



THE **protein** BAKERY

adding balance to your news....our tasty updates.

Ryan and Caroline

NEW YORK CITY, August 7, 2007

Cookies and brownies and blondies...oh my! Stephen Charles Lincoln and The Protein Bakery have hit the air waves again. Flying to you from Clear Channel, PRIDE Radio with Ryan and Caroline brings you an interview with Stephen about Broadway, Oprah and the birth of your favorite gourmet company—The Protein Bakery! Who knew radio could be so tasty?

Listen on demand: ryanandcaroline.com

Blog Central

EVERYONE'S DOING IT...

Blogging is such a great way to share cool finds and ideas with the people you know. Some people have even posted entries all about us! If you have a blog, why not post one of your Protein Bakery stories? Maybe we will feature your blog in an upcoming newsletter. Check out what these blogs had to say.

Charles and Marie charlesandmarie.com
Chocolate Chipped chocolatechipped.com