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Sahale Snacks Shares “Behind the Scenes” Secrets for Making Nut Blends and Glazed Nuts

We’re nuts about our nuts.

There are nuts, and then there are Sahale Snacks nuts. We carefully select our nuts from the best growers, and then we dry roast them in ovens to bring out the natural flavors. Lots of snack companies oil roast nuts in giant vats of boiling oil, which is faster and cheaper. But that’s just not the way we roll.

We think nuts have superpowers!

Nuts are a super-food. Some studies have shown that eating more tree nuts is associated with a reduction in the risk of coronary heart disease and with lowering cholesterol levels. And while nuts are high in fat, they are naturally low in saturated fat and quite rich in monounsaturated fat – one of the very best fats.

We’re picky about our fruit.

We always use unsulfured fruit, which means that the fruit has not been treated or preserved with sulfur. While many manufacturers use sulfites to prevent oxidation and extend shelf life, our fruits are naturally preserved with an infusion of sugar or a combination of sugar and fruit juice concentrate. That’s why there’s no FDA warning on our nuts (the FDA requires manufacturers to declare sulfites in ingredient statements because people with sulfite-hypersensitivity can experience adverse reactions, such as asthma).

We use real herbs, spices, and seasonings.

It’s the choice of ingredients and balance of flavors that makes Sahale Snacks unique. We blend our own **Harrisa**, a North African red pepper spice mix, for our **Ksar Pisachio Nut Blend**. We brew a tea with dried lemongrass to accent our **Sing Buri Cashew Nut Blend**. Our **Cashew with Pomegranate + Vanilla** includes both vanilla extract and ground powder made from whole Madagascar vanilla beans. It’s pricey, but it’s how we impart that splendid, deep vanilla flavor that makes it taste so good. And all of our products include sea salt, which is rich in minerals and has better flavor than ordinary table salt.

Crunchy? Chewy? Or Crunchy-Chewy!

It’s no easy feat combining nuts and fruits to achieve a balance of crunchiness and chewiness. We have come up with some pretty innovative solutions. In our **Almond PB&J with Peanuts + Berries**, we use very small pieces of raspberries and strawberries, which are applied with our glaze. This encrusts the nuts with the fruit so that there’s a crunchy-chewy taste of nuts and berries in every bite.

More...

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Honey, how do you do that?

We choose the right honey. In our **Almonds with Cranberries, Honey + Sea Salt** we use orange blossom honey (from bees pollinating orange tree blossoms) because we wanted to impart a light citrus note to complement the almonds. We achieve that rich honey taste without creating a sticky mess by using a concentrated liquid honey that is dried into flakes and creates a wonderful, honey-flavored crunch.

The Glaze: Shhh...it's a secret

Our glazes are made using our secret process. Sorry, we can't tell you how we do it! But we can tell you that in our Glazed Nuts, we use organic tapioca syrup and organic evaporated cane juice as our base and then add fruit juices and spices. In our **Almond PB&J**, we use a strawberry juice concentrate. In our **Cashews with Pomegranate + Vanilla**, we use pomegranate juice concentrate. Yum.

Pon-who? Ponzu!

In our savory Nut Blends, we use the same organic tapioca syrup and evaporated cane juice base, then add unique ingredients, like the aged balsamic vinegar used in our **Soledad Almond Nut Blend**. We make our own Ponzu with lemongrass for our **Sing Buri Nut Blend**. Ponzu is a flavorful Japanese sauce traditionally made from citrus juice, rice wine vinegar and soy sauce.

More questions?

If you have questions for us, please let us know. Visit our website, www.sahalesnacks.com, become a fan and talk to us on our Facebook page at www.facebook.com/sahalesnacks, or follow us on Twitter @sahalesnacks. We love to hear from our customers and value your feedback.

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