



Challenging the Bar

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Move over Lara, Luna, and Clif, there's a new health and wellness snack in town and it isn't in the shape of a rectangle.



[Mariel's Kitchen](#) has created [Blisscuits](#), an all-natural, gluten-free snack crossing the lines between a biscuit and a cookie. This newfangled health snack is designed to give balanced health and energy while satisfying hunger and cravings for sweets. Like many nutrition bars on the market, they have a hint of that common chalky, dense consistency, but are much more moist and fluffy than most bars. They best compare to the texture of a tea cake.

Beyond “all-natural” and “gluten-free,” [Blisscuits](#) contain cage-free egg whites, omega-3 fatty acids and more than 40 percent organic ingredients with no refined sugar or hydrogenated oils. The generously proportioned cookies have around 120 calories per cookie, 4 grams of protein and 2 grams of fiber. Although they have a subtle tinge of additives, they are made with almond meal, coconut milk and blue agave nectar which act as natural sweeteners instead of artificial flavoring. My favorite flavor is Classic Cinnamon, but they also come in Orange, Chocolate, and Lemon.

I'll be honest, they are not going to fill the shoes of a homemade cookies or breakfast biscuits, but they are a great alternative to the traditional protein or wellness bar or to curb that mid-day craving for something sugary. I recommend [giving them a try!](#)