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## Picky Eater: Reed's Peanut Butter Ginger Chews strangely good

By **Jolene Thym**  
Staff writer  
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CO-WORKERS back away from the candy, refusing to open their mouths and drop in one of the new Reed's Peanut Butter Ginger Chews — sweet, spicy candy drops that are flavored with ginger and peanut butter.

"Peanut butter? Gross!" is the consensus, even before they taste. Defeated, I pack my chews and head home, wondering if they've ever enjoyed a plate of nutty pad Thai, or nibbled a skewer of satay chicken.

Those who can get past the mind-block of finding savory flavors in their candy will find that the new chews are not only spicy enough for a mid-afternoon wake-up snack, but they also pack enough ginger to soothe the tummy, boost the immune system and help prevent motion sickness. I like them so well that I'm not sure I can part with a few chews for my niece, who wants to feed them to her motion-sickness-prone dog. Reed's Peanut Butter Ginger Chews are \$1 for a box of 10 chews. They can be found at specialty stores or ordered online from [www.reedsgingerbrew.com](http://www.reedsgingerbrew.com).

VEGAN DREAMS: No butter and no eggs? No problem for Liz Lovely, a Vermont company that works magic with cane juice and palm fruit oil to make some of the best gingerbread cookies you'll ever eat. They're called Ginger Snapdragons. I might have eaten an entire cookie if I hadn't read the nutrition label — one cookie packs 400 calories. Yes, you read that right. These are diet-busters, to say the least.

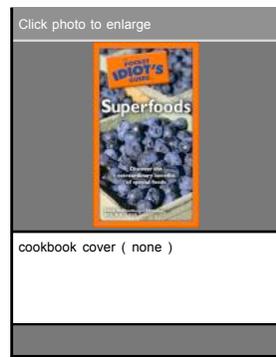
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Also on the Liz Lovely menu is a four-pack of sandwich cookies dipped in deep, dark chocolate that can be downed without guilt — no nutrition label on the bag must mean it's all good and calorie-free. The cookies are made in small batches by Liz and Dan Holtz — such enthusiastic cheerleaders of the organic, sustainable, all-green movement that they even print their fliers on recycled paper. The best news? Liz Lovely's Ginger Snapdragons are just \$11.95 for three two-packs — which means they're about \$2 per cookie. For more information, go to [www.lizlovely.com](http://www.lizlovely.com).

SUPER FOOD: We want to eat well, we mean to eat well, and sometimes we do eat well, but there are times — like when there's a batch of homemade cookies in the jar — that we need a bit of no-nonsense straight talk from "The Complete Idiot's Guide to the Superfood Cookbook" (\$16.95, Alpha).

Besides giving a list of the top 30 super foods and explaining in plain terms what makes them super and why we should eat them, the book shares 150 recipes that are good for us, and frankly, pretty tempting. My top picks include the Roasted Red Pepper and Tortellini Soup and the Blueberry and Walnut Spinach Salad.

Besides the great recipes, I like the philosophy behind this book, which is not to go on a diet, but rather to say "yes" to the good stuff: chocolate, oranges, berries, honey, salmon, tomatoes, walnuts, cranberries and red wine. The book is co-written by Shelly Vaughan James and Heidi Reichenberger McIndoo, a registered dietician.

SMASH AND STORE: My full-size kitchen has plenty of space to store all the kitchenware I need, but if yours is small or you do a lot of cooking on the road, you need to know about Progressive's utterly cool collapsible mixing bowls and colanders. They are made of durable plastic with no-skid bottoms and they take extra effort to collapse, so there's no need to worry about mishaps. No matter what size you pick — 1.5 quart or 5 quart — it will collapse to a 1-inch disc, which means you can tuck a whole set of mixing bowls in one small drawer. The bowls and colanders are about \$13 each, and can be found at Target stores or on [www.amazon.com](http://www.amazon.com).

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