GOOD JSEKEPING

Healthy Snack Awards

CRAVE-WORTHY COOKIES

BEST MINI COOKIES

BEST GRAHAM CRACKER

BEST CHOCOLATE CHIP

BEST GRAIN FREE

Lemon Blueberry

Cookies

amazon.com

SHOP NOW

A hint of lemon

complements bright

notch ingredients and

lightly sweetened with

maple syrup and vanilla.

LAB RESULTS: Our food and

nutrition experts love that

the cookies are a delicious,

boasts impressive nutrition

satiating treat that also

facts. Testers loved the

"fresh flavor" and found

blueberries in this grain-free

cookie that's made with top-

REAL

\$14.99

BEST COOKIE THINS



BEST GRAIN FREE COOKIES



hip Crispy

FNIY nly

flour and tened with ıt sugar, each ving is a t with a

The highents stood out and testers ookies ent but offered "I would buy ands down, cookies!" a

> them to be very filling. Nutrition Facts (1 cookie):

120 calories, 9 g total fat, 2.5 g sat fat, 0 mg cholesterol, 60 mg sodium, 11 g carb, 2 g fiber, 8 g total sugars, 7 g added sugars, 3 g protein

Grain Free Shortbread

SIFTE amazon.com

\$9.83

SHOP NOW

This grain-fre Mexican short marries lightl almond flour pieces and cir

LAB RESULTS

nutrition expe the cookies ar but big on flav with simple ir Testers found "absolutely de noting that th "perfectly bite

tester said, "These are some of the best store-bought cookies I've ever had!"

Nutrition Facts (5 cookies):

150 calories, 9 g total fat, 5 g sat fat, 0 mg cholesterol, 120 mg sodium, 17 g carb, 1 g fiber, 5 g total sugars, 5 g added sugars, 1 g protein

loved the "perfect balance of graham cracker and seed

Nutrition Facts (1 package):

240 calories, 16 g total fat, 5 g sat fat, 0 mg cholesterol, 105 mg sodium, 20 g carb, 2 g fiber, 6 g total sugars, 6 g added sugars, 3 g protein

tester raved.

Nutrition Facts (2 cookies):

150 calories, 8 g total fat, 6 g sat fat, 0 mg cholesterol, 140 mg sodium, 18 g carb, 1 g fiber, 10 g total sugars, 10 g added sugars, 2 g protein

Sweet Thins, Honey Cinnamon

SIMPLE MILLS

amazon.com \$5.35

SHOP NOW

This smartly sweetened snack is made from nutritious ingredients including a seed- and-nutflour blend made of watermelon seed, cashew, sunflower seed and flaxseed.

LAB RESULTS: Our nutrition pros loved the use of watermelon seed, which creates a light and deliciously crispy texture while adding a nutrientdense punch of protein, good fats and micronutrients.

Nutrition Facts (12 thins):

140 calories, 6 g total fat, 3.5 g sat fat, 0 mg cholesterol, 100 mg sodium, 20 g carb, 1 g fiber, 7 g total sugars, 7 g added sugars, 2 g protein

Lemon Blueberry Cookies