



# **Enjoy Life's Cookies for Everyone!: 150 Delicious Gluten-Free Treats that are Safe for Most Anyone with Food Allergies, Intolerances, and Sensitivities**

*Betsy Laakso, Leslie Hammond*

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*Enjoy Life's™ Cookies for Everyone!* offers allergy-free cookies, brownies and bars that are safe and delicious. With treats such as Caramel-icious Apple Cookies, Bodacious Blondie Swirl Bars, Peppermint Pizzazz Brownies, and Chocolate Chip Cookie Bark, each of the 150 recipes are free of gluten as well as the eight most common allergens, thus taking the guesswork out of determining which recipes are safe—and which are a risk. Culinary expert Leslie Hammond teaches readers how to use naturally allergy-free ingredients and substitutes to add richness, texture, pizzazz and nutritional content to cookies and bars without losing the “yummy” factor. Each recipe is vetted for taste and safety by the Enjoy Life® company, a leader in delicious and healthful allergy-free foods.

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