

FOOD BITES



WIN!

Organic Choice Mother's Day giveaway

Born from the belief that products can be both effective and sourced from sustainable, natural ingredients, Organic Choice delivers a little luxury to your everyday. This Mother's Day, they're giving away 10 prize packs filled with lovely natural cleaning products, including:

- 1 x Organic Choice Candle West Indian Lime & Coconut
- 1 x Organic Choice Dishwash Lemongrass & Green Tea
- 1 x Organic Choice Dishwash Lime & Coconut
- 1 x Organic Choice Air Freshener Lemongrass & Cedarwood
- 1 x Organic Choice Air Freshener Grapefruit & Pomegranate
- 1 x Organic Choice Lemongrass & Australian Myrtle Multi Purpose Cleaner
- 1 x Organic Choice Shower & Vanity Blood Orange & West Indian Lime
- 1 x Organic Choice Fridge, Dishwasher & Bin Cleaner Vanilla & Garden Mint

Write to us at competitions@blitzmag.com.au and tell us in 50 words or less, what you love about Organic Choice products for your chance to win. For full terms and conditions visit nourishmag.com.au



Dieticians are consistently boasting the benefits of apple cider vinegar for digestion. However, two teaspoons of the stuff first thing in the morning can be difficult to swallow (pun intended). Enter **Applelachie**: a refreshing soda water with a dose of apple cider vinegar. It's completely natural, contains just 0.6 grams of fructose per bottle and is full of gut-nurturing digestive enzymes and probiotics. \$4.00, applelachie.com.au

Supercharge your smoothie with **Healthy Essentials Organic Immune**. With minimum processing and certified organic ingredients, such as baobab and acerola powder that are high in vitamin C, it may give your immune system a boost. Simply add Organic Immune to your favourite food or daily smoothie for your overall health and wellbeing. \$39.99, healthyessentials.com.au



Icelandic Glacial is a naturally alkaline spring water from Iceland. Bottled at the source from the legendary Ólfus Spring, renowned for its exceptional purity, this water has a clean, crisp and refreshing taste. Icelandic Glacial is also the world's first 100 per cent CarbonNeutral® bottled water. From \$2.99, betterchoicebeverageco.com.au

Raw Slim & Tone Protein is an all natural plant protein with prebiotics, superfoods, nutrient-dense greens, metabolic herbs and spices and a natural sea mineral complex for real results you can feel. Following the Amazonia philosophy, it is sprouted, fermented, vegan, sustainably farmed, packed in recycled packaging and has a delicious, creamy taste. Available in Vanilla & Cinnamon, Cacao & Macadamia and Green Coffee Espresso. From \$44.95, amazonia.com.au



Spiral Foods Organic Green Pea & Organic Mung Bean Chips are baked (not fried) and are gluten free, vegan and 100 per cent organic. These light and crispy chips are packed with the goodness of legumes (think fibre and protein) and contain only two ingredients: organic mung beans and sea salt. \$5.00, spiralfoods.com.au



Kintra Foods Turmeric Golden Blend Powder contains ingredients of turmeric, cinnamon, ginger and black pepper. These natural ingredients have been carefully selected for their abundant health benefits, making it the perfect drink for boosting your immunity in winter. Drink mixed with warm milk or in smoothies, cakes, curries, marinades or sprinkled on cereal. \$7.99, kintrafoods.com.au