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Jacket and sweater by Jones New York

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# Grocery Goodies



## 1. Fruit in a Flash

Di-Vine Grapes (whole seedless red grapes) and Caribbean Treasure (strawberries, peaches, and mangoes) are the newest varieties of flash-frozen fruits by Europe's Best; available in the freezer section of large grocery stores; prices vary across Canada.



## 2. Got Bacteria?

DanActive, a yogurt drink by Danone, contains 10 billion *L. casei* *Defensis* (probiotic bacteria), and it comes in three flavours: blueberry, cranberry-raspberry, and strawberry; \$3.29 (four-pack) and \$5.99 (eight-pack); available at grocery stores nationwide.



Fresh flavours for your freezer, fridge, or pantry



## 3. A New Twist on Maple Syrup

Equinox Organic Maple Flakes are made from dehydrated maple syrup. Sprinkle on cereal and yogurt, or add them to your morning coffee for a delicious treat; \$4.49/113 grams and \$8.99/71 grams for the refillable sugar mill. Available in the natural food section of select grocery and health stores.

## 4. A Passion for Purple

Violet tea, a mix of Chinese black tea and natural essences of violet, is the most recent addition to the line of Kusmi teas, which include classic, green, organic, and health teas; \$17 for 125 grams and \$26 for 250 grams. Kusmi teas are available at [www.kusmi.ca](http://www.kusmi.ca) and select fine food stores.

