

Lucy's Cookies (Vegan, Gluten-Free, Nut-Free)

When Jennifer at the food allergy-friendly Navan Foods insisted that I try Lucy's Cookies, well, who was I to turn down cookies? Cookies are my favorite dessert; and though I am a loyalist to the oh-so-classic chocolate chip, I rarely turn down any flavor or variety. And since these are also baked without wheat, gluten, dairy, eggs, peanuts, and tree nuts, I thought you might all like to know about them.

I confess that my tastes lean toward big, soft and chewy cookies, so I was a bit surprised when I discovered Lucy's cookies are semi-petite crispy cookies. I feared that these cookies may have met the wrong taster … but I couldn't have been more wrong!

Lucy's gave me (and my waistline) a new appreciation for the crispy cookie. Now, I have never been a calorie counter. As someone who is so concerned with reading ingredients (seeking out milk-free and all natural goodness), I really bypass the nutrition facts. But as my eyes brushed past those facts they did a double take and stopped to stare in amazement. I could savor FOUR of these babies and it only set me back 100 calories or so (depending on the cookie) total! These aren't huge cookies, but they are fairly sized and packed with a satisfying wallop of sweetness that will put those plain old wafer cookies to shame.

I sampled all four of the flavors from Lucy's Cookies:

Um, I said four right? Oops, sorry about that, I wasn't quick enough with the photos:

Regardless, here are my notes:

Oatmeal Cookies – I was expecting more of an "oaty" texture, but these were crispy cookies, with just a slight variation in texture, perhaps from partially ground oats. However, there was an overall oat vibe, making these sweet cookies completely delicious. Of the four cookies, I found these just a touch less crispy, which made them a perfect medium for making sandwich cookies! I made a homemade icing from ground cashews, powdered sugar, almond milk, and a touch of vanilla and cinnamon, but you could make your own nut-free version with a standard thick icing or frosting recipe.

Cinnamon Sugar – Do you remember that cereal Cinnamon Toast Crunch? This cookie was sweet and filled with cinnamon goodness that reminded me of that cereal, but in a yummy, super-crunchy cookie. I would not hesitate to say that it had a "Snickerdoodle-ish" vibe.

Sugar – This cookie made me jones for a big mug of tea. It had a super-crunchy, sweet biscuit like flavor with a nice dusting of sugar crystals. Overall, delicious, and my tea and cookie addicted husband concurred.

Now, I decided to go with the sandwich cookie thing for a treat with the Sugar and Cinnamon Cookies too, using the cashew frosting and some chocolate icing (essentially chocolate chips melted with a little added liquid and powdered sugar). They were excellent, but just a bit too thick and crispy. I will return to the Oatmeal variety for making dessert sandwiches.

Chocolate Chip – Ah yes, the infamous chocolate chip. But how would it hold up against the big softies? To be fair, you really can't compare. This was perhaps my first encounter with a meant-to-be crispy (not overcooked!) chocolate chip cookie, and it was scrumptious. I loved, loved, loved that Lucy uses regularly sized chocolate chips in it rather than minis. Since the cookies are thin, you get wonderful bursts of chocolate goodness.

We savored these delights as much as possible, but all four boxes still vanished within a week! Need I say more?

You can view all of the ingredients and nutritionals on Dr. Lucy's website, where the cookies can also be purchased! This is a third party review by Alisa Fleming, author of *Go Dairy Free: The Guide & Cookbook*. For more information on this product, or to contact the company, visit the Dr. Lucy's website.