

Sage and Savvy

Product Reviews & Giveaways

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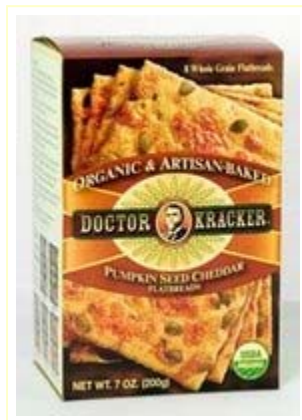
Current Giveaway(s): Bib-A-Roo (ends 1/6); Beleaf Kids Tee size 6 (ends 1/10); Envirosax Botanica Bag (ends 1/11); Good For You Girls Complete Skin Care Kit (ends 1/12)

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sitestosee

TUESDAY, JANUARY 6, 2009

Doctor Cracker



I love to snack. Unfortunately, many of the things I snack on are unhealthy. Since I'm trying to take better care of myself inside and out, I'm going to have to make wiser food choices. I'm on a mission to try and eat healthier foods, and I recently sampled some wonderful organic crackers from [Dr. Kracker](#) that helps to satisfy my snack attacks.

According to the website, *"our Flatbreads and Snacker Crackers are 100% percent natural, and USDA certified organic. We bake with whole grains and seeds, and none of our*

crackers contain trans fats."

The crackers come in the following flavors:

- [Klassic 3 Seed](#)
- [Pumpkin Cheddar](#)
- [Seeded Spelt](#)
- [Seedlander](#)
- [Sunflower Cheddar](#)

These healthy organic crackers are loaded with whole grains, fiber, Omega-3 fatty acids, protein, vitamins, and nutrients.

All five flavors are delicious and "uber crunchy," but my favorite flavors are the Pumpkin Cheddar and Sunflower Cheddar, primarily because I love cheese, and I prefer "flavored" snacks.

A pack of the Snacker Crackers (ARV \$4.49 for 8 oz. container or \$.99 for 1 oz. bag) really filled me up. The Crackers would go great with a dip or spread, or are tasty just by themselves.



The Flatbread Crackers (ARV \$5.19) are also yummy. By itself the flatbread is satisfying, but add



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some cheese, your favorite spread, or some deli meat, and you have a hearty snack, or even a mini-meal in itself! I love to eat the Flatbread Crackers with cheese. YUM!

You can check out the Doctor Cracker website for [delicious recipes](#) and serving ideas.

This year they'll be introducing some new flavors in their Culinary Collection line—Hummus Maximus, Fire Roasted Crisps, Apple Crisps, and Cherry Semolina. They definitely sound delicious and flavorful!

Shop: You can currently purchase Dr. Cracker products online at Amazon.com and Greenshopper.com, or check the website for a [retailer near you](#).

Savvy Savings: Dr. Cracker is offering Sage and Savvy readers three \$.75 off coupons on purchases of Dr. Cracker products. Simply send an email with the subject Sage and Savvy Coupon Request to George Eckrich (one of the founders), at george.eckrich@drkracker.com and include your name and address in your email message. To receive your coupons, please send your emails to the above address by February 28, 2009.

If you're looking for a healthy, delicious, organic snack, Dr. Cracker should definitely be on your grocery shopping list!



POSTED BY SAGE AND SAVVY AT 6:16 AM
LABELS: [DISCOUNTS](#), [DOCTOR KRACKER](#), [REVIEWS](#)

BLOGS

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2 hours ago

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Wordy Wednesday: Stampin'
Up! And Some Big News!
4 hours ago

Punky Monkey's
Wordless (kinda) Wednesday:
Quiet Out There!!
7 hours ago

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WW: Welcome Malosi, Keahi
and Tondi.
9 hours ago

Cutie Booty Cakes
In the blink of an eye
12 hours ago

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2 COMMENTS:

Stefani @ MommyEnterprises.com said...

Sounds pretty good! I love eating healthy when I can.

JANUARY 6, 2009 11:51 AM

Jennifer said...

These sound good. Thanks for the review!

JANUARY 6, 2009 11:56 AM

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