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Food Review: Luna Berry Pomegranate Cookie

FRI, 04/17/2009 - 11:00AM BY FITSUGAR 2 COMMENTS - 183 VIEWS

There are times, mostly in the afternoon, when I just need a cookie. Although I am craving a sweet treat, I often need my 3 p.m. snack to do more than satisfy my taste buds; I either need something to help me make it through until dinner or to fuel an after-office workout. I just tried a Berry Pomegranate Luna Cookie (\$1.29) by Lunabar to see if it was up to doing double duty. The chewy cookie contains 9 grams of whole grains — not bad for a cookie. As you can tell from the photo, the cookie is fairly small and easily divided in half, making it easy to eat half prior to working out and the leftover half after.



To see what I thought of the taste and texture, read more.

I liked this cookie, and after eating half before a swim, I shared the second half with my girls and they gave it a thumb's up too. It is not too sweet, and the berry flavor is just strong enough. The chewy consistency works with bits of oats providing texture. The half cookie I ate before working out helped me power through; I feel the second half would quell the post-workout hungries that often arise while making dinner after a session in the pool.

Here are the ingredients and nutritional details.

Serving Size	One cookie (40 g)
Calories	140
Total Fat	2.5 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	100 mg
Carbs	27 g
Fiber	4 g
Sugar	11 g
Protein	3 g

Ingredients: Organic Rolled Oats, Organic Oat Flour, Organic Brown Rice Syrup, Organic Tapioca Syrup, Organic Dried Blueberries (Organic Blueberries, Organic Evaporated Cane Juice Syrup, Organic Sunflower Oil), Organic Fig Paste, Organic Evaporated Cane Juice Syrup, Organic Pomegranate Juice Concentrate, Organic Flaxseed Meal, Organic Icing (Organic Cocoa Butter, Organic Rice Extract, Organic Vanilla Extract), Organic Goji Berries, Organic Oat Fiber, Organic Sunflower Oil, Natural Flavors, Baking Soda, Citric Acid, Sea Salt.

Luna has fortified its cookies with extra vitamins. One cookie provides 25 percent the recommended daily intake (RDI) of calcium and 50 percent of folate, the B vitamin that helps protect against birth defects. You can find the Luna cookies at Whole Foods and other health food stores. Has anyone tried the other two flavors, Peanut Butter Chocolate and Chocolate Mint? I'm interested to hear how they taste.

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