

July 27, 2022

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Health & wellness website

• Nutrition/Wellness expert on NBC's @todayshow

• #1 NYT bestselling author


• Cookbook, Joy Bauer's SUPERFOOD!

• Chief Nutrition Officer, @plenity

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joybauer  15h



Just tried these cookies and they're tasty!
They sell three flavors and come in two-packs. While they're not low calorie (each cookie is ~120 cal), they're lower in sugar (~4 grams per cookie) and made with almond flour and coconut flour.



@realcookiesco

Great alternative if you're looking for a #plantbased #glutenfree #grainfree #dairyfree #soyfree and #eggfree treats!