

2010
**foodie
 awards**

BY Gabrielle Harradine

we nominated, you decided

the
ESSENTIAL
30

VT staffers slurped, crunched, savored, and debated. We then created a ballot of 114 products in 30 categories for the 2010 Foodie Awards and left it to dedicated readers like you to weigh in. You responded by casting more than 100,000 votes. We've tallied the returns, and now it's time to present the results: 30 Readers' Faves and the delicious runners-up.

Get ready to make a list. It's time to stock up on some spectacular fridge and pantry fillers.



1. NUTS & SEEDS

Readers' fave:

Nut Land Berries & Cherries Crunch

A perfect blend of sweet and salty, chewy and crunchy.

Runners-up:

Equal Exchange Organic Tamari Roasted Almonds
 Edible evidence that sometimes the simplest combinations are the best.

NOW Pumpkin Crunch Clusters
 Layers upon layers of lightly sweetened pumpkin seeds create a hearty, crunchilicious snack.

Yumnuts Naturals Chili Lime
 Sweet, rich cashews with a smack of spice.



2. FROZEN PIZZAS

Readers' fave:

Kashi Original Crust Mediterranean Pizza

An irresistible crispy thin crust topped with a rainbow of yummy veggies.

Runners-up:

Amy's Broccoli & Spinach White Pizza
 The creamy, complex white sauce makes this a standout pie.

Rising Moon Organics Grilled Veggie Pizza
 There is nothing skimpy about this pizza. The crust is fluffy, the cheese is generous, and the chunky veggies really satisfy.

Tofurky Italian Sausage & Fire-Roasted Veggie Pizza
 Vegans can chow down on this new Tofurky-and-Daiya combo.



3. ENLIGHTENED BEVERAGES

Readers' fave:

IZZE esque Sparkling Mandarin

Naturally sweet, and only 50 calories per 12-ounce serving.

Runners-up:

Numi Organic Tea Magnolia Jasmine Puerh Green Tea
 Which is better—the delicate floral scent or the lightly sweetened green tea flavor?

Sambazon Antioxidant Elixir Açai Berry
 Antioxidants have never been so refreshing.

TeaZazz Naturalz Red Plum
 Plum, tea, and bubbles. Need we say more?



PHOTOGRAPHY Mike Lorrig STYLING Andrea Kraus

4. FREEZE-DRIED FRUIT SNACKS

Readers' fave:

Crunchies Freeze Dried Organic Strawberries

This healthful grab offers a juicy burst of strawberry flavor with a crunch.

Runners-up:

Funky Monkey Pink Pineapple

Pique your taste buds with a tropical mix of pineapple and guava.

Mrs. Mays Apple Freeze-Dried Fruit Chips So light and crispy, they're great for when you get the midmorning munchies.



5. RAW GOODIES



Readers' fave:

Earth Café Living Foods Rockin' Raspberry Cheesecake Serious cheesecake satisfaction that's dairy- and gluten-free.

Runners-up:

Emmy's Organics Dark Cacao Macaroons Intense, chocolaty, gluten-free bliss.

Hail Merry Chocolate Mint Merry's Miracle Tart Great taste meets adorable portion control.

Earthling Organics Rawnola, Almond Coconut rules in these hearty chunks of granola-inspired goodness.



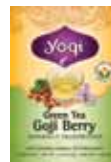
No well-stocked pantry should be without a jar of pasta sauce that's easily mistaken for homemade.

6. ORGANIC, FAIR-TRADE BAGGED TEAS

Readers' fave:

Yogi Green Tea Goji Berry

Green tea and goji berries create sipping perfection you will enjoy again and again.



Runners-up:

Bija Lemon Ginger Echinacea Herbal Tea Blend Perk up your taste buds and pick up your energy with this warming herbal blend.

Choice Organic Teas Sweet Licorice Mint Savor the sweet, refreshing taste of summer.

Equal Exchange Organic Rooibos Tea Earthy yet smooth, this noncaffeinated brew will make you a rooibos convert.

7. CHIPS

Readers' fave:

Food Should Taste Good Blue Corn Tortilla Chips

Flaxseeds and quinoa mingle with organic blue corn in this delightfully light, crispy chip.



