

Foodie Friday: Snikiddy Cookie Bites

By Susannah Felts



It doesn't matter if you're 8, and just off the school bus, or 38 and heading out of a long meeting—a cookie can make everything better. Witness, for example, the way we all came running when my colleague Shaun showed up with fresh-baked chocolate chippers. It took us mere minutes to reduce that offering to an empty plate. Problem is, for adults and kiddos alike, too much stuff you don't want—like trans fats and corn syrup, not to mention fat and calories—often comes along with the yummy cookie glow. That's

where today's pick comes in...

The product: Snikiddy Snacks' All Natural Cookie Bites (\$3.49–\$3.79; Whole Foods Markets and Toys 'R' Us stores)

The taste factor: Gooney, oven-fresh morsels they're not, but the flavors are rich and you can tell these cookies are made from real, simple ingredients, not a bunch of unpronounceable chemicals. There are three flavors to choose from—Chocolate Chip, Chocolate Chocolate, and Oatmeal Chocolate.

The health factor: If you're going to give in to your kid's wheedling, or indulge in your own cookie break (or knock out both at once), these are an almost guilt-free way to do it. A serving of five "bites" (minicookies) has 3 grams of fiber and, depending on the flavor variety, 8 to 13 grams of whole grains. At 120–130 calories and 4.5–5 grams of fat, it's not the absolute skinniest snack, but hey, when life calls for a cookie...

Editors' pick: Oatmeal Chocolate. Not only does it taste great, but this flavor also offers the most whole grains of the three—13 grams, or more than a quarter of your recommended daily intake.

Why we love it: Make the kids happy and earn your A in Nutrition for Parents? Yes! There are no trans fats or hydrogenated oils, and they're made with whole-wheat flour and evaporated cane juice (instead of corn syrup).

