

ALLERGY SHOTS

OFF THE SHELF

Stock your pantry with great snacks that are free of top allergens and gluten. —Alisa Fleming



Full Disclosure

Zego Energy Bars cover the nourishing basics: low-glycemic, high-protein and certified organic. But the conscious creators go above and beyond, adding a scannable Z-Code on each package that unlocks the full allergen, gluten and GMO test results for each delicious Sunflower or Chocolate bar. \$2.50/1.7 oz bar at www.zegosnacks.com.



All Dressed

Coated in wholesome Ranch, Thousand Island or Raspberry Vinaigrette and dehydrated to preserve nutrition, the kale, spinach, cabbage and carrot blends in **Salad Snax** are ready for portable crunching. Non-GMO verified and produced in Go Raw's dedicated facility. \$4.99-\$5.49/1 oz package at www.goraw.com.



Coastal Cuisine

Inspired by the diverse regions of California, Lundberg's new **Multigrain Chips** boast several bold flavors: Mendocino Tomato & Herb, Mojave Jalapeno, High Tide Sea Salt, Redwood Smoky BBQ and Shasta Chipotle Lime. The tortilla-like crisps are made with organic whole grains, seeds and beans. \$3.95/6 oz bag; \$1.49/1.5 oz single-serve. See retailers at www.lundberg.com.



Squirrel Away

Stash several MunkPack **Oatmeal Fruit Squeezes** for filling fuel on the go. Available in Apple Quinoa Cinnamon, Blueberry Acai Flax and Raspberry Coconut, each tender, tasty morsel satiates with certified gluten-free oats, fruit and seeds. \$2.50/4.2 oz pouch. Visit www.munkpack.com for a store finder.

Instant Gratification

Just add hot or cold water to two scoops of Sencha Naturals **Green Tea Latte Mix** for a creamy, antioxidant pick-me-up. Their selection includes Original, Bombay Chai and Tropical Mango, each made solely with coconut, matcha, algae, spices and pure extracts. \$12.95/10 oz eco-tube at www.senchanaturals.com.



Natural A-peel

Get a little crazy with all five fun flavors of certified **Organic Applesauce** from Wacky Apple: Wild Berry, Mango, Apricot, Cinnamon and traditional Golden. Each 100% fruit puree is free of artificial colors, preservatives and sweeteners. \$3.49/4-pack (4 oz each). See www.wackyapple.com for a store locator.