

Beat: Lifestyle

## Travel the World with New Culturally Inspired Foods

### Ancient grains and bold & savory flavors

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**USPA NEWS** - New plant-centric foods are rooted in tradition and feature ancient grains and bold, savory flavors. Kashi's new line of foods are inspired by some of the world's most vibrant food cultures and culinary traditions. From the Mediterranean to Africa to South America,...

New plant-centric foods are rooted in tradition and feature ancient grains and bold, savory flavors. Kashi's new line of foods are inspired by some of the world's most vibrant food cultures and culinary traditions. From the Mediterranean to Africa to South America, Kashi looked to culinary traditions of rich cultures when creating the newest foods, which include savory snack bars, crispy teff thins and adventurous quinoa bowls.

- Kashi Savory Bars : gluten-free bars with ingredients and savory flavors, such as smoky-sweet peppers and zesty herbs, and only 3g of sugar.
- Teff, the staple grain of Ethiopia ; inspired by East African cuisine, light and crispy crackers harness the power of teff (a gluten-free ancient grain that offers key nutrition such as fiber) and pair it with legumes, seeds and spices in three tasty varieties.
- Another ancient grain is brought to the spotlight in Kashi's new Quinoa Bowls. These vegan entrée bowls combine whole grains with hearty veggies and South American-inspired flavors in two hearty combinations.

Kashi says to believe eating more plants is the catalyst for a healthier life. A natural lifestyle pioneer since 1984, Kashi produces nutritious plant-based foods including cereals, powders, entrees and snacks with curated ingredients that #GOTOGETHER. All Kashi products being made today (including its GOLEAN and Heart to Heart brands) are Non-GMO Project Verified.

Source : Kashi Company

Photo : Kashi's new plant-centric foods are rooted in tradition and feature ancient grains and bold, savory flavor.

Ruby BIRD

<http://www.portfolio.uspa24.com/>

Yasmina BEDDOU

<http://www.yasmina-beddou.uspa24.com/>

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**Editorial program service of General News Agency:**

UPA United Press Agency LTD

483 Green Lanes

UK, London N13NV 4BS

contact (at) unitedpressagency.com

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