

# MARIEL HEMINGWAY LAUNCHES BLISSCUITS™, A FRESH NEW HEALTHY SNACK

Gluten-Free, All-Natural Products Provide Consumers with Simple Solutions to Snacking Dilemmas



**SEATTLE** – (February 3, 2010) – Mariel Hemingway, actress, model, author and founder of Mariel’s Kitchen, announces the launch of Blisscuits, a new all-natural nutritious snack. With four different flavors, Blisscuits are a great tasting, healthy treat without refined sugar that put consumers on the right path towards a healthy and balanced life.

Hemingway first created Blisscuits in her own kitchen in 2003 when a family member was diagnosed with cancer. She set out to create a sweet snack that is healthy and tastes great without any refined sugar, the result was Blisscuits, a healthy “cookie” that even her young daughters loved.

Blisscuits are designed to give balanced health and energy while satisfying hunger and sweet cravings. The nutrients in Blisscuits come from whole natural and organic foods which provide balanced health and energy, while satisfying hunger. All four flavors are gluten-free, all-natural, contain cage-free egg whites, omega-3 fatty acids and more than 40% organic ingredients with no refined sugar or hydrogenated oils, making them a good option for those with food sensitivities.

“In order to be happy and live a healthy life, it is vital to fuel your body with clean food. I set out to make a cookie that my family could eat without having to worry about its nutritional content,” said Hemingway.

“The result was a delicious snack that is actually good for you!”

“One is a snack, Two’s almost a meal”™ Blisscuits satisfy hunger and come in four distinct flavors:

**Classic Cinnamon** – Cinnamon has been shown to lower blood pressure and has been used as a folk cure for diabetes for hundreds of years.

**Orange** – Adds a touch of vitamin C to the diet and essential amino acids allow for the rebuilding of muscle and bone.

**Lemon** – Tocopherols, a natural antioxidant, and Blue Agave Nectar, the healthiest sweetener available, make this Blisscuit a sweet and tart treat.

**Chocolate** – The 100% natural and raw cocoa straight from the Cacao Tree, which is high in plant sterols and flavinoids, provides nature’s best antioxidant.

Blisscuits are nationally distributed and can currently be purchased in the Northwest at Tully’s Coffee and at select specialty retailers in the Northeast. All flavors of Blisscuits have an extended shelf life without preservatives and individual packages retail for \$2.99. For more information about Blisscuits, please visit [www.MarielsBlisscuits.com](http://www.MarielsBlisscuits.com).

Hemingway is currently doing interviews and book signings around the country for her third book, which features Blisscuits, *Mariel’s Kitchen – Simple Ingredients for a Delicious and Satisfying Life*. Additionally, for the launch and distribution of Blisscuits she has partnered with the formidable and proven food expert, Kevin Fortun – the founder of Stockpot Soups, the largest fresh food company in the world prior to its acquisition by Campbell’s Soup.

Hemingway, the granddaughter of author Ernest Hemingway, became famous when she made her silver screen debut in “Lipstick.” Four years later, her work in Woody Allen’s “Manhattan” earned her an Oscar® nomination. She has since made 30 films and numerous television appearances in various series and as the host of several environmental and humanitarian documentaries.

**About Mariel’s Kitchen:**

Mariel Hemingway created Mariel’s Kitchen in 2008 in hopes of creating a new awareness for better health choices. After years of studying diet, nutrition and medicine, as well as utilizing a network of experts in the field, Mariel’s Kitchen offers advice about what is good for people from the inside out by providing recipes, a cookbook, home and fitness tips and the new healthy snack, Blisscuits. Hemingway is on a mission to empower people to know what is best for their health through the personal choices they make – and through what is on their plate. For this reason, Hemingway has teamed up with co-developer Kevin Fortun, world renowned for his founding of Stockpot Soups, great recipes and fresh food packaging, to create Blisscuits, a healthy “cookie” made with all natural products that are gluten-free and 40% organic. For more information, please visit [www.MarielsBlisscuits.com](http://www.MarielsBlisscuits.com) or [www.MarielsKitchen.com](http://www.MarielsKitchen.com)

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