

# Accidentallocavore®

Dear Friend,

If you've ever had food allergies you know how tough it is to find snacks that are safe to eat. Thanks to a recent CIA grad, [you can now snack safely](#).

Because I've had nut allergies in the past, I've been making my own granola for a while. [Here's my recipe](#) using my favorite caramel sauce. Think Cracker Jack for breakfast!

How about some bright end of summer flowers for the [September calendar](#)?

Wouldn't your food loving friends like to get a treat every Tuesday? Forward this to them and they [can sign up for the newsletter](#). Or click the icons above to send to a friend, share on Twitter, Facebook, or LinkedIn.

Enjoy!

Anne



## Emy Desserts: Making Snacking Safe for Everyone

If you or anyone you know have ever suffered from a food allergy, you'll want to know about Emy Desserts.

If you or anyone you know have ever craved delicious, sweet snacks, you'll want to know about Emy Desserts.

[Emy Desserts:](#)



## Crunchy Caramel Granola

I started making my own because it's easy and you control exactly what goes into it.

Everything you like – nothing you don't.

[Caramel Granola:](#)



## September Calendar

Time for sunflowers and other bright end of summer flowers.

[Download the Calendar](#) and right click to make it your desktop wallpaper.

[Calendar](#)

Accidental Locavore

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