

# spry living

## Festive Fare



### Gingerbread, Man!

Made with only eight ingredients, Larabar's *Gingerbread Fruit & Nut Bar* offers the bold cinnamon, allspice and ginger flavors of the traditional cookie. As a bonus, you get 8 percent of your daily iron intake in one palm-sized bar, plus 1/4 cup of fruit, 4g protein and 3g fiber.



### Hog This Nog

Sip on this nondairy version of the holiday favorite. Almond Breeze's new

*Classic Almondmilk Nog* is made using almond milk but is just as smooth and creamy as traditional eggnog. It's only 60 calories per 1/2-cup serving.



### Spice Is Nice

Noosa's new *Bhakti Chai* yoghurt delivers the comforting flavors of your go-to winter tea in a protein-rich breakfast option. You'll get 40 percent of your daily calcium intake and 12g protein in one 8-oz. serving.



### Cocktail Creativity

Boost your holiday spirits with nonalcoholic *DRY Sparkling* sodas, either alone or as a low-cal cocktail mixer. Both the ginger and cranberry varieties contain less than half the calories and sugar of most carbonated beverages, at 45 calories per 8-oz. serving.



### Cheer for Chips

Small in size but big on flavor, PopCorners' new *Minis Snickerdoodle Drizzle* chips will delight your afternoon appetite. A cinnamon dusting with frosted icing drizzle coats bite-size popped corn chips to satisfy your sweet craving for only 130 calories in each 1-oz. serving. —Lauren Harris



All products available at major grocery stores and big-box retailers.

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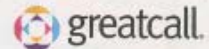


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