

The Feel-Good Issue! Eat Well. Look Good. Feel Great!

# easy eats

GOOD TO BE GLUTEN FREE

January/February 2012

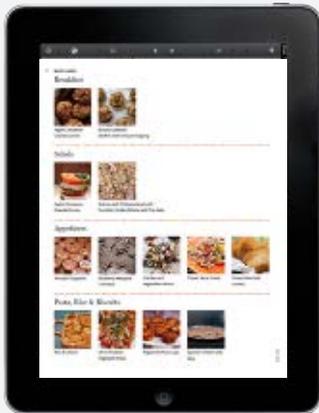
*Healthy & Happy*  
*(you can be both!)*



MORE THAN  
**52**  
HEALTHY SWAPS  
TO MAKE NOW!

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# Enjoy *Easy Eats* to the Fullest with These Easy Tips



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## FOOD IS OUR FRIEND

I'm not one to think much about calorie counting. Ask anyone. I did, after all, once own an Italian bakery.

Maybe I have my mom, Penny, to thank. I grew up watching her struggle with weight and go from one fad diet to the next—Beverly Hills, Nutrisystem, Atkins. I remember having large containers of cut-up pineapple in our fridge and that when we'd sit down to a meal, she'd have food that was different from the rest of the family. What I remember most, though, is her sheer excitement at the start of each new diet plan, quickly followed by the pressure to maintain her commitment and then her sadness after the diet had ultimately failed her, leaving behind only empty promises.

Seeing my mom under that stress made me want to never go through it in my own life.

Yes, as my mom has always reminded me, I was blessed with my father's metabolism. But, like many women, I've still confronted weight issues: I gained 65 pounds while I was pregnant with my daughter, Chiara. In my mind, I convinced myself that the extra weight would disappear upon her delivery. Oh, was I ever wrong. I tried not to let it bother me—even though I was still wearing maternity pants long after we brought her home from the hospital.

I decided to let my body take care of itself, and within a year, by loosely watching what I ate and adding a little exercise, I had naturally shed most of the weight, without depriving myself or changing my lifestyle. It took incredible patience with myself that I didn't even know I had in me.

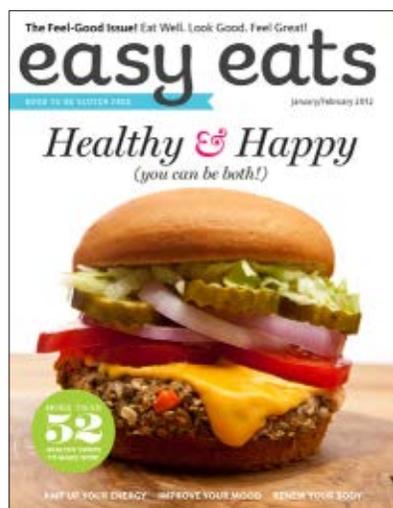
I realized during that time that healthy eating is dependent on the understanding that food is our friend, not our enemy. In order to be truly "healthy," we must learn to accept, and love, ourselves for who we are. No get-thin-quick schemes for me, please.

That's why I wanted to do this special Feel-Good Issue of *Easy Eats*. We're all together on this gluten-free path, with a common desire to feel good. And we'll get there by changing what we put into our bodies—and relying on what's already inside.

*Silvana*

Silvana Nardone  
Editor-in-Chief

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and comments at  
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ON THE COVER  
Mushroom Veggie Burger  
from "Silvana's Kitchen"  
(get the recipe, page 70).  
Photograph by Stephen  
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by Silvana Nardone.

# easy eats

GOOD TO BE GLUTEN FREE

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## SAY ANYTHING

### EMAIL

I avoid high-glycemic index foods when I can and prefer to stick to less refined sugars. Do your recipes aim toward that perspective?  
—April Mastroluca

We do give nutritional information for every recipe, which makes keeping to certain diets easier. We don't avoid sugar, but with the ingredients and nutritional facts, the recipes that wouldn't necessarily work for you can be easily modified.

I've been browsing through your Recipe Vault, and I'm finding recipe after recipe that sounds amazing that I can't wait to try! I've noticed that some call for various flour blends—that's a lot of ingredients to keep track of. Can I use a single gluten-free all-purpose flour blend, like King Arthur's or Pamela's? —Sabrina Romero

Yes, you can use whatever gluten-free flour blend you prefer. Just note that certain flours have distinct textures and flavors. If you were to replace a flour blend that calls for almond flour, for example, with one that has mostly rice flour, each would yield a different result.

