

TUESDAY, NOVEMBER 9, 2010

epicure

BITES

Sprinkling of nostalgia

THIS commemorative tin of Akta-Vite took me straight back to childhood. The distinctive orange and brown label and the strangely addictive slivers of chocolate it contained were a staple of my early years. Originally a pharmaceutical product, it contains vitamins A, C and D, thiamine, riboflavin, niacin and calcium. Except for a reduction of the vitamin B content and the addition of folate, the recipe hasn't changed since it was released in 1942. And it's still winning hearts — the tin was half empty at my place before I had a chance to do a taste-test. Sprinkle it on ice-cream, use it as an alternative to hundreds-and-thousands on fairy bread or simply mix it into a glass of cold milk. Australian-owned and made, with no artificial colours, flavours or preservatives, it's also halal, kosher, lactose-free and low in fat. Nursing mothers blog about it being good for milk supply; to me and my three-year-old, it simply tastes good.



KERRIE O'BRIEN

\$5.20 for 375 grams; from supermarkets.