

The Finds

SAVVY SWAPS

Our favorite new products make nutritious eating as easy as 1-2-3:

Extracted from organic apples, **Dolcedi** sweetener is like sugar in a bottle, but with a much lower glycemic index—22.5 to sugar's 68 (\$9; rigonidiasiago-usa.com).

Algae-derived **Thrive oil** tastes as neutral as canola (we swear!), with a super-high smoke point for frying; one tablespoon contains about as many good fats as an avocado (\$12; thrivealgae.com).

Califia Better Half, a dairy- and soy-free half-and-half substitute, marries good-for-you almond milk with velvety coconut cream (\$3.50; Whole Foods Markets).

