

Nutrition Information

1 cookie, 1.38 ounces, 38 grams

Cookie	Calories	Protein (grams)	Carbohydrates (grams)	Fat (grams)	Saturated Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Fiber (grams)
Chocolate Chip	107	2	17.1	3.5	1	18	84	1
Cinnamon Sugar	114	2	19	4	1	10	90	1
Ginger-Spice	122	1.5	21	3.7	1.7	17	113	1
Lemon	113	2	19	3.4	1.7	9	69	2
Oatmeal Everything	127	2	18.3	5.5	1.5	18	97	2
Peanut Butter-Chocolate Chip	156	4	16.3	8.5	2	17	141	2
Peanut Butter Crisscross	133	4	13.7	7.5	2	16	135	2
Sugar	114	2	19	4	1	10	90	1
Triple Chocolate	144	2	18.8	7.3	2	19	90	1.5
Triple Chocolate and Pecan	175	2	19.5	9	2	19	90	2.5

Allergy Warning

All of our healthy cookies are made in the same kitchen. So, while we'd love your business, if you have allergies to nuts, dairy products, wheat, or chocolate, you should not buy our cookies.

All our cookies are made with all natural ingredients — no chemicals, preservatives, or trans fats, EVER!

PO Box 3988
Concord, NH 03302-3988





- Freshly roasted nuts.
- Delectable cocoa and chocolates.
- Pure vanilla, spicy sweet cinnamon, zesty lemon.
- Smooth, creamy peanut butter.

When you taste what goes into our cookies, you won't believe what we've left out.

Healthfulicious cookies grew out of diabetic owner Claire Metzger's fervent research and testing to create cookies loaded with flavor, but light on everything else. She found that by substituting healthier alternatives – such as whole wheat flour, canola oil, and mini chocolate chips – she created great tasting cookies with less than half the fat, sugar, carbohydrates, cholesterol, and calories of similar cookies. And their fresh-from-the-oven, melt-in-your-mouth taste delighted everyone.

Today, those very same cookies are available for your table. Mouth watering cookies that friends and family could never guess are a healthier treat!

Available Flavors:

Chocolate Chip, Sugar, Cinnamon Sugar, Ginger-Spice, Lemon, Oatmeal Everything, Peanut Butter, Peanut Butter Chocolate Chip, Triple Chocolate, and Triple Chocolate Pecan. You can order your own mix of flavors or choose from our sampler packages available with or without nuts.

Cookie Club

Join our Cookie Club and give yourself a monthly treat. As a Cookie Club member, you'll receive a tin of 2 dozen cookies every month for \$18.95 – a 15 percent discount off our regular price! And, with a year's subscription, you get a free tin of 24 cookies during your birthday month. Try a different flavor every month or stick to your favorite.

Corporate Gifts

Our cookies make tasteful, one-of-a-kind corporate gifts for employees or customers. Choose from standard boxes of 1 or 2 dozen cookies, a tin of 2 dozen cookies, or contact us for custom sizes and packaging. For a one-time set-up charge, we'll add your logo or other custom information.

Cookie Catering

Treat your guests to our great-tasting cookies at your next party or event with our trays and party platters. (No one will ever know that they're also healthy – unless you choose to tell them!) Catering available throughout the Southern New Hampshire area. Call for details and prices.



See us online at
www.delicioushealthycookies.com

Or call us toll-free at
(866) 373-2578