

## Sylvia Says: Snacks offer health-food benefits — and health-food taste



By Sylvia Anderson

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What happens when a couple of traveling musicians decide to get healthy and create a natural snack food? In the case of Dan and Jean Ehrlich, it's Rock-n-Roll Gourmet, "the snack food with a rock 'n' roll attitude." And since everyone loves potato chips, but not the fat, they came up with Hippie Chips — baked potato chips with hemp seed (the nutritious, not the illegal, stuff). They come in six flavors with era appropriate names like "Sea of Love Salt," "Woodstock Ranch," "Lime is on My Side Cracked Pepper" and "Haight-AshBerry Jalapeño." The gluten-free chips, made with all-natural ingredients, contain 90 calories per bag, no trans-fat, no more than 300 grams of sodium (each depending your flavor of choice) and 50 percent less fat than regular potato chips. Rock-n-Roll Gourmet also has a Rock & Pop Kettle Korn, made with sugar, sea salt and zero trans-fat.

In general, I don't get the idea of eating low-calorie/low-fat substitutes for things you love. It makes more sense to just eat something really tasty less often than something you don't really want. On the other hand, when you are craving a snack like potato chips, sometimes your willpower is just not strong enough. So the question is, will having a bag of Rock-n-Roll Hippie Chips in the house be the answer?

They offer a wide range of flavors, from the very plain with sea salt to the highly spicy Haight-AshBerry Jalapeño. So if you like the flavor of ranch, for example, these ranch chips have a true ranch flavor. But if you bite into them thinking crispy chips, you may be disappointed. The texture is more like puffy Cheetos or rice cakes that dissolve in your mouth and stick to your teeth. And as with any low-calorie/low-fat product, they don't fill you up.

Overall, the Rock & Pop Kettle Korn was my favorite. And that could be because I'm more into sweets than salts. It tastes just like the kettle corn you buy at festivals, only healthier, with zero trans-fats and 120 calories.

The bottom line: If you like a puffy, dissolve-in-your-mouth texture in foods, you will like Hippie Chips for a healthy snack. But if you don't, either stick to real chips or go without. And if you like kettle corn, Rock & Pop rocks. They're not currently available locally, but you can order them at [www.rocknrollgourmet.com](http://www.rocknrollgourmet.com).