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[New Wheat Free Vegan Treats From Whole Foods!](#)

Posted on 10. Sep, 2010 by [kris](#).

Hello!

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Phew! What a busy day today. How are you?? Anything new and exciting I need to hear about??

Since we last spoke, I met my mom and nana for lunch and coffee, hoofed it around the mall looking at all the new fall clothes, browsed for a new desk and chair,



Saw a “sperm” chandelier



and grocery shopped at Whole Foods.

Came home, worked, walked the pooch, played fetch (*yes my wiener dog retrieves...not many do. [Kristina](#), does Basil??*) and heated up leftovers. Hahaha, dinner again was nothing fancy. Not even post worth, but it looked something like this:



But....after dinner is what we are talkin' about.....



Wheat Free, Vegan Treats purchased from Whole Foods!!

Come to me cranberry lemon muffin.....

OMG, these cookies from [New Moon Kitchen](#) are the bomb! Vegan without and “crap-o-la” in them!



This is my DREAM to bake like this company does 😊 Seriously, you would never know they are wheat free! Try them out....cause I told you so 😊

I had one of these cookies, while Ryan had his muffin.

Today while out an about with half of the fam, I realized how grateful I am to be so close with my family. Some people may not live close to their loved ones or even have the ability to talk with them as much as they would like too. I didn't really think about it until the 3 of us were driving home jamming and dancing with the music pumped up. I am one lucky lady!



Thanks for the mucho great day Nana (who invited us out and treated us to lunch and a starbucks 😊)

Its so funny listening to my nana who just turned 72 talk about “googling” and MSN chat! Hahaha, common nana, join [Facebook!](#)

I am off to shoot a video for the bloggie and get my relaxing time on!

What is your Favourite brand of wheat free cookies?? I thought mine were the best until I tried these! Ok, going back for another cookie.....jeez

Have a great night!

To Your Glam Life,

xxoo






Kris Britton

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-  Dani (@ Body By Nature: AW, I love this mission! I'm gonna do it :)...
-  kris: Hahah, i re-read it a couple times and gathered th...
-  kris: Hahaha!!! Get the sperm light and watch it change...
-  kris: Thank you my friend ;) I love it too!!...
-  kris: Hey love!! Haha....am I allowed to say sperm on...

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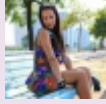


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