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Eating rice cakes is like chewing on a foam coffee cup, only less filling. ~Dave Barry

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Glutenfreeda Chocolate Minty Python Cookies

August 20, 2008 | Reviewer: [Abi](#)



Price: \$5.00 on sale (not cheap)

Serving: 1 cookie, 1.33oz.
Servings per package 12
Calories: 133
Fat: 6%, 4g
Cholesterol: 8%, 23mg
Sodium: 4%, 85mg
Protein: 1g
Carbohydrates: 8%, 23g
Fiber: 3%, 1g
Sugar: 13g
Weight Watchers Points: 3 Points each



Glutenfreeda says: Dark chocolate cookies with a hissss of mint!

Abi says: Cookies are nature's perfect food. They're hand sized (George's hand shown), crispy on the outside and chewy on the inside, full of whatever pleases you (chocolate, fruit, peanut butter) and can be tossed in a ziploc bag for later snacking.

Unfortunately for folks allergic to gluten, nature's perfect food often comes in an imperfect form. Gluten-free cookies are usually sandy or chalky or crumbly. Sure, they might be delicious (see Trader Joe's Gluten Free Peanut Butter Cookies), but if they fall apart in your hands & fail to travel well, then they lose the very versatility that makes cookies so prized.

Right away you'll notice two things about these cookies: they are big and they are chewy. The cookies come in at 1 1/3 ounce each, making for a generous amount of dark, minty chocolate goodness. Usually, frozen and refrigerated cookies are in 1 ounce portions. Glutenfreeda's cookies include xanthan gum as a substitute for the gluten that makes chewy cookies - well, chewy.

Glutenfreeda's website features a ton of testimonials regarding the 'realness' of these cookies, so many that I get the impression that people have been suffering in wait of a truly good gluten-free cookie. And you know what? You don't have to be celiac to enjoy these.

The baking instructions say:

Bake Real Cookies directly from the freezer. Pre-heat oven to 325 degrees. Place Real Cookies on an ungreased baking sheet about 3 inches apart. Bake for 20 minutes. Allow a couple of extra minutes baking time. Remove from oven and let cool slightly, then remove them to a rack or directly into your mouth, pausing occasionally to breathe.

But 20 minutes is a really, really long time to bake cookies. I recommend trying a small batch at 15 minutes and seeing how you like that first. The cookies come in a tub with a lid, so you can easily pull out a few for a quick treat or midnight snack. You know, if you feel like preheating an oven and waiting 15 minutes for some cookies to bake. Some deeply chocolatey, chewy, minty cookies.

Now, just because something is Gluten-free or wheat-free or whatever the catchphrase or allergen popular these days doesn't mean it is healthy. These are cookies. They contain butter and chocolate and sugar. They are not health food. They *are* delicious.

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