### FACEBOOK

I found your app on the iPad while searching for gluten free apps. So glad I did! AMAZING.  
—Melinda Cheslock  
DECEMBER 4 AT 9:50PM

Began my baking this weekend... made Snickerdoodles. I couldn't believe how well they turned out. They tasted exactly like my past gluten-filled recipe. I can't wait to bake the cut-out cookies this week! Thanks so much *Easy Eats*!  
—Jenn Barbour  
DECEMBER 5 AT 9:28AM

Just made the *Easy Eats* Butternut Squash, Ginger and Apple Soup for dinner last night. Absolutely delicious! —Elizabeth Starr  
DECEMBER 1 AT 11:03AM

I'm devouring the *Easy Eats* Holiday issue (it's all digital)!! The photography is beautiful... and the recipes for gluten-free chestnut doughnut holes, stuffing, low-calorie cheesecake and TONS more look just divine...Okay, fess up- who's already putting up Christmas decorations? ;) —The Celiac Diva  
NOVEMBER 7 AT 10:00PM





Thank you! I was just diagnosed with celiac disease last month... I love to cook, but want real food that is fairly simple to make... thank you for making recipes that my whole family loves:) I am a nurse practitioner and will be recommending this magazine to all my patients with celiac/gluten intolerances!

—Heather Thompson Reth  
NOVEMBER 6 AT 9:51AM

Your online magazine is EXACTLY what the gluten free & Celiac community is missing. Count on me reading it every week.

—The Gluten Gladiator  
NOVEMBER 4 AT 9:31PM

#### TWITTER

@birdlittlebird: Also, I just discovered @easyeatmag and now believe that everything is going to be a-okay.

22 NOV

@ElizabethEats: Love how @easyeatmag looks at gluten-free lifestyle through a positive lens. Beautiful photos, delicious recipes!  
<http://www.easyeats.com>

30 NOV

@GFTravelette: Just saw that my review of @easyeatmag Chicken Noodle Soup is up in their recipe vault. Neat! <http://www.easyeats.com/recipes/1111-chicken-noodle-soup>

30 NOV

@kumquatblog: wow wow! just found @easyeatmag #GF online magazine. absolutely drool-worthy food & gorgeous photography. well done @SilvanaNardone & crew!

3 DEC

@sewsueme: Suzanne Walsh Are you #glutenfree? Have u tried @easyeatmag's Fried Chicken Potpie Poppers?

They are scrumptious & you should go make some.

I baked mine.

3 DEC

@sewsueme: If you are #GlutenFree and miss pizza, I recommend making @easyeatmag's Pepperoni Pizza Cups.

11 DEC

# Introducing Pamela's WHENEVER BARS



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# easy ESS

WHAT'S NEW IN FOOD, HEALTH AND HOME

Fresh Start / Natural Beauty /



# SENTIALS

5-Minute Expert / Open Book / Taste Test / Treat Yourself



## Jam Sessions

Yes, freshly squeezed orange juice gives you a jolt of well-being and energy, but comforting marmalade lasts forever. —AMY HOWARD

**BUY** Oranges are available year-round, but their peak season is January through March. Look for those that are bright in color, firm to the touch and heavy for their size — this means they're full of juice.

**STORE** This citrus fruit will keep at room temperature for a few days. For longer storage, place in the crisper drawer of your fridge.

### HOW TO PEEL AN ORANGE

Try this easy method: First, cut into the orange near the top with a sharp knife and insert a metal spoon underneath the peel through the opening. Then, slide the spoon around under the peel and remove the peel in several large sections.

**HISTORY** In 1873, three navel orange trees were brought from Brazil and planted in Riverside, California. The trees started producing fruit in 1878. Today, one of the three original trees is still alive and producing fruit.

**FUN FACT** It's illegal to peel an orange in a hotel room in Los Angeles, according to Rick Smith's *You Can Get Arrested For That: 2 Guys, 25 Dumb Laws, 1 Absurd American Crime Spree* (Three Rivers Press, \$14).

