

First bite

Keep your cooking skills sharp with the latest food news, cool gadgets and

The crunch factor

Mrs May's Naturals 156g, \$4.69, had the *Good Taste* team going nuts! The new bite-sized snack range, made from all natural ingredients, is gluten, wheat and dairy free. There are eight varieties to choose from, including Almond Crunch, Black Sesame Crunch, Sunflower Crunch and our favourite, Cranberry Blueberry Crunch. Find them in the health food aisle at selected Woolworths. Mrs May's has 1000 free sample packs to give away. To receive one, email mrsmay's@healthattack.net.au or write to Health Attack, PO Box 302, Balmain, NSW 2041.



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