

Food Should Taste Good Tortilla Chips (Vegan, Gluten-Free, Soy-Free*)

It is funny, with all of the chip brands on the market, not many have ventured anything new and exciting. Sure, they mix up the flavor powders they use, but they are still the same old chips. But at last, a company has taken a healthier approach to the chip, using REAL ingredients to infuse genuine (and interesting) flavor into every crunchy bite. Both their name (don't expect me to type Food Should Taste Good throughout this entire review) and their chips are a generous mouthful of honest goodness. My personal favorites are the Olive and Buffalo, but read on for the play by play…

To start with, they use only all natural, non-GMO ingredients. Not a single additive or preservative to be found. Then they bake and then lightly fry their tortilla chips to get the most crisp without a big dent in the health factor. Then there are of course the many flavors:

Buffalo - Myself and another reviewer, Stacy, both loved these. The heat is very subtle at first, creeping up and building with every chip. Beyond the spice they were full of flavor, and I found them to have a slightly cheesy vibe. Our third taster, Tony, who isn't big on spicy, thought they lacked flavor. This surprised me quite a bit, since I thought the opposite, but he is entitled to his opinion.

The Works - Both Stacy and I agreed that they tasted just like a "Works" bagel in terms of flavor. She proclaimed that these had "a whole lot of flavors going on," but in the end, neither of us were big on the strong caraway aftertaste. On the contrary, Tony loved these. He could really taste the garlic, enjoyed the caraway, and devoured the rest of the package in nothing flat.

Chocolate - None of us were sure what to expect from this intriguing flavor, but it unfortunately elicited a "so-so" from all of us. It didn't disappoint, but didn't wow either. The flavor started out salty with a solid corn chip taste, and melted into a dark cocoa and lightly sweet flavor. Tortilla chip and bittersweet fans may want to give this one a venture. While we certainly had no problem in polishing off the little bag, each of us diving back in for seconds and thirds, we would each purchase some of the other flavors first.

For the above flavors we shared the single-serve 1-ounce packages of minis (half-pint chips), but for each of the following four, we had a full-sized, 6-ounce bag of sizable chips:

Olive - (barely peaking out on the left in the picture above) The slightly sharp flavors of green olives and kalamatas danced on my tongue as I savored these thick and generous tortilla chips. The taste was so pure that I literally felt as if I could actually detect the scent of the olives with my tongue. Is that possible? The overall flavor was bold, yet well-rounded and not too tangy. A definite winner!

Multigrain - (pentagon shapes on the right in the picture above) The Multigrain boasts a very complex taste that is comforting, hearty, and intriguing. This chip doesn't contain a traditional multigrain flavor, as it is gluten-free. In fact, I found the seeds (sesame, sunflower, and flax) dominated the scene. Oat fiber, brown rice flour, and quinoa made up the grain factor, but they were subtle in flavor, mainly adding bulk to the overall chip. Overall, these chips had a pleasant taste and could be thought of as multi-purpose for dipping.

Sweet Potato - (orangish ovals in the front center of the photo above) I love sweet potato chips, but this was a new experience, a true sweet potato chip - tortilla chip hybrid. I found them to be lightly salty, lightly sweet, and a lovely marriage. Of course, the tortilla chip was still the most assertive one in the relationship. The shy sweetness of the sweet potatoes followed the definitive corn crunch and taste. I would choose this chip over an ordinary tortilla chip any day.

Jalapeno - (yes, the bright red ones in the back of the photo) These had a delicious jalapeno flavor that would be right at home in a big bowl of nachos. I must admit that I was worried about the heat. Luckily, while this chip definitely has that jalapeno warmth (I would describe it as "medium" if we were talking salsas), it didn't send me running to the kitchen for something to drink! While I am not a big jalapeno fan myself, it is hard to find more of a match made in heaven than jalapenos and corn, and they go wonderfully in this bright red chip (colored with beet powder).

Tony was so hungry when he tested these final four flavors that he devoured his batch in minutes, proclaiming that they were all really good, but making no further commentary. Stacy has a need for spice, so she liked the Jalapeno best, but was also enamored by the uniqueness of the Olive chip.

There was one interesting thing I did discover about these chips, which I should offer as a word of warning. Because the ingredients are so natural and fresh, the flavors actually mellow with time. We had some leftovers (of the four large bags) which I went back to sample the next day (luckily we live in a dry environment, so there is no fear of lost crunch), and the flavors of the Jalapeno had noticeably tamed, the Sweet Potatoes weren't quite as sweet, and the Olive chips had

lost their zip. Fortunately, two or more people could easily polish off a bag in one day, with no need for leftovers (there were just three of us, so four bags in one day may have been excessive to say the least!).

Okay, one last note … I was really impressed by the serving size. Each serving (just 140 calories and 6g of fat) contained a dozen very large chips. I actually felt immensely satisfied and even full after just one serving! The minis also stated a dozen as the serving size, but this was obviously a mis-print, since you get way more than a dozen of the minis in the 1 ounce bags. Considering the “heartiness” of these chips, I was also pleased with the price; they retail at just over \$3 (without sales or coupons).

*The Multigrain Chips do contain soy flour, so they are not soy-free. This is a third party review by Alisa Fleming, author of Go Dairy Free: The Guide & Cookbook. For more information and to purchase these chips, see the Food Should Taste Good Website.