

Fuel stop

Be fighting fit with these new food finds



Mandy liked her baths scented... and flavoured



VEGIE NICE

For new ways to cook everything from spinach to eggplant, we love chef Simon Bryant's latest book, **Simon Bryant's Vegies**, Penguin, \$40. (He was in that ABC show *The Cook & The Chef*, remember?) Vegies have never looked (and tasted) so good.



Small print

Show off your tropical side with these retro shopping bags. We love them 'cause they hold up to 20kg and also fold down small. **\$9.95**, envirotrend.com.au

3 sweet sugar alternatives

Swap the refined stuff for one of these natural wonders...

- 1 Pure maple syrup (not the fake stuff) is chock-full of antioxidants. You can't beat **S&W 100% Pure Canadian Maple Syrup**, \$9.71, colesonline.com.au
- 2 Stevia is all the rage and is great in cooking (and your latte). We use **Hermesetas Stevia Tablets**, \$8.47, woolworthsonline.com.au
- 3 Not only great on toast, raw honey can help fight colds, too. Try **Comvita UMF5+ Manuka Honey**, \$23.44 (500g), comvita.com.au



EASY SQUEEZY

This little water bottle has a built-in lemon squeezer so you can have lemon water on the go. Genius. So there's no excuse for not getting your daily H2O hit. **\$27**, full circlehome.com.au



Choc Bullock

"Chocolate is the greatest gift to women ever created, next to the likes of Paul Newman and Gene Kelly." We agree, **Sandra Bullock**, so luckily for us, Well Naturally now has milk chocolate with no added sugar. **\$2.69**, from supermarkets



POP CULTURE

Are your banana Paddle Pop cravings getting in the way of your healthy diet? Make your own guilt-free ice blocks in seven minutes flat with these **Zoku Quick Pops**, \$39.95 each. Just pick your favourite fruit juice, pour it in and watch it set before your very eyes – no freezing required. Magic!

