

Health « Buzzfeed



Healthy eating is something Kate Wallace knows all about.

Beaconsfield mum Kate, a personal trainer, nutritionist and founder of Getbuzzing has helped fill a gap in the market for super-nutritious, nut-free snacks. "I've always been interested in healthy eating," says Kate, "both for my own family and for my clients. It really struck me that eating healthy meals is great, but it's when that hunger strikes and you reach for a snack that threatens it all!

"Nuts are a great snack but, with so many allergies and concerns around nuts, this is just not an option for many."

So, armed with her nutritional expertise, Kate developed her own range of 100% natural, certified nut-free (and, it must be said, deliciously moreish) flapjacks in 2009. These have proved a huge success, winning rave testimonials from busy parents and health enthusiasts.

Getbuzzing also has an exclusive partnership with Wowbutter, a complete protein food, comprising all nine essential amino acids which is also certified nut-free. Kate says: "Our flapjacks have been designed with the whole family in mind. Whether it's a busy office schedule,

a hard day's work at school or intense training programme, nutrition is the key to success. Our flapjacks are full of fruity, natural goodness, offering a neat, handbag size snack to curb those cravings. Even better, to fill those rumbling tummies on the school run."

Kate's own two children, Jack (a professional rugby player) and Tom, are now in their twenties and are directors of the company. They were crucial in helping their mum develop her wonder product. Each 62g flapjack contributes to daily nutritional needs and its natural ingredients maintain blood sugar levels. The nut-free flapjack range consists of Original Seed and Date, Banana, Berry, Cherry protein and Wowbutter.

- You can choose from the full range of Getbuzzing bars, priced from £2.49, by visiting www.getbuzzing.co.uk and the bars are also stocked in various independent and national retailers including Boots, most Waitrose stores, health clubs including all David Lloyd Gyms and a growing list of distributors.

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