

# Glutenfreeda's Real Cookies

EDITORS' PICKS



## Healthy & Delicious High ORAC Drinks!†



Garden Greens™ natural juice concentrates are bursting with antioxidants. These premium formulas are based on scientific studies that may support your immune system, help boost your energy levels and help maintain your overall well-being.†

Reap the benefits of Garden Greens, concentrates without the mess and inconvenience of juicing. These high ORAC (Oxygen Radical Absorbance Capacity) drinks may promote digestion, metabolism, detoxification and vitality.†

Help rejuvenate your health with Garden Greens... your gold standard for concentrated food supplements!

Look for Garden Green supplements at fine health food stores nationwide. Not all products available at all stores. For a store near you, call: 1-800-822-4320.



### Decadent Chocolate and Berry Flavored Beverage! **NEW!**

Studies show that cocoa foods are naturally rich in heart healthy antioxidants, such as flavanols and polyphenols. The rainforest berry blend provides beneficial resveratrol and anthocyanins. Enjoy hot or cold!

Each serving provides 1,500 ORAC Value!

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

### Imagine strolling home

on a crisp autumn day, then opening your front door to the warm, welcoming aroma of freshly baked cookies. Now you can— even if you follow a gluten-free diet. Glutenfreeda's Real Cookies come frozen in convenient resealable tubs, preformed and ready to bake with no mess. We tried all the flavors, and they came out warm, chewy, and melt-in-your-mouth delicious every time. Choose from Snicker Poodles, Peanut Envy, Chocolate Minty Python, Dairy-Free Peanut, Paul & Mary, Sugar Kookies, and Chip Chip Hooray! All flavors are made without trans fats, hydrogenated oils, GMOs, hormones, or preservatives. And of course, they're all gluten and wheat free. Check out [glutenfreeda.com](http://glutenfreeda.com) for archived information on gluten intolerance, product reviews, eating out tips, online gluten-free cooking classes, and more than 5,000 gluten-free/wheat-free recipes.

Melissa Diane Smith is the author of *Going Against the Grain* and an internationally recognized nutritionist who specializes in therapeutic gluten-free diets.



To learn about her online *Going Against the Grain* Group, visit [againstthegrainnutrition.com](http://againstthegrainnutrition.com). For information about her books, consultations, or nutrition coaching programs, visit [melissadianesmith.com](http://melissadianesmith.com).