

Delightful Pastries: An Enjoyable Healthy Eating Experience in Chicago

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Image Courtesy of Kurman Communications, Inc.

Is it at all possible to combine the words "nutritious" and "bakery" into a single sentence? Believe it or not, it is!

Last week I was invited to attend a tasting at Delightful Pastries, a popular Chicago bakery located in the historic Old Town neighborhood on the city's North Side. Although this bakery has been widely popular among health conscious folks in the Chicagoland area for over a decade, it was the very first time I'd ever dined there.

As a healthy foodie, I really didn't know what to expect upon my arrival to the place. I just couldn't fathom the possibility of consuming anything of nutritive value at a bakery. However, I was pleased to discover that Delightful Pastries uses premium ingredients in all their preparations in an effort to boost the overall nutritional quality of foods that would otherwise be quite unhealthy.

They offer a wide array of breads, croissants, pies, cakes, cookies, and savory items such as soups, sandwiches, salads and quiches, all of which are prepared fresh with all-natural, organic ingredients. Now, while no croissant or cookie will ever supply the nutritional benefits of say a sweet potato or an apple, Delightful Pastries makes it a whole lot easier to indulge in classic bakery-style comfort foods in a semi-guilt free way.