Runners-up:

Flamous Brands Organics Original Falafel Chips No dip required for these big, flavorful crunchers.

Good Health Natural Foods Avocado Oil Potato Chips, Barcelona Barbecue Avocado oil adds a rich dimension to spicy-sweet barbecue chips.

Terra Exotic Harvest Vegetable Chips, Sea Salt Each bite is a flavorful surprise.

8. CRACKERS

Readers' fave:

Milton's Original Multi-Grain Baked Crackers

The blend of seeds and grains keeps you coming back for more.



Runners-up:

Crunchmaster Multi-Seed Crackers, Original A gluten-free and totally addictive blend of toasted sesame seeds, quinoa, flax, and amaranth.

Doctor Kracker Organic & Artisan Baked Flatbread, Seedlander Deeply crunchy and satisfying.

Mary's Gone Crackers Original These delicious, thin disks are easy to eat—and love.

9. NATURAL PEANUT BUTTERS

Readers' fave:

Adams 100% Natural Peanut Butter, Creamy

Go nuts finding all the recipes that will shine with this spread.



Runners-up:

Justin's Organic Classic Peanut Butter If you loved Skippy or Jif as a kid—but demand organic as a grown-up—try this subtly sweet spread.

Laura Scudder's All Natural Old Fashioned Peanut Butter, Smooth A longtime favorite of the VT staff.

Once Again Organic Smooth No Salt Peanut Butter Going au naturel never tasted so good.

10. JAMS & FRUIT SPREADS

Readers' fave:

Eden Organic Apple Cherry Butter

Spreadable fruit that tastes like it's straight from the tree.



Runners-up:

Bonne Maman Four Fruits Preserves A blend for the gods: cherries, strawberries, red currants, and raspberries.

Crofter's Superfruit Spread, Europe

A continental combo of organic pomegranate, black currant, Morello cherries, and red grapes.

11. MAYOS

Readers' fave:

Spectrum Organic Omega-3 Mayonnaise with Flax Oil

A classic with supreme flax power.



Runners-up:

Follow Your Heart Original Vegenaise This whipped vegan alternative will make your sandwiches and tofu salads silkier than ever.

Miso Mayo Garlic 'N' Dill Get your B12 with this flavor-packed spread.

Nasoya Dijon Style Nayonnaise A mustardy blend, great with tempeh BLT sandwiches.

12. BREADS

Readers' fave:

Rudi's Organic Bakery 7 Grain with Flax

Light, fluffy texture with a subtle sweetness.



Runners-up:

Alvarado St. Bakery California Style Complete Protein Bread Hearty with wheat berries, millet, and lentils, this healthful bread is light-tasting.

French Meadow Bakery Certified Organic 100% Rye Bread with Flaxseed Thin, moist slices that taste great toasted.

13. BAKED SWEETS

Readers' fave:

Earnest Eats Choco Peanut Butter Bar

Forget the candy bar. This sweet treat is all you need.



Runners-up:

Health Valley Original Amaranth Bran Graham Crackers A guilt-free, high-fiber dessert with a rich molasses flavor.

Nairn's Oat Biscuits, Mixed Berries Tangy berries and sweetened oats put this biscuit in the I-can't-believe-it's-vegan category.

O'Cookies Wholesome Bites Vegan Dark Chocolate Raisin Oat VT staffers were hoarding these mini cookies in their desk drawers.

14. VEG TORTILLAS

Readers' fave:

La Tortilla Factory Smart & Delicious 100 Calorie Tortillas, Whole Wheat

Tasty, low-cal, and loaded with fiber (8 grams per serving)—everything you've ever wanted in a tortilla!



Runners-up:

Food for Life Ezekiel 4:9 Sprouted Grain Tortillas Make every carb count with these wholesome sprouted grains.

Rudi's Organic Bakery Spelt Tortillas Liven up your wrap recipes with some spelt.

15. TOFU TWISTS

Readers' fave:

Wildwood Organics Royal Thai Baked SprouTofu

Great baked-in flavor adds a yum factor to any meal.



