



Taste the Difference!

Hi, My name is Laura Savinovich. I am the founder of and head baker at Snackin' Free, a completely dedicated gluten, grain, dairy, soy and peanut free bakery cafe in Murrieta, Ca.. I started on this journey after suffering for several years with the pain, weight gain and severe fatigue associated with



Rheumatoid Arthritis. I come from a family with a long history of Auto Immune Disease. in the last 3 generations all the females, from my mother to my daughter, has some form of Auto Immune Disease

ranging from Scleroderma and Pemphigus to Hashimoto's and Lupus. In 2003 I was diagnosed with moderate RA and in 2010 I learned about something that would literally change my life, the "Paleo Lifestyle". I decided to do some extensive research before jumping in with both feet, clearing all the cupboards, and disrupting everyone's life but soon found that finding tasty foods that adhered to my new strict dietary guidelines proved very difficult so I knew I had to make it myself.

I began by searching through my own family recipes and then started scouring the book stores and internet to find recipes that could be transformed into those tasty treats and baked goods I remembered and was unable to find in the stores. After much experimentation, reformulation and manipulation, with ingredients that were foreign to me, I began to test my creations on family and friends with great results. Now at Snackin' Free we offer everything from the best paleo breads and tortillas, salad dressings and barbecue sauce, to cookies and cupcakes all without containing any gluten, grain, dairy, soy, peanuts, processed sugars or artificial ingredients.

Stop in and enjoy one of our many sandwiches, salads or pizzas made fresh for you while you wait or look us up online and fill your shopping cart there.

I started on this path in search of a non -invasive way to improve my own health in my home and I have been able to achieve that goal through food. I now feel very fortunate and privileged to be able to share our food, experiences and knowledge with those like me who are living with strict dietary restrictions

I wish you all Health and Happiness and hope that you'll join us at



Business Hours

Tues - Fri 8:00 - 6:00

Sat - Sun 9:00 - 5:00



www.snackinfree.com
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