**GOOD TO KNOW** Oranges contain more fiber than most other fruits and veggies.



## Instant Gratification

10 ways to enjoy oranges now:

1. Braise fennel with orange juice and orange segments for a refreshing side dish.
2. Toss oranges, cranberries and candied walnuts into a salad.
3. Stir in orange zest and swap in fresh-squeezed orange juice for some of the liquid in your cranberry muffin recipe.
4. Make orange butter: Take 1 stick of softened butter, 1 tablespoon orange zest and 1 tablespoon orange juice; mix to combine.
5. Add orange segments to jello molds for a fun, old-school dessert.
6. Add 1 sliced red onion and 2 navel orange segments to fish, chicken or pork when baking.
7. Make citrus salsa: Stir together 2 chopped oranges, 1 finely chopped jalapeño, 1 chopped red onion, juice of 1 lime and 2 tablespoons cilantro.
8. Saute orange segments with butternut squash chunks until softened, then sprinkle with brown sugar. Serve warm.
9. Make freezer pops: Combine orange juice and yogurt with a splash of vanilla extract and freeze.
10. Juice oranges and make mimosas (orange juice and champagne) or madras (vodka, cranberry and orange juice).

## Nature's Pharmacy

The season's produce isn't just delicious — experts believe it can make you feel better, too.



### Radicchio

With its peppery bite, this Italian chicory contains antioxidants that will boost heart health and support the body's metabolism.



### Acorn Squash

Its orange color reminds us that it contains beta-carotene, important for eye and skin health. Also, 1 cup contains just 63 calories.



### Clementines

A perfect anytime snack, this vitamin-rich citrus fruit provides about half the recommended daily dose of vitamin C.



### Wild Mushrooms

Mushrooms are a great source of the three B-complex vitamins, and some varieties even contain more potassium than bananas.



### Green Chicory

Chicory leaves are full of vitamins A, B complex, K, E and C as well as potassium, calcium, phosphorus, copper, zinc and magnesium.



### Avocado

With almost 20 vitamins and minerals in every avocado, this fruit is great for heart health while being a source of good fats in your diet.



### Kiwi

This tiny fruit's high dietary fiber content has been known to lower cholesterol levels and improve colon health.



### Broccoli Rabe

Just half a cup of cooked broccoli rabe contains 40% of your daily need of vitamin C.



### Banana

With around 20% of the recommended daily allowance for vitamin B6, bananas help support the immune system.



### Ugli Fruit

This fruit is a good source of vitamin C: A single serving delivers 70% of your daily nutritional needs.



### Artichokes

According to the United States Department of Agriculture, artichokes rank as the number one vegetable in terms of antioxidant count.



### Bok Choy

This winter vegetable is rich in folate and gives you 60% of the daily value of Vitamin A. It's also fat- and cholesterol-free.



### Chinese Cabbage

This vegetable not only has anti-inflammatory properties, but is an excellent source of folic acid.



### Spaghetti Squash

This squash contains omega-3 essential fatty acids and omega-6 fatty acids, good for preventing heart disease and inflammation.



### Salsify

Extremely high in fiber and potassium, this veggie has natural diuretic properties, which promote regular bowel movements.



### Romaine Lettuce

This lettuce's vitamin C and beta-carotene content make it a heart-healthy green.

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by



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**RED FLOWER AMBRETTE ORGANIC PERFUME OIL ROLL-ON**  
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**ARBONNE TRIPLE ACTION MASCARA**  
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## How can I bring passion—and compassion—into my life?

Feel great fast with these easy healthy-living tips from our experts.

### KNOW YOURSELF

Accept that you aren't 100 percent perfect; confront your own limitations. —*Keri Gans*

### TAKE TIME TO REFLECT

Meditation unlocks many doors. We all have the knowledge within us about what will truly make us happy. Make choices in your life based on this understanding of what you want, and you'll feel passionate because you are living your truth. We need to cultivate awareness and connection to our inner voice, our intuition, our higher self. This is the part of us that can be the guide to finding what we love, what makes us happy and what makes us feel passionate. —*Susan Blum*

### FIND YOUR INNER CHILD

Search your memory for something that excited you as a kid, like dance, music or art, and start doing it again. Our passions don't change all that much as we age, so it makes sense that something that was really fun when you were 8 might still be fun at age 48. —*Alice Domar*



### CELEBRATE NATURE

It's already in you, you just need to find it! Take a few minutes whenever you can to notice the beauty of your surroundings— in plants, water, fire, flowers, snow or sun. Animals, too, can teach us about passion and compassion. Recently I realized that my daughter's pet rabbit becomes anxious if she doesn't have a few moments of petting and love each day. I saw this as an opportunity for both of us: When I stop to give her some bunny love, I make sure I feel the love, too. —*Donielle Wilson*

