

Fresh ink

HOT OFF THE PRESS!

Featuring Salba Smart on *Prior Fat Girl*
February 8, 2010



MONDAY, FEBRUARY 8, 2010

why don't you put it on the blog?

January was a lucky month for me. I won THREE blog giveaways! (Sorry for hogging. I stopped entering once I got on a roll.) I should do another one of my own soon to pay it forward. By the way, have you entered my Cuties [giveaway](#) yet? It ends tomorrow (Tuesday) at 5 pm; get a move on!

My first prize was the book *How It All Vegan!* by Tanya Barnard and Sarah Kramer. I used to read Becki's old blog, but when she decided to transition into veganism, she started a fresh new blog — [new VEGANnings](#). When Becki sent me the book, she also sent me some vegan bath soaps as a congrats for hitting my WW goal. What a sweetie! Although I haven't tried any of the recipes from the book yet, I'm totally pumped to do so. I've just been too busy lately for new kitchen adventures. Soon soon.



My second prize was a HUGE box of [Salba Smart](#) products that I won from Christy at [Sisterhood of the Shrinking Jeans](#). Haven't heard of Salba Smart products before? I hadn't either! But I am SO glad that I did. The stats on Salba seeds are astounding.

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(Kinda blurry, but I think you get it.)

So far I've tried both the organic yellow and blue corn tortilla chips and the medium salsa. EVERYTHING ROCKS! Just as I love chips with flax seeds, I love these products with **Salba** seeds. There's just more depth of flavor. Nutty. That's the word I was looking for. So good. If these products are sold in stores near you, BUY THEM. You won't regret it.