



THE **protein** BAKERY

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Picky Eater: Guilt-Free Baked Goods

By Jolene Thym

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"SWEET DREAMS: In my dreams, I can feast on brownies for breakfast, eat cookies at all times of the Advertisement day — and look like I eat nothing but lettuce and carrots. Doing its best to make my dreams come true is The Protein Bakery, a New York-based bakery that makes — you guessed it — better-for-us goodies that seriously won't turn us into sugar-bingeing blimps. Their goods aren't low-calorie, exactly, but they're wheat-free and spiked with extra protein (whey).

The company sent some peanut butter cookies that disappeared in minutes, a large brownie laced with chocolate liqueur and real vanilla, and a crazy-delicious coconut blondie. What I love about these is that they are seriously so moist that they will keep for days — and still taste great. After scarfing the whole lot, I wasn't surprised to find out that they had made the "O" list and have been served as the "snack of the day" on "The Rachael Ray Show." The brownies, which have about 360 calories, are \$3.25 each or \$21.25 for six; cookies are \$2.25 for two small cookies, \$24.25 for eight two-packs. Order online at www.proteinbakery.com or if you're at a gym in Los Angeles, you might find them there."