Runners-up:

Nasoya Silken Style Creations Our beloved strawberry flavor was discontinued, but all is not lost—there is still dark chocolate.

Helen's Kitchen Original GardenSteak Precooked and packed with protein, this is the perfect sandwich stuffer.

Soyganic Smoked Tofu A little smoky protein goes a long way, especially in salads.

Whether smooth or crunchy, more salty or more sweet, natural nut butter is a guilt-free treat.



16. NO-MOO MILKS

Readers' fave:

Almond Breeze Original, Unsweetened

This rich-tasting almond milk looks creamy-white in your cereal bowl and has only 40 calories per serving.

Runners-up:

Edensoy Extra Original, Organic Organic goodness for your glass.

Living Harvest Tempt Hempmilk, Original Drench your cereal with nutty, healthful hemp milk.

Pacific Natural Foods Low Fat Plain Rice Milk Sweet, satisfying, and sure to make the kids happy.



17. VINEGARS

Readers' fave:

Fleischmann's Organic Apple Cider Vinegar

A cultivated taste that other apple cider vinegars can't match.

Runners-up:

Eden Selected Ume Plum Vinegar Perfect for rounding out flavor in sauces and stir-fries.

Lucini Dark Cherry Balsamico The thick, cherry sweetness makes it stand out in a crowd.

Nakano Natural Rice Vinegar A splash or two makes almost anything taste better.



18. RICE & QUINOA

Readers' fave:

Eden Organic Red Quinoa

Go red for a delicious, nutritious side dish with good looks and a nutty flavor.

Runners-up:

Alter Eco Black Quinoa This black variety offers more chewy texture for a satisfying bite.

Lundberg Jubilee An appealing gourmet blend of black, brown, and red rices.

Tasty Bite Basmati Rice This fragrant, fluffy basmati is ready whenever you are—just heat and eat.



19. FROZEN DESSERTS

Readers' fave:

Luna & Larry's Coconut Bliss, Cherry Amaretto

Coconut milk is such a yummy base for ice cream, it was hard to nominate just one flavor, but this was the one.

Runners-up:

Choctal Costa Rican Chocolate Ice Cream This chocolaty confection is loaded with real cream, sugar, Madagascar vanilla, and a heavy dose of complex Costa Rican cocoa.

Living Harvest Tempt Coffee Biscotti Non-Dairy Frozen Dessert Get your dessert and coffee fix in one with this rich, satisfying treat.

So Delicious Hibiscus Coconut Water Sorbet Warning: it will create a cool summer breeze in your mouth.



20. CEREALS

Readers' fave:

Bear Naked 100% Pure & Natural Banana Walnut Cereal

The complex blend of tastes and textures makes you crave another bowlful.

Runners-up:

Barbara's Shredded Wheat Back to basics with a comfort food classic.

Bob's Red Mill Organic Extra Thick Rolled Oats Smoother than steel-cut, heartier than run-of-the mill rolled oats—it's the perfect bowl of porridge!

Nature's Path Organic Flax Plus Raisin Bran A tasty way to get your omegas.



21. SOUPS

Readers' fave:

Wolfgang Puck Organic Thick Hearty Vegetable Soup

A pantry must-have, with a tasty base and plenty of big, chunky veggies.

Runners-up:

Dr. McDougall's Black Bean Soup A hearty, protein-packed lunch.

Imagine Organic Creamy Broccoli Soup Creamy satisfaction without the cream.

Kettle Cuisine Tomato Soup with Garden Vegetables Why settle for plain tomato, when you can have the whole garden?



22. FROZEN ENTRÉES



Readers' fave:

Amy's Rice Macaroni with Non-Dairy Cheese

The ultimate vegan cheese (Daiya) is featured in this comfort food staple.

Runners-up:

EVOL Burritos Tofu & Spinach Sauté Takes frozen burritos to another level.

Kitchens of India Mutter Paneer with Basmati Rice, Naan & Pindi Chana An entire, tasty meal in a box.

23. BOUILLON

Readers' fave:

Better Than Bouillon Organic Vegetable Base

This fridge staple makes it easy to create quick, flavorful soups with any veggies you have on hand.

