

FROZEN DELIGHTS



03.11

Natural Health

★ Gardein Home Style Beefless Tips

Want to go meatless without sacrificing flavor or nutrients? These vegetable- and grain-based “beef” tips are the perfect texture, and have an impressive 18 grams of protein per serving. \$5; gardein.com

★ Häagen-Dazs Five Vanilla Bean Ice Cream

There's beauty in simplicity: Just five whole ingredients boost the flavor factor in this rich, creamy ice cream. Even sweeter? The company's efforts to save the disappearing honeybees. (Check out helpthehoneybees.com.) \$4; haagendazs.com

★ Udi's Gluten Free Pizza Crusts

This gluten-free base is lightly dusted with rice flour, which keeps it sturdy enough to hold lots of toppings while maintaining a (healthy!) crunch. \$6 for a pack of two; udisglutenfree.com

★ Naked Nuggets

A healthier alternative to the all-time kid-favorite, these chicken nuggets are made using cage-free, no-antibiotics white meat—and taste just as good as their deep-fried counterparts. \$8; shedthebread.com

★ Evol Burritos Cilantro Lime Chicken

These perfectly portioned burritos use meat from free-range, sustainably raised animals, rBGH-free cheeses and no preservatives. \$3; evolfoods.com

★ Kettle Cuisine 3-Bean Chili

This vegetarian chili makes for a great, on-the-fly warm meal. It packs more than 50 percent of your daily recommended fiber and has no cholesterol. \$4; kettlecuisine.com

★ Dr. Praeger's Spinach Pancakes

With an impressively short and familiar ingredient list, these vegetable pancakes prove that frozen foods don't need to come stuffed with hard-to-pronounce preservatives. \$4; drpraegers.com

★ Sambazon Açai Smoothie Packs

For a super-charged smoothie chock-full of antioxidants, vitamins and essential fatty acids, toss one of these packs in the blender with a handful of strawberries, half a banana and a cup of soy milk. \$6; sambazon.com

★ Amy's Light & Lean Spinach Lasagna

Surprisingly tasty for something you have to nuke, this dish packs in the protein (11 grams per serving) and fiber (5 grams per serving)—a combo that will keep you satisfied for hours. \$5; amyskitchen.com

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Look for this sticker to find these healthy, great-tasting packaged foods at your grocery store!

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