



Bites & Nibbles

Nutritionally packed recipes, resources, and stories that spotlight alternative unrefined sweeteners and real food for better choices.



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The Real Food Tales Story

Real Food Tales exists through a passion to educate people about the benefits of eating less sugar and less ultra processed foods. It's about teaching how to use real food ingredients as opposed to non-food items that are over-processed, less nutrient rich with excessive refined sugars, salt, and chemicals.

Introducing recipes to sample items made with real foods that are new or might have been forgotten or avoided. To name a few: Fennel, Dates, Chickpea Pasta, and Lentils.

Developing recipes that light up the faces of people sampling deliciousness is the core of the mission. Watching that moment of 'wow' while trying chocolate cake made with fresh zucchini, bananas instead of sugar, and yogurt in place of oil/butter is the inspiration of the mission.

Real Food Tales empowers people to read nutrition labels and make better choices. Knowledge is half the battle when it comes to reducing sugar and avoiding the long ingredient lists with hard to pronounce words.



www.realfoodtales.com/thai-lettuce-wraps

Now We're Cooking

Real Food Cooking Classes are available for individuals and private groups.

Ask or inquire at kim@realfoodtales.com

Group Cooking Classes coming soon to Harwich, stay tuned.

"Time to embrace the real science of real food."

Robert Lustig, MD, MSL / Author of "Metabological"

These Bon-Bons Are Real Food

"To try them is to love them."

Definitely the winner of the month at DCAL on 8/29/25, proving that absolutely zero refined sugar candy such as these can be nutritious, delicious, and make everyone's eyebrows go up. Even the chocolate is made using date sugar, cocoa, and cocoa butter. Did I mention they have a good amount of protein, fiber, and keep the metabolism happy. (*contains potassium- not recommended for specific health conditions).



"Tastes like a Snicker's Bar."

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It means a lot to me!

