

## HOT OFF THE PRESS!

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AT PLAY

## THE HIP HOSTESS

### The Old Switcheroo

Serve these smart snack alternatives to the kids in your life, or to bring out the kid in you.



By Ellen Swandiak

#### Energy Up

Next time a kid comes along hankering for a snack, slip them a bag of these tortilla chips. They use a grain called Salba, which is derived from plants the ancient Aztecs



used to maintain their energy on long journeys. Salba, says the company, contributes more omega-3 than flax or salmon, more antioxidants than blueberries or pomegranates, more iron than spinach, and more calcium

than milk. Salba Smart has created a whole line of healthy and tasty chips, pretzels, and salsas. I like the small bags, with chips that are kid-sized and portion controlled. [www.salbasmart.com](http://www.salbasmart.com)

#### Twiggy Treats

Sticks & Twigs—this wacky name totally defies its goodness. Mary Waldner used her



problems with celiac disease as a catalyst to create these award-winning snacks. This special mix of whole grains—brown rice, quinoa, amaranth, and millet—along with toasted flax, sesame, and chia seeds, add up to a taste sensation. Serve with hummus or peanut butter for a more substantial treat. [www.marysgonecrackers.com](http://www.marysgonecrackers.com)

#### Raw Evolution

What kid won't be fooled by the punk-rock packaging of this bar? This is one of the best raw bars that I've tasted, and it



comes in 10 flavors, including Raspberry & Chocolate, Spirulina & Cashew, and Coconut & Agave Nectar. Raw Revolution was developed by a mom, turned off by sugary, processed snacks who applied her talents as a natural foods chef with a passion for raw foods. Once the kids in the neighborhood had a taste, the raw revolution had begun. [www.rawrev.com](http://www.rawrev.com)

#### Pop Art

Popchips has solved the problem of removing the fat and fake toppings of ordinary

chips without sacrificing the rich taste kids love. Their "popping" method applies heat and pressure to bits of potatoes, turning them into a crunchy chip. The only additives are a delightful blend of natural seasonings. Satisfy your savory cravings with original, barbeque, or salt and pepper varieties. [www.popchips.com](http://www.popchips.com)



#### The Juice

Choosing these juices is a no-brainer. Even the bottle is earth-friendly and can go right into your compost. Try the organic Orange Tangerine made with only juice from tree-ripened fruit, with no added sugar or water, or experience Old-Fashioned Lemonade as originally intended, but sweetened



with organic agave and cane juice. Their "gentle" pasteurization method lasts just long enough to kill organisms without affecting the taste that nature intended. [www.noblejuice.com](http://www.noblejuice.com)

#### Cocio

I was immediately seduced by the nostalgic look of this bottle, then completely fell in love with the taste. This popular drink in Denmark, uses only fresh milk from Danish cows that are free of antibiotics and added hormones, sugar, and the best cocoa from the Ivory Coast in West Africa. To maintain the classic flavor, cocoa is strictly



checked for color and flavor, pH-value, yeast, and mold. Chug-a-lug one to recall younger days or reward your favorite youngster with a bottle. [www.cociousa.com](http://www.cociousa.com)

#### Madcap Combos

Food Should Taste Good has just introduced two new flavors to its line of tortilla chips. Experience the surprise combinations of flavors baked right into the chip: Olive, Jalapeno, Chocolate, Sweet Potato, and the newest: Cinnamon and Potato Chive. These



are definitely for children with a sophisticated palette. Take the sweeter combos and crumble them into ice cream, for the really deserving! [www.foodshouldtastegood.com](http://www.foodshouldtastegood.com)

Ellen Swandiak is known for her well-orchestrated theme parties. There's always a catch, and creativity is highly encouraged. She's expert at snooping out the coolest kitchen gadgets and exotic food finds. See [hiphostessnyc.blogspot.com](http://hiphostessnyc.blogspot.com) for more entertaining posts.