Runners-up:

Edward & Sons Not-Chick'n Look no further for mock-chicken soups.

Rapunzel Vegan Vegetable Bouillon with Sea Salt Easy-to-store cubes with a nice light, herb flavor.



24. QUICK SAUCES

Readers' fave:

Monique's Rustic Roasted Garlic Sauce

Turns plain pasta into a meal to sing about.

Runners-up:

Maya Kaimal Tikka Masala Fresh Simmer Sauce Skip the takeout, and look for this superior sauce in the refrigerator section.

Seeds of Change Organic Madras Simmer Sauce Mix and match with your favorite veggies and beans for authentic homemade curry in a flash.

Stonehouse 27 Cilantro & Coconut Cooking Sauce Adds zest to cooked grains and veggies.



25. CHEESES (OR NOT)

Readers' fave:

Organic Valley Raw Sharp Cheddar Cheese

Everything you've ever wanted in a cheese—except it doesn't replenish itself.

Runners-up:

Daiya Cheddar Style Shreds Melts so well, you'll never know it's vegan.

Dr-Cow Tree Nut Cheese Aged Cashew & Hemp Seeds Cheese Complex flavor satisfies as with fine cheese, sans cow.

Follow Your Heart Vegan Gourmet Mozzarella Cheese Alternative Shredded, this makes a great topper for lasagna or baked pasta.

V-Bites Smoked Cheddar Style Cheezly The flavor of this smoked cheeze is oh so comforting.



26. SPICE BLENDS

Readers' fave:

Bragg Organic Sprinkle Seasoning

The versatility of this spice blend is what makes it No. 1.

Runners-up:

Frontier Natural Products Co-op Garam Masala Creates depth and a hint of sweetness to awaken your palate.

Frontier Natural Products Co-op Black Peppercorns with Chipolte Adds a delicious smoky flavor to potatoes and the like.

Jaffe Brothers Organic Northern Italian Seasoning Get all these goodies in one: basil, oregano, rosemary, garlic, and porcini mushrooms.

27. LIQUID SWEETENERS

Readers' fave:

SweetLeaf Liquid Stevia, English Toffee

Turns any drink into a sweet, smooth treat.

Runners-up:

Coombs Family Farms Pure Maple Syrup Mmm, tastes like they just tapped the tree.

Lundberg Sweet Dreams Organic Brown Rice Syrup Wonderful sugar substitute for baked goods.

Wholesome Sweeteners Organic Raw Honey Golden color and thick consistency make this a standout.

28. NUT & SEED OILS

Readers' fave:

Spectrum Organic Sesame Oil, Unrefined

Adds the perfect flavor to any Asian-inspired dish.

Runners-up:

Bija Organic Hydro-Therm Almond Oil Try this in baked goods for rich almond flavor.

La Tourganelle Roasted Pecan Oil The aroma and taste of roasted pecans will make this a favorite in your kitchen.



29. ORGANIC PLAIN YOGURTS

Readers' fave:

Oikos Organic Greek Yogurt, Plain Nonfat

Deeply rich and thick with 0 grams of fat and 15 grams of protein, this organic yogurt had us at hello.

Runners-up:

Nancy's Organic Plain Lowfat Yogurt The combo of consistency and taste makes Nancy's perfect for cooking.

Wildwood Probiotic Soyogurt Unsweetened Plain Sugar-free plain soy yogurt with velvety texture and tart flavor.

Voskos Organic Greek Yogurt Plain Non Fat If you like your Greek yogurt with a little more sweet and a little less tart, you'll love this creamy creation.



30. GLUTEN-FREE COOKIES & CAKES



Readers' fave:

Amy's Gluten Free Non-Dairy Chocolate Cake

A cake you can proudly serve anywhere, anytime. No one will guess it's gluten-free (or from the freezer).

Runners-up:

Ian's Wheat Free/Gluten Free Chocolate Chip Cookie Buttons So cute and tasty, you'll find yourself grabbing for more.

Immaculate Baking Co. Chocolate Chunk Gluten Free cookie dough We couldn't believe it was gluten-free.

Mi-Del Gluten-Free Ginger Snaps Enjoy a burst of ginger in these petite, satisfying treats.