

GLUTEN FREE GOODS: NOT YOUR AVERAGE COOKIE!

Some of you might recognize the woman in the photo below, Rita, from the growers markets in Albuquerque. Rita is the owner of Gluten Free Goods. She's the one responsible for creating the new gluten free vegan treats that you may have noticed on this week's product list. After becoming familiar with our market-style offerings, Rita reached out to us to see if we would be interested in listing her almond meal-based cookies on our website. We thought we would give it a try. The people have spoken! The entire case that we posted on our website sold out before ordering closed on Monday.

We are offering 2 different kinds of cookies: chocolate chip and cranberry walnut. They come in packs of 2 cookies that total 3.2 oz. Gluten Free Goods does not use refined sugar and uses a base of almond meal, tapioca flour and rice flour depending on the product. Their cookies also have other wholesome ingredients like walnuts, sesame seeds and coconut, which make them rich and protein and healthy fats that are easy to digest. Check out the product descriptions by clicking on the photos on our website to see a full ingredient list for each cookie.

Rita is a licensed nutrition educator and strongly believes in conscious and healthy eating. She is also concerned with making her products as accessible as possible and wants to change perceptions around gluten free foods. We are happy to be supporting and working with another local producer creating sweet, healthy treats. If you didn't have a chance to try them this week, toss a pack in your cart next week. You won't regret it!



Weekly Share Items & Farms

Cucumber	
Red Potato	
Zucchini	Preferred
Salad Mix	Produce
Apples	&
Pear	White Mountain
Kiwi	Farms
Bonus	