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PANTRY PICKS

Guilt-free snacks



It's not what's in the delicate, crisp, new Waferbites snacks as what's not in them that seems to make them so good. These incredibly moreish crackers from Petone-based company Rutherford & Meyer are made from 100 per cent natural ingredients. They're baked rather than fried and have nearly two-thirds less fat than standard chips. They come in three flavours – Garlicky Goodness, The Works and Double Cheese – and are available from supermarkets and food stores, RRP\$3.60 for a 120g packet.