



Sweet bagels moreish; should prove versatile

By CHARMIAN SMITH

A couple of packs of Abe's new sweet bagel bites landed on my desk recently, and were quickly devoured by my colleagues. Small, very crisp and not too sweet, they came in chocolate chip and honey-raisin flavours. They were very moreish with a cup of tea, but I imagined the honey-raisin ones would also be great with cheese and quince or plum paste and both would be lovely with dessert — instead of wafers with ice cream, or crumbled on fruit for a crisp topping.

These came in 150g packs with 10 individual little packs inside — a lot of wrapping, but then they keep better that way and are handy for lunch boxes. And it helps with portion control — it means you think twice about taking a second pack.

They are relatively healthy too, made with canola oil, but what I liked on the back was the little note "Made in New Zealand from

Australian flour, all other ingredients from either NZ or the US; cinnamon from Indonesia, raisins from Turkey".

However, I wonder where the sugar is grown.

