

In store at Spinneys



BelArté Sugar Free Chocolate Hazelnut spread

This spread is a lighter version of traditional chocolate spread. The flavour of hazelnuts is pronounced and the chocolate is not too sweet. The spread is delicious on bread or toast, and also as a filling for home-made cakes.



Slim & Natural breakfast bars

These bars are gluten free and virtually fat free. They're made using chick-pea flour, and come in four fruity flavours, including apple and cinnamon, and banana, date and pecan. The bars are surprisingly substantial and satisfying, and can even be served warmed as a desert with your favourite topping.



Irish Yoghurts

Irish Yoghurts from Clonakilty in West Cork come in three ranges: thick and creamy, which are just as they are described; the diet range; and poached fruit topped with custard style yoghurt. They are not over-sweetened and come in a large variety of flavours including rhubarb, apple and blackberry, pear and mango, fudge and banana.

Melissa's Sun Dried Tomatoes and Tomato Pesto

Although these come from California, they are prepared using traditional Italian methods. Made from Roma tomatoes, which are sweet and have a full-bodied flavour, the sun-dried tomatoes are soft and succulent. They're great in salads and with pasta, and make homemade bread very special. The tomato pesto is also delicious. Try spreading a thin layer of it on toast, topping it with cheese and then grilling – it makes the best cheese on toast ever! The tomato pesto is also excellent stirred into risotto, together with fresh basil leaves and diced Mozzarella cheese.



Athenos Mediterranean spreads

These spreads also make excellent dips. The feta cheese spreads are combined with cream cheese, giving a soft texture but a robust flavour. The sundried tomato and basil spread is especially delicious in baked potatoes. The Hummus spreads come in six flavours, and the natural, roasted eggplant and roasted red pepper varieties are all fresh tasting with an unusually light, aerated texture.

