



## Cole's Moveable Feast, Inc.

Allergy-Free Sweets and Treats

Custom Desserts & Food Allergy Consulting

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

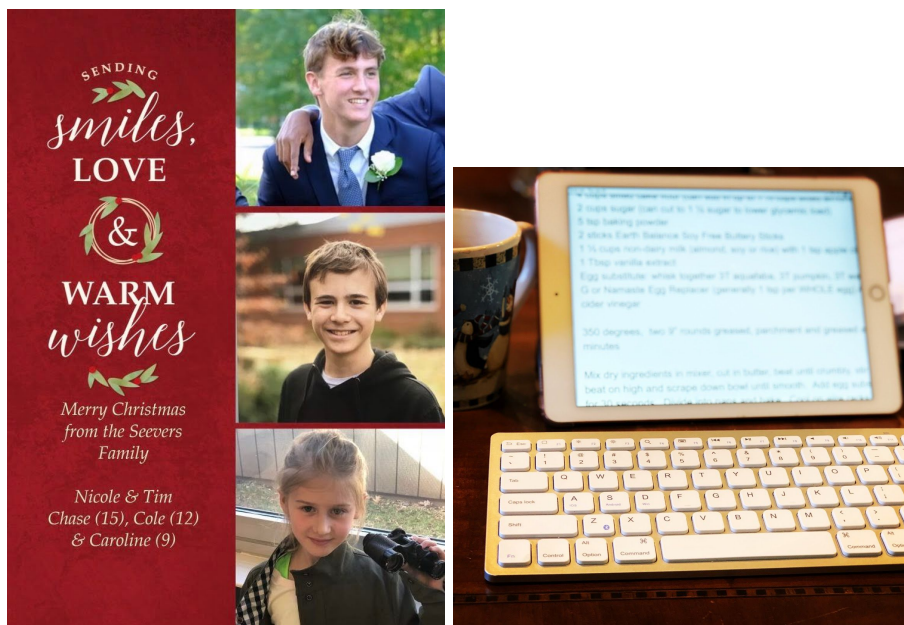
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### Winter 2019



Happy New Year! The CMF family had a lovely and quiet holiday, and I hope you did, too. As you know, I wasn't able to accept every order, which breaks my heart, but I'll keep working on that. In the meantime, if you're a CMF social media follower, you know I'm pressing forward with the cookbook. The first draft is starting to come together. There's testing and photography and a whole lot of editing to do, but in the meantime, if there's a recipe you really want to see in the book, please text or email me. I'm here to bake for you when you can't or don't want to, but

I also want to empower anyone who struggles with food allergies or dietary restrictions. I've thrown away hundreds of failed goodies, you don't have to!

In the meantime, if you get a hankering for something comforting but healthy, consider this month's featured item: morning glory muffins. They're packed with carrots, apples, pumpkin, ground flaxseed, coconut and other good things.



I'll sign off with my usual TAKE GOOD CARE OF EACH OTHER ~ it's cold and the days are short, this is when you really need to connect with the people you love.

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**IMPORTANT ALLERGY INFORMATION:** It is my dream to provide delicious treats for everyone. I go to great lengths to ensure that utensils, machinery, equipment and work areas are sanitized between use. I read all ingredient labels very carefully. If an ingredient indicates that it may contain or has been made on equipment that also processes your specified allergen, I will not use it in your order. All assistants are trained on the importance of best practices for avoiding food allergies, so that I can provide treats with as little exposure to cross-contamination as possible. Please note, however, that there may still be particles in the air. In addition, although I use the highest quality ingredients, ingredient manufacturers sometimes fail to label cross-contamination risks. If your food allergy is life-threatening, please call [\(917\) 531-4409](tel:9175314409) to discuss the risks before ordering or consuming.

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You are receiving this because you have ordered from CMF, or you signed up online to receive weekly news. If you wish to stop receiving emails at any time, just reply "unsubscribe." I'll try not to take it personally!