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## REAL Cookies' grain-free cookie wins Good Housekeeping award



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GREENWICH, CONN. – Gluten-free, grain-free and plant-based cookie company REAL Cookies has won a Good Housekeeping 2022 Healthy Snack Award. The winning product was the Lemon Blueberry cookie, awarded 'Best Grain-Free Cookie.'

REAL Cookies uses a blend of almond and coconut flours along with real fruit and other clean ingredients. Maple syrup is the only sweetener used in the recipe.

REAL Cookies' two other flavors are Chocolate Chip and Peanut Butter Chocolate Chip. All three options are vegan, kosher and paleo-friendly.

The company was started in 2021 by co-founders Lauren Berger and Marla Felton, two best friends who had a passion for wellness.

"The whole idea behind REAL Cookies was to create a snack that tastes great and makes us feel energetic and healthy," Berger said.

"By creating a nutritious and satisfying snack option, we hope to spread awareness in our families and in our communities about the importance of putting clean, wholesome foods into our bodies," Felton said. "We are passionate about educating our community about nutritious foods while also making people feel good about their choices."

REAL Cookies are available in single-serve packs of two.

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