

Zane Leaves Her Husband and Finds an Exciting New Life

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snack well Will the new treats for moms-to-be satisfy your cravings?

We asked ESSENCE assistant health editor LaShieka Purvis Hunter, who recently gave birth to her first child, to give these nutrition bars a taste test:



Bellybar Berry Nutty Cravings, \$2.49 each, box of 15, \$37.35; nutrabella.com "I was craving something sweet in the afternoon, and this bar hit the spot. It's filling."