Festive Fare

Gingerbread, Man!

Modeled with only eight ingredients, Larnab’s Gingerbread Fruit & Nut Bar offers the bold cinnamon, allspice and ginger flavors of the traditional cookie. As a bonus, you’ll get 8 percent of your daily iron intake in one palm-sized bar, plus 1/4 cup of fruit, 4g protein and 2g fiber.

Hog This Hog

Sip on this novel 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 1/4-cup serving.

Spice is Nice

Nooka’s new Bhai Chai yogurt 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, BajaCorn’s new Mini Snackers Dill Dill chip 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.

spry living

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