

# The Urban Nutritionist

the official blog of Cordelia Coyle, Nutritionist at [lemonholistic.com](http://lemonholistic.com)

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Posted by Cordelia

Cordelia is a Registered Nutritionist (RNCP) living and practicing in Toronto, Canada. She believes in holistic nutrition - our body, mind and soul must be in balance to achieve optimum health. Everyone is unique and has different needs. "I am always on the look out for new healthy, local, organic food. I believe the color, texture, smell and taste of food all have an effect on our wellbeing. Allow me take you on a journey of enlightenment through the power of food"

[product newsflash - naturally coloured candy canes](#)



I have to interrupt the silence of December views to let you know about a great product - naturally coloured and flavoured candy canes made by [Pure Fun](#), who have [made an appearance on this blog before](#). I took a special trip to Whole Foods the other day, and was rewarded when I turned the corner into the salad bar section and saw a huge display of these beauties. I was so

excited to try them - they taste great. It's so nice to know you can eat something fun and sweet this time of year and not worry about the artificial colouring. And the price is not bad - \$2.99 for a pack of 12 is definitely worth it to me. So I thought I'd share this photo of cupcakes I made for our neighbours using the candy canes as a topping on peppermint frosting. Unfortunately I did not get to taste one of these lovelies this time around, but have been told they were yummy!



## One Response to "product newsflash - naturally coloured candy canes"

1. [daisies](#) Says:  
[December 14, 2007 at 11:59 pm](#)

oh those cupcakes look fabulous and hurrah for natural candy canes 😊 i am definitely going to see if i can find some here!