

Peeled Snacks - Mango (Vegan, Gluten-Free, Nut-Free, Soy-Free)

Sarah Caron, Fit Fare - I love dried mango. I started eating it years ago when I would buy it at the grocers I frequented in New York . . . you know, back when I was a cool New York girl living and schoolin' in Morningside Heights. I have carried many, many loves from that time - hummus, fresh mozzarella, Thai, Korean, Ethiopian . . .

Anyway, in the past year, I have started to try to transition from the traditional dried mangoes that are tossed in sugar (MMMMMMMM!) to ones that are more . . . natural. So when Cate said that we'd received a sample of Peeled Snacks Go-Mango-Go, I eagerly shot my hand up and volunteered to taste test them.

So here's the story. The ingredients? Just mangoes. That's it! Not bad. And the nutritional value is there - 30% of the daily value of Vitamin A, 20% of the daily value of Vitamin C and 120 calories in the bag. But what about the taste?

Let me pause here . . .

These don't smell like mangoes. They look like them, for sure, but the smell has a tinge of something else (probably from the drying process) and the flavor has a tinge of that something else too (wish I could be more descriptive about it, but that's the best I can do - I can't put my finger on it).

So the taste? If you can ignore the tinge they are good, plain dried mangoes. Definitely worth a shot. Would I buy them again? Not sure. I think I might have to face it: I like the unhealthy ones coated in sugar. But if I am trying to be healthy and have a hankering for mango, these are a good option.