

# The Charlotte Observer

## FOOD

November 11, 2008

### Sahale Snacks glazed line gets total thumbs-up

OK, we get a lot of snacks to taste-test here at the Observer food section. It's not often that new items get a complete thumbs-up, but Sahale Snacks new glazed nut line did. Yum. The flavors are unusual, like "Cashews with Pomegranate + Vanilla" or "Almonds With Cranberries, Honey + Sea Salt." And these nuts are sweetened with cane juice and fruit, not with high-fructose corn syrup or other processed sweeteners. They're also dry roasted. Suggested retail is \$4.99 for a 4-ounce package – not everyday snacking prices, but they would be a hit at any party. Buy them at Fresh Market or Earth Fare.

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# Star-Telegram FORT WORTH

October 29, 2008

### New on shelves

Sahale Snacks has introduced into its lineup of nut blends three new "chef-inspired" glazed varieties: Almond PB&J with Peanuts and Berries; Cashews with Pomegranate and Vanilla; and Almonds with Cranberries, Honey & Sea Salt.

We tasted all three, and results were unanimous: the cashews rocked the palates. We liked the PB&J almonds all right, but they weren't as flavorful as the cashews.

Billed as all-natural, the nut blends don't use high-fructose corn syrup or artificial flavors or sweeteners. Still, a 1/4 cup of cashews packs 150 calories and 10 grams fat (only 1.5 grams saturated, though).

You'll find them at local Central Market and Whole Foods stores; about \$4.99 for a 4-ounce bag.



