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EVERYDAY

with RACHAEL RAY

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SPECIAL DOUBLE ISSUE!

329

meals
THAT ROCK
and ways
to indulge all
season long

travel
101 **SPEND
LESS**
have more fun

holiday cookie BLOWOUT

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NOW ON RECYCLED PAPER



[snacks]

Hungry travelers make unhealthy, expensive mealtime decisions. **Charles Stuart Platkin**, author of *The Diet Detective's Count Down* (\$13, Fireside), suggests these treats.

- You'll find pieces of freeze-dried fruit like banana or pineapple (so plenty of vitamins and fiber) in bags of **Funky Monkey**. (funkymonkeysnacks.com, from \$2.20)
- **Popchips Original Potato Chips** are made by applying heat and pressure—like popcorn. (popchips.com, from \$1.50)
- With **You Bars**, you pick the base—almond butter or organic dates, for instance—then choose the other ingredients, like nuts, seeds and berries. (youbars.com, about \$38 for a box of 13 bars)
- Even so-called healthy muffins can pack upwards of 400 calories. **Vitalicious VitaTops** are only 100 calories and taste like the real thing. (vitalicious.com, 4-packs from \$4.50)