

Vegin' Out During the Holidays! Homemade, Organic, Vegan Holiday Cookie Assortments

Los Angeles, Calif. - Vegin' Out, L.A.'s best vegan weekly meal delivery service, will offer decorative tins of nutritional chef Tim Boissy's homemade vegan cookies. Boissy's cookies are adapted from recipes handed down by his mother, Mary Sue, who filled the Boissy home with cookies every November and December. Each tin contains a half dozen each of chocolate chip candy cane, oatmeal cranberry walnut, and snickerdoodles, for a total 18 cookies. Vegin' Out holiday cookies are 100 percent organic, including the candy canes, and are baked fresh the day of shipping.

Tins will be available in a choice of patterns and cost \$27.99. Vegin' Out is able to ship throughout the U.S. for an additional shipping fee, and will enclose a gift tag for shipped tins. Vegan diets contain no animal ingredients (such as meat, fish, eggs and dairy) and have been shown to prevent heart disease and strokes; lower blood pressure; reduce the risk of most cancers; defend against gallstones, kidney stones, and osteoporosis; prevent and reverse type 2 diabetes, and help maintain a healthy weight. About Vegin' Out Vegin' Out, based in Los Angeles, offers Southern California customers a healthy dining option that is more affordable and convenient than takeout, with all the environmental and wellness benefits of a plant-based diet. Vegin' Out provides a week's worth of freshly prepared, healthy, delicious vegan meals, delivered to its customers' homes or offices. Each Vegin' Out dish is low fat, cholesterol free, trans-fat free, dairy free, cruelty free, and prepared with as many organic and locally grown ingredients as possible. Nutritional chef Tim Boissy founded Vegin' Out in 1999 and owns and runs the company with his brother Dan Boissy. For more information call 800-420-4927 or visit www.veginout.com.