

EVERYDAY SHOPPING: HOT DRINKS

healthyfood GUIDE

HFG PICKS

ONES TO TRY

■ Bell Zesty

Green tea

Blended for NZ taste buds, this doesn't have the bitterness found in some green teas.

0kJ per serve. We paid \$4.10 for 50 teabags.



■ Caffè L'Affare plunger/filter grind primo coffee

The next best thing to a café-bought coffee.

About 20kJ per cup by itself; around 170kJ with milk and sugar. We paid \$8.49 for 200g.



■ Nestlé Double Blend, caramel flavour

A sweet rich blend, that would satisfy a chocolate bar craving.

330kJ per cup
We paid \$6.49 for 10 sachets.



■ Dilmah natural infusions: Naturally spicy berry

This fruit, herb and spice infusion smells amazing – a nice change from plain tea.

0kJ per serve. We paid \$4.10 for 25 teabags.



■ Jarrah Swiss-style, cocoa flavour coffee

A satisfying coffee with a hint of cocoa.

300kJ per serve 250ml cup. We paid \$6.49 for 250g.



■ Lipton Chai Latte, hazelnut flavour

Very pleasant authentic spicy chai tea in convenient single-serve sachets.

459kJ per serve
We paid \$6.99 for 8.

■ Healthieries 'be soothed' tea: Ginger with lemon-grass

A fragrant tea with a mild flavour.

0kJ per serve. We paid \$4.29 for 20 teabags.



■ Nescafé Café Menu Cappuccino Skim

Not quite like a real cappuccino, but it froths nicely and we like the cute chocolate shaker.

312kJ per serve without sugar. We paid \$7.49 for 10 sachets.



■ Milo

A taste of nostalgia: creamy and malty.

915kJ per cup when made with trim milk.
We paid \$3.50 for 220g

