

Food Bites

Go Natural Nut Delight Bars are one of the healthiest snack bars available. Packed full of almonds, peanuts, walnuts and Brazil nuts, and sweetened with Australian honey, this gluten-free bar is also free of artificial colours, flavours and preservatives. Available in the health food aisle of supermarkets and everywhere good snacks are found. **RRP \$1.99**, gonatural.com.au



Hungry for premium salmon that's effortless to prepare? **Ocean Chef Salmon Portions** are delicious, nutritious and convenient. Available as plain, or lightly seasoned with lemon pepper, each 125 gram portion is individually packaged – a healthy meal for one or just as convenient for a small crowd. **RRP \$32.99** for a 1 kg bag, available at [Woolworths](http://Woolworths.com.au), oceanchef.com.au



The new **Brookfarm Nutty Granola** is a gourmet nut feast fit for your cereal bowl. Packed with macadamias, almonds and pecans, as well as organic golden flaxseed, roasted coconut, seeds and grains, it's rich in healthy fats and filling protein. **RRP \$13.10** for 450 g, brookfarm.com.au



Kintra Foods Dandy Chai is caffeine free, 100 per cent natural and ideal for the health-conscious chai lovers. Dandelion root helps to promote a healthy digestive system while natural chai spices put some calming and clarifying spice back into your day. **RRP \$8.30**, kintrafoods.com.au



Safcol the seafood experts lead the change in the Australian tuna market, protecting our oceans for future generations. **Safcol Pole and Line Tuna** is the first tuna brand available in major retailers to commit to a range of pole- and line-caught skipjack tuna, the most sustainable practice for tuna fishing and the gold standard in sustainable tuna. **RRP \$1.89** for 95 g, safcol.com.au



The highest quality of raw honey you can get, **BLIS Manuka Honey** is the only certified organic Manuka Honey available in Australia. Made using the most natural biodynamic beekeeping methods possible, 100 per cent pure and from New Zealand, it is the best nature has to offer. From **RRP \$38.95**, organicdoor.com.au

Aware Environmental have launched a wonderful new dishwashing liquid to their current range. This concentrated formula features their unique plant-based degreasing technology combined with certified organic ingredients including aloe vera and essential oils and extracts like lemongrass, green tea, coconut and lime – it's also palm oil free. Available now in all Coles stores nationally, **RRP \$4.99**, awareenvironmental.com.au



Pureharvest Tamari is brewed in the traditional Japanese way from whole organic soy beans, and is perfect for those looking for a gluten-free alternative as it is wheat free. Naturally fermented and with no preservatives. Available in Coles' health food section and independent retailers. **RRP \$3.85**, pureharvest.com.au



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