




## 10 delicious and healthy guilt free snacks you need to try


👤 Sophie Pettit 🕒 October 23, 2019 📁 Food & Drink, Wellness

Taking care of your body and watching what you eat isn't always easy—especially when you catch a whiff of a cheeky treat. Thankfully, Hong Kong is home to a growing range of health-conscious snacks, which means you no longer have to feel naughty when giving in to a moment of indulgence. Eating clean has never tasted so good with these delicious cheats! If anyone gives you stick for snacking, tell them, "It's healthy, so I'm guilt-free. Move along."



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## Coconut-Raspberry Peanut Butter Swirl

Instead of furtively digging into the peanut butter jar now and again, here's a healthy twist of the classic pairing of PB&J (\$78)! There is no palm oil, salt, dairy, or sugar involved in this pink vegan confectionery, and it is also free from gluten, dairy, and refined sugar. Only four things make up the ingredient list: peanuts, coconut flakes, freeze-dried raspberries, and stevia. In the words of the makers themselves, they've kept all the fun in the jar, just without the junk.

**Cocoparadise**, various stockists across Hong Kong

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## Maca Vegan Rocky Road

These rich, raw cacao bites (\$150 for a box of ten; \$280 for 20) pack a tasty punch with crunchy nuts, toasted buckwheat, and quinoa. It also includes Maca, an ancient superfood and adaptogen that strengthens and balances the body's system. If you want to combat fatigue and have long-lasting energy to get you through the day, this should be your snack of choice.

Happy Bites also have plenty of other portable and healthy nibbles, and delivers to Hong Kong Island.





## Organic Ladoos

We hereby declare that energy bars are a relic of the past; it's all energy balls rolling forwards! Hop onboard with Spicebox Organics' ladoos, handcrafted with organic ingredients like chickpea flour, coconut sugar, various nuts, and cardamom. They're also gluten-free, and make for a perfect pre- or post-workout snack, or simply to tide you through the work afternoon when your energy levels dip.

**Spicebox Organics**, 137 Caine Road, Shop 1, Golden Valley Mansion, Mid-Levels | (+852) 2559 9887

39-45 Hau Wo Street, Kennedy Town | (+852) 2191 0886

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**Read more!** Tuck into our **ultimate healthy eating guide**.

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## cruncha ma-me

We always order edamame as a side to drinks, so it only makes sense that we also love Eda-zen's freeze-dried edamame snack. Made with non-GMO, 100% natural ingredients, these beans contain an optimal balance of plant-based protein, carbs, fibre, mono-unsaturated fats, and powerful anti-oxidants. More to the point, they taste great as well; we particularly like the jalapeño flavour but they also have four others to choose from.

**Green Common**, various locations across Hong Kong | (+852) 2263 3153

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## BBQ Kimchi Coconut Crisps

We've all had that late night crisp craving, but now you can actually indulge without being wracked with guilt the next morning. These snacks (\$48) are made from raw coconut instead of your bog-standard potatoes, and are cold processed to retain the flavours and nutrients. The natural healthy fats in coconut help boost metabolism and keep your hunger pangs at bay. If you can't take spicy, they've also got a French Onion flavour which sounds equally delicious.

**Foodcraft** | (+852) 2884 1299 | [yummy@foodcraft.hk](mailto:yummy@foodcraft.hk)

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## Oomph!

You know the drill with protein bars as a general rule—they either taste a bit rubbish or aren't actually that healthy—but Oomph! bars (\$250 to \$330 for 11 bars) are total game changers. Not only are they genuinely delicious (we've polished off several boxes in the office), the ingredients are also painstakingly sourced, all-natural, and ridiculously good for you. To give you an idea of what we're taking about, these California-inspired beauties, which come in *Plant Protein* and *Extra Fibre* varieties, have six or more superfood ingredients, no trans fats, no preservatives, and no additives to name a few of the benefits. And like we said, the most shocking thing of all is, they actually taste pretty darn good!

**Oomph!** | (+852) 9685 5089 | [inquiry@oomphbars.com](mailto:inquiry@oomphbars.com)

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**Read more!** Take a break from all this snacking to try **Hong Kong's best cappuccinos.**

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## Smoothie Bowls from Bear's Lab

Kick off your morning with part of your five-a-day at health hub Bear's Lab. Their delicious freshly made smoothie bowls are packed with vitamins and the ziestest natural ingredients available. There are three to choose from, and the *Detox Bowl*—filled to the brim with acai, avocado, banana, spinach, agave syrup, and sprinkled with chia seeds—is to die for. With no ^

added sugar or preservatives, you can rest assured that you are only eating the good stuff. They also serve four types of smoothies and six types of vegan lattes which are equally delicious in flavour. We love the *Acai Classic*, an antioxidant-filled smoothie made from a blend of acai berries, coconut water, pears, and blueberries. Drooling yet? We are.

**Bear's Lab**, Shop F, G/F, World Trust Tower, 50 Stanley Street, Central | (+852) 2702 0802

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### Coconut Supaball

We've hit the jackpot with this bite-sized, guilt-free, organic *Coconut Supaball* (\$28) from funky Sheung Wan eatery, Supafood. Combining oat flakes, peanut butter, coconut chips, golden flax seed, raw cacao nibs, and honey chia seeds to sooth your aching sweet tooth, this tasty treat also gives you a burst of energy without going overboard on sugar. They also offer an organic *Carrot Cake Supaball* (\$18) which contains cinnamon and ginger for that extra kick. If you're feeling parched, *The Berry Happy Smoothie* (\$68) is a winner.

**Supafood**, 1 Jervois Street, Sheung Wan | (+852) 2812 6088

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## Sunflower Cupcakes

Whipping up guilt-free cupcakes and simultaneously answering our prayers, boutique bakery The Cakery offers a 'Guilt Free Series' which is just too good not to try. The quaint, summer-inspired, reduced-fat sunflower cupcake (\$20 for bite-sized; \$40 for regular) caught our eye straight away. Packing a double pumpkin punch with the flavoursome sponge and pumpkin puree buttercream frosting, this photogenic treat is definitely one to gobble down. It's also low in calories and contains Vitamin A which is a bonus!

**The Cakery**, Shop 303, Landmark, Central | (+852) 6683 3833

Shop 124, Lee Garden Two, Causeway Bay | (+852) 2816 1838

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