

FOOD & WINE

MARCH 2011

healthy.
recipes
big flavors

WEEK OF
healthy
WINES



IF YOU LIKE THESE



TRY THESE



Candy Bar Makeovers

Feel-Good Alternatives to Classic Sweets

CHOCOLATE CUPS

Sun Cups have a creamy center of sunflower seed butter (lower in saturated fat than peanut butter) covered in either organic milk or dark chocolate. \$2; peanutfreeplanet.com.



CRISPY CHOCOLATE

Alter Eco's Midnight Crunch bar coats high-protein quinoa in Fair Trade dark chocolate. Quinoa crisps are baked 12 times longer than rice for extra crunch. \$4; altereco-usa.com.



COCONUT CANDY

Angell's organic Snow bar is preservative- and corn syrup-free. White chocolate is wrapped around shredded coconut flavored with a touch of sea salt. \$27 for a box of 12; amazon.com.



CHOCOLATE-NUT BARS

Green & Black's caramelized peanut-and-sea salt milk-chocolate bar has 17 percent more antioxidant-rich cocoa than the average milk-chocolate bar. \$3.50; greenandblacks.com.