

Kiwi

AT-HOME FITNESS
Easy Moves for Moms

Growing families the natural and organic way.

SPECIAL REPORT

TOY SAFETY

What All Parents
Need to Know

SOUL FOOD MAKEOVER

healthy, party-perfect dishes

BONUS
PULLOUT
GUIDE

eco-friendly
baby gift registry

26 MUST-HAVES

GEAR UP FOR SCHOOL

GREEN SUPPLIES ON A BUDGET



\$3.99

kiwimagazine.com



Cold Comfort

These frozen treats are pure relief on a sweltering summer day—and our kid-testers vouch that they're truly yummy! BY LAUREN KIBENSKY



Ice Creamy Delight (1)

At Laloo's, "the goat makes it good"—the goat's milk, that is. This naturally low-fat, lactose-friendly goat's milk ice cream is a surprising treat, especially the Strawberry Darling flavor. Fresh strawberries and ribbons of balsamico are swirled into ice cream, creating a summery balance of tart and creamy. (laloo.com)

"It's like strawberry jelly. Mmm!" —Julia, age 5

Sweet Sandwiches (4)

Even dairy lovers will adore soy-based Tofutti Cuties. The lactose-free handheld treats are available in so flavors, but a big kid favorite was the Key Lime Pie, which packs tangy and refreshing key lime Tofutti between two soft vanilla wafers. (tofutti.com)

"It tastes like summer to me." —Caroline, age 6

Pleasant Pops (2)

Sharp, sharp! That's the sound of your kid enjoying a fresh and fruity Smeoool! Fruit Ice. The 100% natural treat pairs fresh coconut milk with pink guava, mango, passion fruit, or pineapple to create four tasty frozen push pops packed with vitamin C. The tropical coconut and pineapple Smeoool! proved to be our panel's favorites. (smoogpop.com)

"It's fun to eat." —Cole, age 5

Happiness on a Stick (3)

The kids went gaga for GaGa's silky, fudgy Chocolate Sherbert Bar. The rich treat pays homage to the old-fashioned Fudglics, but at 200 calories, this all-natural bar is sure better the grown-ups, too! (gagapops.net)

"They are so chocolaty!" —Ivan, age 9

Fruity Fun (3)

It may taste like a cross between sorbet and ice cream, but Sweet Scoops' Black Raspberry is actually an all-natural frozen yogurt, made with black and red raspberry purées with B87-free milk. With a third fewer calories than premium ice cream, plus the health benefits of live cultures found in yogurt, it's a sweet scoop indeed. (sweetscoops.com)

"Does this count as eating fruit? It's yummy!" —Lily, age 8

Fun Fro-Yo (4)

Stonyfield Farm's Cookies 'n Dream Organic Frozen Yogurt perfectly blends creamy vanilla frozen yogurt with heaps of Immaculate Baking Company's all-natural chocolate wafers. Plus, profits go toward protecting and restoring the earth, making it good for the belly and the planet. (stonyfield.com)

"There are so many cookies in here!" —Olivia, age 3