### MAKE SOMEONE'S DAY

When I was 13 years old, I made a pledge to myself to reach out to someone else every day for the rest of my life. To this day, I've stuck to my commitment, no matter how down I am or how tough things get. It turns out that I get as much out of it—probably more—than the other people do. In fact, it's during those tough times that I get the most out of it. —*Danna Korn*

### SEE THE BIG PICTURE

Find a cause that stirs your soul. Whether it's helping a child, improving your community or campaigning for world peace,

working on something larger than yourself will ignite your inner passion. Nurture that cause every day. It will shape your life, giving you energy, determination and purpose. —*Alice Bast*

### BE PRESENT

Take a moment periodically during each day to breathe, both feet firmly on the floor, observing areas in your body that have physical tension. We can't connect with others until we're tuned in to ourselves. —*Sarah Rivkin*

### DON'T BACK DOWN

Passion comes from not being afraid to feel strongly about something. You'll make mistakes, and people may criticize you, but don't let that stop you. You'll have to expose yourself, but you'll be rewarded for your passion. Compassion, like passion, starts from within. It's not just an act—it's a way of acting. Compassion, for me, is often about doing my best to educate people to be healthier and to make better choices. I remind myself that I don't know everything, but the better I am at relating to people, the better I'll be at delivering my message. —*Stephen Wangen*

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## Words to Cook By

*The View* co-host and bestselling author Elisabeth Hasselbeck shares some of the tastiest bits from her new cookbook, *Deliciously G-Free*. Plus, her multigrain pizza recipe.

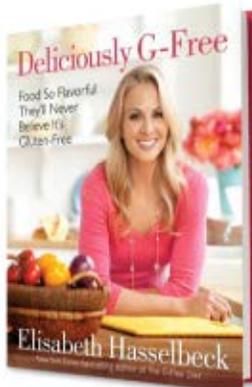
Being busy and gluten free might have meant that my family traditions would fade, but developing the recipes in this book and cooking from them regularly allows us all to continue to eat our favorite foods.

Food is more than an energy source or the experience of taste. It's a social catalyst, a thing that can bring people together, as it had in my childhood.

There's simply no reason to settle for something (as I once did) because it is the only option. Uninteresting and uninspired gluten-free cooking is a thing of the past!

Defrosting something you made earlier still counts as a home-cooked meal.

The real seal of approval comes to me in the form of "Wow, so good! May I have some more of that?" or "Yummy, Mommy. Can we have this again tomorrow?"



## Elisabeth Hasselbeck's Pizza

Recipe adapted from *Deliciously G-Free: Food So Flavorful They'll Never Believe It's Gluten-Free* (Ballantine Books, \$30)

**SERVES** 8

**PREP TIME** 5 min

**COOK TIME** 10 min

1 cup warm water (about 110°), plus more if needed	1 envelope (about 2 ½ teaspoons) active dry yeast
2 eggs	2 teaspoons salt, plus more to taste
2 tablespoons plus 2 teaspoons olive oil	2 teaspoons xanthan gum
One 15-ounce can chickpeas, drained and well-rinsed	Nonstick cooking spray
1 ¼ cups brown rice flour	One 28-ounce can diced tomatoes, drained
1 cup sweet sorghum flour	2 cups grated part-skim mozzarella cheese
1 cup millet flour	¼ cup fresh basil leaves, torn
¾ cup potato starch	

- 1 Place the water, eggs and 2 tablespoons of the olive oil in a small bowl and whisk to combine.
- 2 Place the chickpeas in a food processor fitted with a dough blade or in a standing mixer fitted with a dough hook; pulse until the chickpeas are chopped, but still chunky. Add the rice flour, sorghum, millet, potato starch, yeast, salt and xanthan gum. Pulse the mixture while gradually adding the warm water mixture until the dough forms a ball around the blade or hook.
- 3 Adjust the texture of the dough as necessary by adding more warm water if it's too dry, or a little flour if it's too wet, as you pulse it in the processor. The dough should have a soft and supple but not sticky texture, and should spring back softly. I like to knead it a few times by hand to make sure the consistency is still soft but elastic.
- 4 Coat a large bowl with cooking spray. Place the dough in the bowl, cover it with plastic wrap, and let it rest at room temperature until it has doubled in size, 1 to 2 hours.
- 5 Punch the dough down and flatten it on a pizza pan or screen. Cover the dough with a dry dish towel and let it rest for 15 to 20 minutes.
- 6 Meanwhile, preheat the oven to its highest temperature. Remove the towel and top the dough with the tomatoes, mozzarella and fresh basil. Sprinkle with salt to taste and drizzle with the remaining 2 teaspoons olive oil. Bake for 15 to 20 minutes, until the crust has browned around the edges and the cheese is bubbly. Serve immediately.





