

Tigernuts – a nutrient-rich, dense root vegetable – are the base ingredient in **Ruby & Grace's** new dairy-free ice cream. A prebiotic fibre with purported 'gut-friendly' attributes, tigernuts are also a sustainable material as they don't require irrigation. There are five flavours available in 500ml tubs (RRP £5.99-6.99), including Lush coffee, Matcha mint & chocolate and Cracking honeycomb. rubyandgracelondon.com

Cheese the Queen is a new nut cheese brand from Bulgaria. Free from dairy, soy and gluten, its 'superfood delicacies' use fermented aged cashews for a high protein, probiotic punch. There are three varieties - green pepper, turmeric and classic - which are so far only on sale in mainland Europe (Bulgaria, Germany and Austria). cheesethequeen.com

Frozen food producer **Field Fare** has been focusing on developing its vegan offering, launching a 'proper Cornish vegan pasty' made with a soya-based meat alternative from The Meatless Farm Company and a vegan burger made with quinoa, beetroot and edamame beans. The pasties wholesale at £1.90 each (RRP £2.79) and the burgers wholesale at £0.70 each (RRP £1.10). field-fare.com

Mr Organic has launched a legume rice range, providing a gluten-free rice and pasta alternative for consumers who are vegan, health-conscious and/or gluten intolerant. Made simply from legume flour, the red lentil, chickpea and green pea rice alternatives are rich in protein and fibre and cook in 10-11 minutes. RRP £3.59 for 250g. mr-organic.com



Coppola Foods claims to be first to market with a chickpea-based chocolate & hazelnut spread. This alternative base results in a product that is said to contain 81% more protein and 57% less sugar than regular chocolate spread. Branded Fabalious, the vegan spread is also free from palm oil, soy and dairy. RRP £3.55 for 200g. coppolafoods.com

Championing the "wholesome goodness" of nuts is **A Little Nutty**, with a range that has just been extended with the launch of Maple Nutty Bites. Combining nuts, coconut, maple syrup and almond and coconut butter, the treats have an RRP of £3.85 for 55g (trade price £2.89) and are currently only on sale in a handful of independent retailers in Hampshire. alittlenutty.co.uk

As Raw As has added salted cardamom apricots to its stoneground unroasted dark chocolate line-up. Unsulphured apricots are dipped in 80% dark chocolate made from organic criolla cacao and finished with a sprinkling of fresh cardamom, Himalayan pink salt and chocolate flakes. Free from dairy, gluten, refined sugars and soy, they have an RRP of £6.50 for 125g (trade price £4.55). asrawas.com

Three new introductions from **Moving Mountains** have expanded the options in the meat alternatives space. The new hot dogs made from sunflower seeds, vegetables and coconut oil; Bratwurst-style no-pork sausages and plant-based sausage burgers all have an RRP of £4.50 per pack and are listed with Sainsbury's. movingmountainsfoods.com

Refreshing and complex non-alcoholic spirit

Inspired by the stretch of Devon coastline where they live, wine bar owners Sarah and Geoff Yates have created a non-alcoholic spirit from natural botanicals. Sugar-free, zero calorie **Sea Arch** Coastal Juniper is distilled from juniper, sea kelp, samphire, blood orange, cardamom and coriander. It is available in 70cl bottle, 25cl bottle and 250ml can formats, with respective RRP's of £24.95, £14.95 and £2.35. searchdrinks.com



Rather than launching "another dried fruit and smush bar", **Delushious** says it has created a range of decadent, snack-sized cakes that are low in sugar. Chai coconut bar, black forest brownie and sour cherry tiffin come in biodegradable wrappers. RRP £1.59. delushious.co.uk

Borough Broth Co has secured distribution with The Cress Co for its chilled broths and with CLF and The Health Store for its frozen broths. The company has been slow-cooking organic bone broths in its London kitchen since 2015. boroughbroth.co.uk

Complementing its vegan Genovese pesto, **Organico Realfoods** has launched a vegan basil pesto (RRP £3.49 for 130g) and sun-dried tomato pesto (RRP £2.99 for 130g), both produced in Liguria from fresh basil, sunflower oil, olive oil, tofu, pine kernels and cashews. organico.co.uk

Bay's Kitchen has added three new varieties to its range of low FODMAP sauces. Created with IBS sufferers in mind, the mild Korma, Tikka Masala and Thai green curry sauces are gluten-free and vegan. RRP £3.95 for 260g. bayskitchen.com

Oats, nuts and dried fruit are rolled into balls and coated in freeze-dried fruit to deliver a "quick and enduring energy shot". **Go Bites** come in three fruity flavours: strawberry & cashew; blackcurrant & blueberry and raspberry & cacao. RRP £1 per 24g pack. go-bites.com