

## Peeled Snacks, Fruit & Nuts – Plu-what? & Bing Bing Cherry (Vegan, Gluten-Free, Soy-Free)

Alisa Fleming, [www.GoDairyFree.org](http://www.GoDairyFree.org) ~ I really wasn't sure what to expect from this new food product, I mean, its fruits and nuts, right? Packaged into a 2 serving pouch, each bag contained a mix of dried fruit and a separately wrapped package of nuts alongside. I don't know about you, but I have never consumed a snack pouch of anything in 2 servings, not to mention, it is not a resealable package. This deceiving labeling to show a lower calorie, fat, or whatever count, always bugs me a bit. Regardless

; I do applaud the goal of Peeled Snacks, which is to encourage healthy snacking when choosing from among the bags of potato chips and corn nuts. I think they may have something. Personally, I prefer to buy dried fruits and nuts in larger packages, as the single-serve can be quite wasteful. Plus, the individual nut packages seemed a bit excessive in packaging as well. They are intended to keep the moisture of the fruit from getting to the nuts, I believe. True, the nuts were very fresh tasting, but the little bags were completely sticky from intermingling with the dried fruit. Since I had to use two hands to open the bag, I needed to go wash my hands just after opening.

As for the actual taste

Plu-What? (white peaches, plums, cashews, and pluots) – The fruit in this mix is larger, so you only get about 5 or 6 fruit pieces. The plums were actually prunes, rather than the fancier dried plums you might find in bulk. The pluots were intensely sour. I liked them, but they were a real shock to the taste buds. The white peaches were okay, not the freshest I had ever tasted. The cashews were quite crunchy and fresh, true to advertising. I felt the added salt was unnecessary, but that is just a matter of taste.

Bing Bing Cherry (peaches, apples, bing cherries, walnuts, and cashews) – I was a little disappointed in this mix. The peaches were extremely brown and shriveled up, not the fresh status that is touted. Since they do use sulfur dioxide as a preservative, this poor quality fruit was even more of a disappointment. The apples were fine, a little browned around the edges, but plump. The bing cherries were very plump and moist, but they tasted just like little prunes. I like prunes, but I would have preferred the sour cherries for that true to cherry taste. The walnuts and cashews were excellent. Once again, I found the added salt gratuitous, but the nuts were fresh and crunchy.

If on a road trip and stuck with only convenience food options, I would definitely consider Peeled Snacks as an option. I hope that mini-marts everywhere stock them. However, for my everyday munching or take-along snacks, I prefer to buy in bulk or larger bags to save on both cost and packaging.

I haven't yet gotten ahold of the other two fruit & nuts varieties from Peeled Snacks. They include Figsated (apricots, dates, figs, almonds, and pistachios) and Shock-olate (pears, apricots, almonds, walnuts, and dark chocolate). Visit [www.peeledsnacks.com](http://www.peeledsnacks.com) for more information or to purchase.