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## Bar Hop

We've all reached for an energy bar as an instant snack or pre-workout boost. But with so many options on the market, it's hard to know which ones really stand out from the crowd. These bars made our cut.

—SILVANA NARDONE

**BEST DAIRY FREE**

## Zing Cashew Cranberry Orange

With a combination of cashew butter, tart cranberries and orange zest, these Zing dairy-free bars were a hit with testers. They “lived up to their name.” (\$31.95 for 12; [zingbars.com](http://zingbars.com))

**BEST KIDS'**

## Bobo's Oat Bars Peach

Tasters thought that these vegan bars make the “perfect kids’ snack,” with their “baked oatmeal square” taste and airy texture. Panelists also noted that the flavor was reminiscent of “summer peach pie.” (\$37.60 for 12; [bobos oatbars.com](http://bobos oatbars.com))

**BEST FRUIT & NUT**

## Think Thin Crunch Blueberry & Mixed Nuts

Taste testers were happily surprised that these dairy-free bars were “not cloyingly sweet” and had a high protein count to “satisfy midday cravings.” (\$16.90 for 10; [thinkproducts.com](http://thinkproducts.com))

**BEST OAT**

## Pamela's Whenever Bars Oat Raisin Walnut Spice

One bite and testers thought they were eating “a homemade oatmeal cookie.” They agreed that “kids will love the flavor” and “moms will love that they're healthy” (\$23 for 30 bars; [pamelaproducts.com](http://pamelaproducts.com))

**BEST FAIR TRADE**

## Organic Alpnack Fair Trade Espresso, Chocolate & Hemp Nuts

Tasters loved this bar's addictive “crunch factor,” plus, with all profits going to hemp advocacy, they “felt good about eating them.” (\$30 for 12; [alpnackinc.com](http://alpnackinc.com))

**BEST GREENS**

## Raw Revolution Organic Greens Super Food Bar Apple Cinnamon

Testers agreed that this raw bar has a “nice chew” and they liked that it didn't taste “too green,” even though it's loaded with spirulina, chlorella and kale. (\$35.99 for 20; [rawrev.com](http://rawrev.com))

**BEST LOW SUGAR**

## NuGo Slim Raspberry Truffle

Panelists felt that these bars, with their low glycemic index, had the rare combo of being both “indulgent and guilt free.” (\$21 for 12; [nugonutrition.com](http://nugonutrition.com))

**BEST PROTEIN**

## NoGii Super Protein Bar

The crispy rice texture and chocolate coating of this bar, not to mention its whopping 30 grams of protein, make it, “a great on-the-go meal replacement.” (\$45.72 for 12; [nogii.com](http://nogii.com))

**BEST TREAT**

## Pure Organic Chocolate Brownie Bar

Testers agreed that this bar “tastes just like a brownie with nuts.” They also liked that it was nutritious, too. (\$21.99 for 12; [thepurebar.com](http://thepurebar.com))

# Gluten-free, Goodness Loaded

Rudi's Gluten-free Bakery bread is certified (GF) but very worthy of your ♥ .  
Each delicious slice has real fresh-bread taste to make the whole ☺ happy,  
bring a ☺ to your day and add ☀ to your life.



All-natural ingredients. ♥ No artificial ingredients or preservatives.  
Soy and dairy free. ♥ Soft delicious texture.

  
**Rudi's**  
gluten-free bakery

[www.rudisglutenfreebakery.com](http://www.rudisglutenfreebakery.com)  /rudisglutenfreebakery

Certified  
  
Gluten-Free

## My Sweet Valentine

On the most romantic day of the year, let these treats be your definition of true love.

