

## Vital Health Foods adds two new flavours to Mini Rice Cakes range

Nutritional supplements manufacturer Vital Health Foods has added two new flavours to its range of snacks, namely Beef and Salt & Black Pepper.



"Vital's Mini Rice Cakes are made from GMO-free wholegrain rice and are completely free from azo dyes like tartrazine," says Andrea du Plessis, Vital Health Foods' nutritionist. Beef and Salt & Black Pepper are the two most preferred potato-crisp flavours, she explains, which is why the company added these varieties to its existing mini rice cakes range. Other flavours in the range include Balsamic Vinegar & Sea Salt, Cream Cheese & Chives, Creamy Cheddar, Fruit Chutney and Sweet & Spicy Pepper Salsa.

"Snacking is one of the cornerstones of healthy eating," says Du Plessis. "Whether you're diabetic, trying to lose weight or just looking at improving your diet, snacking is advised as a healthy eating strategy. Small healthy snacks between meals can make a significant contribution to dietary fibre intake and healthy eating habits in general."

The two new flavours are ideal for summer gatherings, and can be served as is or dressed up. The Beef Mini Rice Cakes are the perfect foil for thin slices of cucumber and dollops of tzatziki, garnished with lemon zest, while the Salt & Black Pepper variety goes well with a small slice of mozzarella cheese, a fresh basil leaf, a slice of cherry tomato and a few drops of basil pesto.

Selling for R5.99, Mini Rice Cakes can be found at any leading retail outlet. Vital Health Foods also manufactures Vital Corn Cakes and Mini Corn Cakes.

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