

NEW SNACKS TO SAVOR

Grab a tasty, healthy snack—packed with protein, antioxidants and other nutrients—as you go.

By Liz Robins

Whether you're fueling up for a workout, packing the kids' lunches or craving a little something to get you through the afternoon, healthy snacks fit the bill. The latest varieties not only taste great and curb hunger; they're also chock-full of nutrition for sustained energy and good health. Here are some of our favorites.



Go Raw Sprouted Bars

Nut-free bars with no more than 70 calories and a few grams of sugar—perfect for a light snack. Sprouted seeds and dried fruit are among the wholesome ingredients. gorau.com



Good Culture Organic Cottage Cheese

Higher in protein and lower in sugar than most yogurts, this refreshing alternative contains gut-friendly probiotics and all-natural ingredients in creamy, sweet and savory varieties. goodculture.com



Navitas Naturals Chili Lime Coconut Chips

A spicy kick complements the subtly sweet, nutty flavor of coconut in this chewy snack. Add this rich source of energy, fiber and healthy fats to your favorite trail mix for a boost anytime. navitasnaturals.com

Imuraya Mochi Coconut Cream

In this fresh take on traditional Japanese mochi, coconut cream replaces the usual ice cream filling for a decadent, dairy-free treat. imuraya-usa.com

Pure Ancient Grains Bars

These gluten-free, organic, vegan bars are crispy and flavorful, yet lower in sugar and sodium than most. Pure's new Organic Crispy Clusters with ancient grains and nuts are equally snack-worthy. thepurebar.com



Endangered Species Chocolate 60% Dark Chocolate Bars

Here's a happy compromise for milk-chocolate lovers who want the health benefits of a darker (but not bitter) bar. Standout flavor: the Tamarin, featuring dark chocolate with cinnamon, cayenne and cherries. chocolatebar.com

Natierra Himalania Chia Seeds

Chia seeds are an excellent source of fiber, essential omega-3 fatty acids and protein. This organic snack is as delicious as it is nutritious, on its own or sprinkled into yogurt. natierra.com



Wildway Coconut Cashew Grain-Free Granola

This alternative to sweet, grain-laden granolas is loaded with nutrition from unsweetened coconut, nuts, seeds and dates. Sprinkle on yogurt or dip a banana into a bowlful. wildwayoflife.com

WORKOUT WONDERS

We love bars and get to sample many that come through the office. For hiking and biking, we look for protein, and for running, we keep an eye out for potassium, as well as superfruits and antioxidants like açai. Here are two that fit the bill.

PERFECT BARS

These unusual bars have a texture closer to Middle Eastern halvah than a traditional bar, because they are a blend of organic almond and peanut butter, organic honey and powdered fruits and vegetables. Absolutely delicious, with all the stellar credentials you could possibly want: cold-pressed, gluten free, non-GMO, soy-free, sugar-free, loaded with protein and potassium (heads up, runners!), plus a vegan bar launched recently. Perfect Bars need to be refrigerated, says Bill Keith, owner/CEO, "because most bars use soy lecithin to bind it together and we don't." perfectfoodsbar.com

This Bar Saves Lives

Made with non-GMO ingredients that are ethically sourced from U.S. farmers, This Bar Saves Lives is not only loaded with crispy flavor, it is mission-driven. A few years back, two of the company founders, Ryan Devlin and Todd Grinnell, visited Africa, where they came face to face with severe acute malnutrition and saw an opportunity to literally save lives. According to Devlin, "Todd and I took a humanitarian trip to Liberia where we toured a refugee camp. We saw the devastating issue of Severe Acute Malnutrition, and we're so proud to be delivering aid now as This Bar Saves Lives."

For each bar sold—we are partial to the Dark Chocolate Cherry & Sea Salt and Wild Blueberry Pistachio—the brand, in partnership with Save the Children, delivers a packet of food to a child in need, one for one. thisbarsaveslives.com

—Rona Berg



GoodBites

Handmade in L.A., these raw, organic, vegan and gluten-free superfood snacks are naturally sweetened with honey. Goji berries, cacao, hemp seed, coconut oil and other wholesome ingredients add up to a decadent treat you can feel good about. goodbites.co