



SWEET STEVIA

Topping the list of best natural sweeteners on US organic site Rodale.com was stevia. Used in South America for centuries, this herbal sugar alternative – available in powdered, tablet and liquid forms – is extracted from the naturally sweet leaves of the stevia plant and has no calories. Available from \$2.95, from supermarkets and online at nirvanahealthproducts.com; 1300 669 982.

HERE'S THE BUZZ

Yes, it's yummy but some honeys also have added health benefits. Harvested from specially managed bees that feed on the *leptospermum polygalifolium* (native myrtle) tree, Berringa Super Manuka honey contains antioxidants and some of the most powerful antibacterial properties of any honey in the world (according to a University of Queensland report).

Available from \$20 from berringa.com; (03) 8456 3543.



KYLIE MCGREGOR dishes up some nutritious and tasty organic fare.

feed your body



MUESLI MAGIC

Get the day off to a healthy start with a nutritious breakfast. Steve Richardson's Magic Muesli is made in Melbourne from a blend of local, organic ingredients including rolled oats, flaxseeds, chia seeds and goji berries. Available from farmers' markets at Melbourne's Gasworks and Abbotsford Convent or online at farmhousedirect.com.au, from \$9.95 (starter pack) up to \$20 for a 1.1kg jar (pictured).

TEA TIME

OVViO Organics has a great range of organic herbal teas, including Olive Winter Wellness Tea and D-Tox Bitters Tea. One of our favourites is the Dandelion Chai Spice Tea (pictured) – a caffeine-free blend of dandelion root with aromatic spices including clove, cinnamon and cardamom. Good for digestion and perfect for sipping in the garden as you watch your vegies grow! Available for \$16 for 110g from ovvioorganics.com.au; (02) 9380 7863.

OODLES OF NOODLES

The Australian-owned Organic Noodle Kitchen range recently won Best New Grocery Product (cooking and baking) at the BioFach 2013 World Organic Trade Fair in Germany. Made using a Japanese steam technique, the unique range includes whole wheat, beetroot, charcoal and spirulina noodles as well as Japanese udon and soba noodles. Available for \$3.49 each from health food stores and online at organicnoodlekitchen.com.au; (02) 6672 5882.



HONEY & STEVIA IMAGES: ISTOCKPHOTO



