

HEALTHY TREATS GO CHOCOLISTIC!

Fourth year Chiropractic student, Orly Zuker, the mother of 'Chocolistic Seeds', has created a deliciously healthy cocoa seed bar. Perfect for lactose, wheat and sugar intolerances, this new treat is sold in chiropractic and health centres, organic and health stores and gyms with an overwhelming response.

This unique bar is 100% natural with no additives or preservatives and includes organic and fair-trade ingredients. It is high in essential omega fats, protein, zinc, magnesium and calcium. It is a guilt free indulgence to enjoy.

Chocolistic Seeds have gone national with interest from Richard Branson's Airline Virgin to stock the sexy health bar.



AT YOUR HEALTH FOOD STORE

Tucker's Natural gourmet crackers

Australian family company, Tucker's Natural, have launched a range of delicately flavoured gourmet crackers. All natural and totally Australian made, using a secret method that ensures every cracker maintains their handmade gourmet heritage. Tuckers use advanced baking techniques so that the flavours of each cracker are infused into the biscuit by mixing the raw ingredients into the dough, rather than sprinkling them on top.

They are available in four varieties - Oatmeal, Caramelised Onion, Coriander & Cracked Pepper and Poppy Seed - and are the perfect accompaniment to dips, antipasto, gourmet toppings and fine quality cheeses.

Each pack is also complemented by an original gourmet dip recipe, succinctly matching the distinct and delicious flavour of each cracker variety. We passed them around - without dips - at a recent staff meeting and everyone was highly impressed. The Tucker's Natural range is yeast free, preservative free, has no artificial colours or flavours, and is available nationwide at your favourite health food retailer.

At your health food store

Mayver's Tahini - made from stone-ground Australian sesame seeds. The finished product has a similar consistency to smooth peanut butter. A versatile and nutritional food, tahini is a healthy alternative to butter and margarine. It spreads easily on bread and toast and imparts a mild nutty flavour, or it can be combined with many other toppings to suit your taste, such as tomatoes, garden greens, cheese, avocados as well as fish or ham. You can combine tahini with just about anything.

Tahini can be used as an ingredient for many recipes including dips and sauces such as hommos, soups, main meals, salads and dressings, cakes and cookies, and even in a high protein drink.

The healthy attributes of tahini are extensive. It is naturally cholesterol free, a source of fibre and very low in salt. Tahini is gluten free, contains plenty of good fats and is low G.I. As well, it is a great source of potassium, calcium, magnesium, sodium and vitamins A and E. Furthermore, tahini contains good quality, easily assimilated, carbohydrate and protein.

A simple and tasty tahini sauce for fish or vegetables

1/2 cup of olive oil
1/4 cup of tamari or soy sauce
3 tbsp or more of tahini
Lemon juice and garlic to taste

Combine in a blender.

REGULARS

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