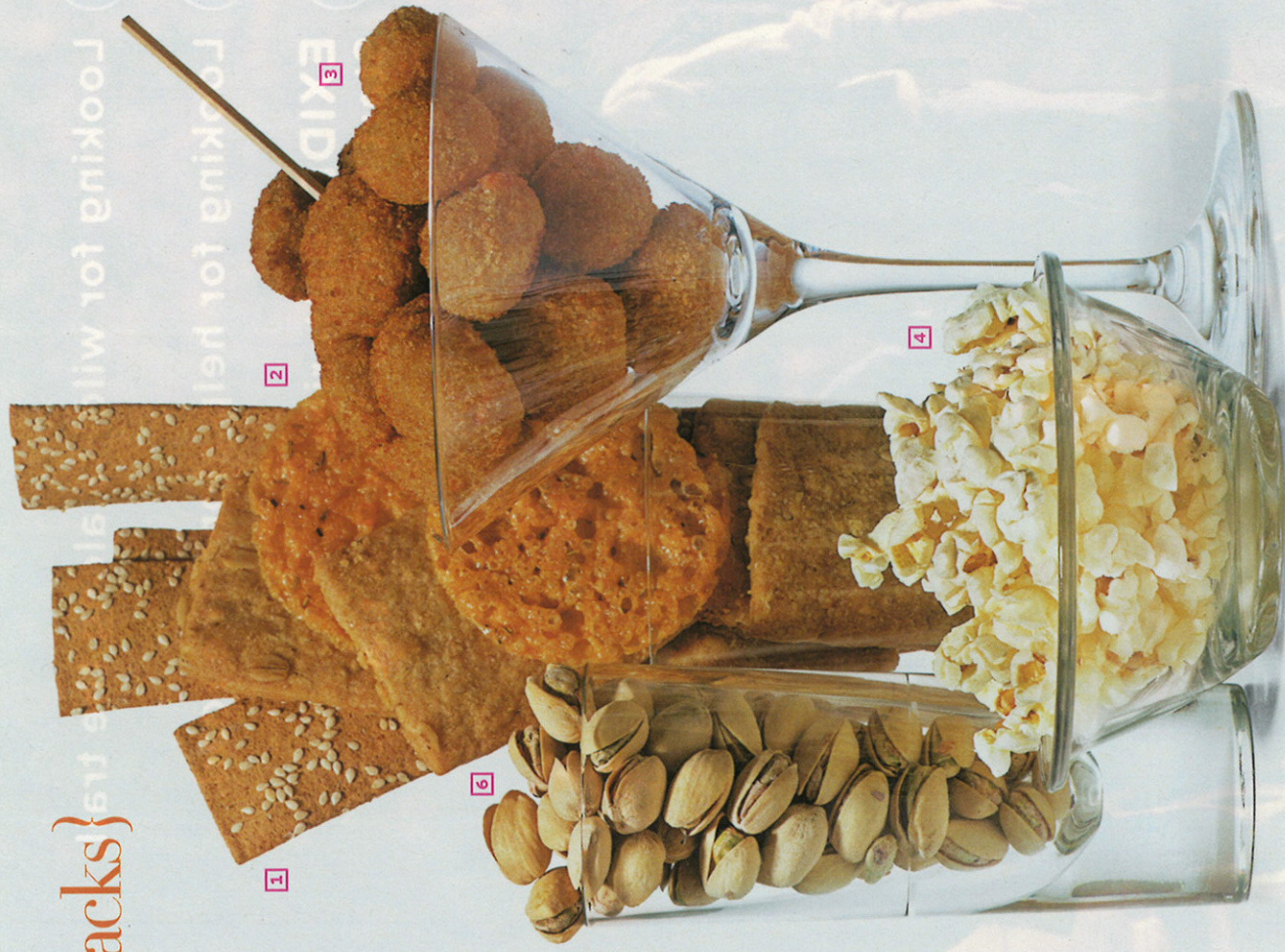


*addictive salt-
and-pepper-
seasoned nuts*



Forget Chocolate!

That 3 o'clock sweets craving isn't going anywhere, but these savory munchies will make you trade in the bar for more complex flavors.

1 SKINNY GEN-IUS A brilliant invention: long, curved, sesame-flecked crackers that expertly fetch hummus and other dips from the hard-to-reach edges of a jar. Each serving has over 16 grams of whole grains. **Whole Wheat Skinny Dippers; \$3.99**

2 CULTURE CLUB A cracker made entirely of aged parmesan is as decadent as it sounds—and this version adds the depth of rosemary. Good news: You don't need a topping for an all-cheese cracker. They're gluten-free, too. **Kitchen Table Bakers Rosemary Parmesan Crisps; \$5.99**

3 MAKE SHROOM! Rich, crispy poppers are a hit—they taste homemade, but they come from the freezer. Even our non-mushroom-loving friends are hooked on the garlicky olive-oil taste. **Alexia Mushroom Bites; \$2.27**

4 MICRO MICRO If you pop an entire bag of microwave popcorn, with as many as 500 calories, it's incredibly difficult not to shovel it in with glee. Instead, get your fill from this mini-bag, which is nice and buttery. **Orville Redenbacher's SmartPop! 100 Calories; \$2.99 for four bags**

5 KEEP A STACH Salt-and-pepper is the seasoning du jour for chips, but we adore it most on these pistachios, which are chock-full of protein, B₆, and potassium. Thankfully, cracking them open keeps you munching on them slowly! **Everybody's Nuts! Salt & Pepper Pistachios; \$4.55**

6 TAKES THE CAKE They're the texture of a cookie but savory, kind of like a cracker (so, a crookie?). The lovely nutty flavor makes these treats a great match for sharp cheddar. **Effie's Homemade Oatcakes; \$5.99 per box, \$1.50 for a two-pack**