

QUICK bites

Eat yourself silly in August, with Kelly Rose Bradford's pick of the best new products, plus easy ways to make food go further

VL RECOMMENDS

Live up your larder with our pick of the new crop

1 CRAZY JACK DRIED FRUIT POUCHES

Crazy Jack's vast array of organic dried fruits are a pantry must-have. Great for snacking and baking as well as topping cereals and yogurts. Choose from dried apricots, mangos, dates, prunes, blueberries, cranberries and raisins - there's something for every taste. Check out their huge range of nuts, seeds and legumes, too.

○ From £2.25, Ocado

2 INNOCENT DAIRY-FREE VEGAN MILKS

Innocent's new range of vegan milks come in almond, oat and hazelnut varieties, and all have just three ingredients; oat, almond or hazelnut along with spring water and a pinch of salt (although hazelnut has a touch of organic rice as thickener). Packaged in fully recyclable plastic bottles made with at least 30 per cent recycled PET, the milks hit all the right notes for taste and environmental friendliness.

○ £1.99, 750ml, Waitrose



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3 BIRD & WILD FAIRTRADE, ORGANIC, BIRD-FRIENDLY COFFEE

Make your mid-morning coffee one that gives something back. Bird & Wild is the RSPB's official coffee and six per cent of all sales are donated back to the charity, helping them protect wildlife and restore woodlands. It comes in two varieties, the Seasonal Blend which is medium roasted with dark chocolate tones, and medium Espresso Blend which packs a dark and creamy punch.

○ £4.35 for 200g, Ocado

4 GOSH! BUTTERNUT, TOMATO & BASIL SAUSAGES

Ready to eat straight from the pack for lunches on the go, or heated through as a tasty addition to a main meal, these butternut, tomato and basil sausages are



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another winner from Gosh!'s 'naturally free from' range of vegan-friendly falafels, burgers and sausages. Bursting with flavour, just one portion is the tastiest way to get one of your five a day.

○ 282g pack (6 sausages) £2.47, Morrisons

5 GREAT BRITISH PORRIDGE CO INSTANT PORRIDGE

Made with 10 per cent natural ingredients, and available in three innovative flavours - Goji Berry & Pumpkin Seed, Blueberry & Banana, and Strawberry & Peanut Butter - this is fast-food that's healthy and tasty.

All ingredients are ethically sourced, gluten-free and have over 10 per cent protein per serving.

○ 400g pack, £4.99, thegreatbritishporridgeco.co.uk



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EVERYBODY FREEZE! VEGAN PESTO IS AS EASY AS PIE TO MAKE - BUT LIKE TRADITIONAL PESTO, IT GOES OFF QUICKLY. INSTEAD OF STORING IT IN THE FRIDGE, POUR INTO ICE-CUBE TRAYS AND FREEZE, THEN JUST DEFROST INDIVIDUAL PORTIONS WHEN NEEDED.