— **JACQUELINE RAPOSO**

### La Maison du Chocolat

The secret to these rich, classic truffles? Smooth Champagne Cognac ganache is robed in silky melted dark chocolate, then dusted in cocoa. (\$55 for a 32-piece box; [laimaionduchocolat.us](http://laimaionduchocolat.us))

### Twin Cakes Bakery

These raw, vegan and organic truffles are nutrient-dense, but you'd never know it. This is a treat you can definitely feel good about. (\$10.95 for 12; [twincakesbakery.com](http://twincakesbakery.com))

### Mariebelle

Whimsically painted with romantic scenes, Mariebelle's Valentine Stories combine single-origin chocolate with classic flavor combinations. Each chocolate comes with its own illustrated story to enhance cuddle-time sharing. (\$45 for a 16-piece box; [mariebelle.com](http://mariebelle.com))

### Candy's Cake Pops

Sweet and playful, these devilishly-dark chocolate cake treats dipped in chocolate and sprinkled with candy hearts will make anyone swoon. (\$29.99 for 12; [cakepops.com](http://cakepops.com))



## Gnosis Chocolate

The handmade Aphrodisia bar is packed with romance-enhancing ingredients like sweet figs, raspberries, maca root and blue-green algae for a body-happy, organic sweet that also happens to be kosher, raw and vegan. (\$9.25 for a 2-ounce bar; [gnosischocolate.com](http://gnosischocolate.com))

## Macaron Café

Nothing says “ooh-la-la” like a classic, naturally gluten-free French macaron. With flavors like rhubarb, caramel fleur de sel and cassis, you can mix and match your gift box for the full Parisian experience. (\$16 for a box of 6; [macaroncafe.com](http://macaroncafe.com))

## Romanicos

With creamy centers and a pop of crunch, Romanico’s Truffle Bites are made with love—and premium Venezuelan chocolate. (\$22 for a 12-piece box; [romanicoschocolate.com](http://romanicoschocolate.com))

## Rescue Chocolates

Smooth little Wild at Heart dark chocolates are filled with peppery raspberry ganache, and with all net proceeds going to animal rescue groups, your own heart will feel extra-sweet for indulging. (\$10 for box of 6; [shop.bybrooklyn.com](http://shop.bybrooklyn.com))



## Pop Stars

Want to make your own cake pops? Sweet success is as easy as 1-2-3.

— **JACQUELINE RAPOSO**

**1** Refrigerate cake and frosting balls before rolling, then chill in the freezer before dipping.

**3** Place pops upright in a foam block (available at craft and baking stores) for a smooth finish.

**2** Dip the candy sticks into chocolate before inserting into the cake ball for added security.

CLICK FOR RECIPE





# INDULGE WITH GLUTEN [and guilt] FREE SNACKING

With more and more gluten-free products being added to grocery store shelves every day, it can be more overwhelming than ever to find great-tasting options that meet your unique dietary needs. In fact, according to the market research group, Packaged Facts, the U.S. market for gluten-free foods and beverages is projected to exceed \$5 billion by 2015.

## SO WHAT'S A GLUTEN-FREE GIRL TO DO? ESPECIALLY WHEN SHE'S SUFFERING FROM A SNACK ATTACK?

Enter riceworks®, a line of whole grain brown rice crisps that are gluten-, cholesterol- and wheat-free; contains no MSG, preservatives or trans fat; and is vegan- and celiac-friendly. What began as a quest by one of the largest rice growers in California to create a unique snack has evolved into one of the most trusted gluten-free snacks on the market today. These whole grain brown rice crisps have even been praised by the likes of *O, The Oprah Magazine*, *Rachel Ray*, *Real Simple*, and *Health* magazine.



Enjoy riceworks right out of the bag, but for a twist, try your favorite snack at mealtime with these delicious [recipes](#).

Riceworks are available in Sweet Chili, Sea Salt, Salsa Fresca, Tangy BBQ, Parmesan Tomato and Sea

Salt and Black Sesame. They are sold throughout the United States, Canada and Great Britain.

While riceworks fans recognize these whole grain brown rice crisps as “sinfully delicious,” this gluten-free snack still offers guilt-free enjoyment, and is an ideal solution for your daily struggle between good and evil snacking.

In fact, riceworks has recently launched a Facebook app allowing consumers to release their snacking guilt. When consumers visit the riceworks Facebook page, they can confess their snacking sins via Webcam, by uploading a video or submitting text. And don't worry; everyone's snacking sins will be secret – users are able to conceal their identities. With a clear conscience, confessors receive a coupon for \$1 off a bag of riceworks to help stave off the next snack attack.



You can help others confess their snacking sins by sharing your confession with your Facebook friends and Twitter followers, and help spread the word that riceworks®—Tastes Evil, But Isn't™.

For more information, please visit [riceworks.com](http://riceworks.com)

**CONFESS YOUR SNACKING SINS ▶**