9.4g

Kellogg's Special K Original

A rice and wheat cereal bar with cranberry pieces and yoghurt topping - it comes in at under 90 calories and will please sweet-toothed fiends. **£2.19 for six, major supermarkets.**

Per bar: fat 1g | sat fat 0.8g | calories 88 | sugars 9g



Alpen Light Summer Fruits

This prebiotic fruity bar with yoghurt packs a low-cal punch, but you might need a couple to fill you up. **£1.65 for five, major supermarkets.**

Per bar: fat 0.8g | sat fat 0.3g | calories 61 | sugars 4.8g

