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Frozen Cottage Cheese Bars, Kombucha Concentrate, Artichoke Chips, and 12 Other New Groceries We're Super Excited About

by LISA FREEDMAN



(Image Credit: Lisa Freedman)

6. Speka Cottage Cheese Bars

Instead of an ice cream bar, perhaps a cottage cheese bar can hit the spot the next time you're craving a cool treat? That's right. We said COTTAGE CHEESE. Each bar is just 140 calories, has 7 grams of sugar, and 4 times the protein. We almost passed on trying these but we're so glad we gave them a shot because there's really no good way to describe them. They're ice cream-y, kind of chewy, and not at all cheese-like. There are three flavors (vanilla, salted caramel, and Greek yogurt) and they can be eaten right out of the fridge or freezer. Go for the vanilla.

(Google: Washington Post Speka)



(Maura Judkis/The Washington Post)

Cheese takes new shapes

For when you're [workin' on your night cheese](#), here are a few new ways to do it. Want cheese you can eat out of a bowl with a spoon? Try [RifRaf](#) — single-serve ricotta cups with a flavor you can stir in. They can be sweet (wildflower honey, Meyer lemon) or savory (serrano pepper honey, sun-dried tomato). Want cheese you can throw back like popcorn? Try dehydrated cheese snacks, which are another extension of the fancy cheese puff trend — they're crunchy, and the cheese flavor is extra concentrated. There's [Moon Cheese](#) and [Cheesepop](#). Want your cheese to taste like a candy bar? Grab a [Speka](#), a chocolate- or caramel-coated hunk of cold cottage cheese. It's kind of like a better-for-you 3 Musketeers.