

HEALTHIER SNACKING

Livia's Kitchen - for sweet-toothed 'clean-eaters' with food intolerances such as dairy, wheat and gluten - have added to their range with Bickey Boms. The vegan-friendly, all-natural treats come in three flavours - chocolate, ginger and salted maca caramel - and have a gooey date centre surrounded by oats and covered in raw cacao. A two-pack costs £1.79 from Whole Foods Market, Planet Organic, Selfridge's or online at liviaskitchen.co.uk

