

FaVe Juice – Our New Fave!

daphne January 25, 2012 Health, Life

Picture this. You're running around from pre-school to Karate practice to music class and in between you're dealing with the kids constantly going, "I'm thirsty!" As a mom who puts a great deal of focus on my families' health, it sometimes is a struggle to keep up with finding healthy foods and drinks that can keep up with all our needs. Zander, my almost 3-year-old, is starting to get bored with water, so up until now I had been giving him watered down 100% organic apple juice. To keep his growing palate interested, I started searching for other juice alternatives that aren't loaded with sugar as most juice drinks tend to be and consist of something other than apple juice.

Here is the criteria I used in searching for the right juice for my family:

- must be 100% natural (no artificial ingredients) fruit/vegetable juice
- low in sugar
- low in calories
- MUST taste good!

Enter FaVe Juice to blow my criteria out of the water. FaVe stands for Fruits and Vegetables, so clever! Now, I realize that the concept of mixing fruit and vegetable juice is not a new concept, but in my personal experience, I've found that most of these juice blend drinks tend to contain more fruit than vegetables. Some of you might say, what's wrong with more fruits, aren't they good for you? Yes, they are, but since fruits tend to be higher in sugar content than vegetable juice, you've got to limit your intake. And here is where FaVe differs from most of the juice brands out there. FaVe has 3 full servings of vegetables! I love the idea of my kids and I being able to drink our veggies and it actually tasting great!

Here is the FaVe triumvirate – Pomegranate Blueberry Goji, Orange Tangerine Pineapple, and Strawberry Banana Kiwi. Ok, I know some of you are thinking, those sound really exotic to be juices that kids will like, but FaVe has blended these flavors just right so they just have an overall pleasing juice taste. It's not pulpy, which I like since my kids don't like pulp.



If you're used to super sweet juices, then the FaVe flavors may take time to get used to as it is noticeably less sweet than a typical juice. And once you do try it and compare to other juices, you'll realize how excessively sweet most juices are and you'll not want to go back! My family always water down our juices, so when we tried FaVe it tasted exactly just right. I find that I like my FaVe juice first thing in the morning with ice.



And the real test was whether Zander would like FaVe. Boy, does this kid love it taking me by surprise. I expected him to just be ok with it since like most kids, his drink of choice is apple juice. Every time I gave him FaVe juice he would clap and do a funny little dance. So adorable.

I also feel like I get bragging rights with FaVe. When I'm out on a playdate and I whip out my FaVe juice for Zander, I feel super cool in letting other moms know that not only is Zander drinking a 100% natural pomegranate, blueberry, goji juice drink but it's got 3 full servings of veggies. Sounds impressive right?!

We are definitely going to be a FaVe family. I'm really excited to see what other flavors they come out with. I'd love for them to do juice boxes as well so I can just grab and go these babies from one activity to another. Stay tuned as I am testing out some smoothie recipes incorporating FaVe juices.

For more information on these products, please visit <http://www.favejuice.com/>