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Gluten-Free Cookies & Muffins

To look at 31-year-old living Elizabeth Stein, you'd never think cookies made a regular cameo in her diet. "I've always been healthy but I loved sweets," says the founder of Purely Elizabeth, a line of gluten-free cookie and muffin mixes made with organic ingredients like nutritious flours and superfood seeds. Realizing how so many gluten-free products on the market are compromised by loading up on sugar and preservatives, Stein, then a holistic nutrition counselor at the Institute for Integrative Nutrition, started experimenting ("I wanted to add more nutritional value") with recipes of her own. Her recipe for blueberry-raspberry muffins drew raves among her clients and, shortly after, Purely Elizabeth was born. "We're currently obsessed with the chewy, delightfully moist cookies made with Stein's Oatmeal Cherry Chocolate Chip mix. purelyelizabeth.com

www.organiclivingmagazine.com

GREEN CUISINE FOR KIDS

At a farmers' market outside of Washington, D.C., Heather Steuffer over sat at a card table selling homemade healthy frozen children's meals out of a cooler. It was the beginning of Mom Made Foods, her solution. Inspired by her own plight for time-strapped moms and dads who didn't want to sacrifice feeding their little ones a proper dinner. "When parents are in a pinch on a busy Monday evening or the kids are held up at soccer practice until late, these are easy to make without compromising ingredients," Steuffer says of her line of rustic organic convenience foods. The dishes, comforting Tyler favorites, feature good-for-you twists: spaghetti and (turkey) meatballs with a carrot-stuffed tomato sauce and a cheesy mac that gets its familiar hue from organic buttered squash and sweet potato. www.mymakfoods.com



EARTH-FRIENDLY CUTLERY

It usually goes a little something like this: Walk into a frozen yogurt shop, ask for a sample of coconut, toss your dried spoon into the trash, and then repeat the cycle with cookies 'n' cream. "I've always felt guilty about using plastic spoons; a few tastes and then it winds up in the landfill for centuries," says Peggy Cross, the food and beverage package designer turned entrepreneur behind EcoTensils, a revolutionary alternative to wasteful cutlery. "Biodegradable is a great step in the right direction, but there's still no guarantee it's going to break down in landfills." However, her modern blue and white EcoTensils, which were featured at last year's U.S. Open, will—if they even get there since they are such little material. These miniature disposable spoons, ideal for scoops of applesauce and yogurt, are made of silky renewable paperboard. EcoTensils, the full-sized moisture-resistant version (think milk carton quart consistency) are equally recyclable, biodegradable, and stylish. ecotensils.com