

**YOU'LL BE BOWLED OVER BY GF CEREAL CHOICES**

# Gluten-Free

LEADING THE WAY TO A HAPPY, HEALTHY GLUTEN-FREE LIFE

**Living™**

## Quinoa

**Why it's safe on  
the GF diet**

### **Excellent Eggs**

**Recipes not just for  
breakfast anymore!**

### **California Dreamin'**

**Eating along the coast**

### **Mexican Menu**

**Chef's secrets to south  
of the border cuisine**

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**Great tips for Grandparents of GF kids**



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### Cracker with a healthy crunch

Tired of crackers that offer a lot of crunch but not enough nutritious munch? Lesley Stowe offers a solution with its newly launched line of gluten-free Raincoat Oat Crisps made with oat flour certified by the Gluten Intolerance Group's Gluten-Free Certification Organization (GFCO). The crisps come in Original and Rosemary Raisin and are made with pumpkin, flax and sesame seeds. They contain 4 grams of dietary fiber and between 4 to 5 grams of protein per serving depending on the cracker variety. They also provide about 10 percent of the daily iron requirement and 8 to 10 percent of the daily serving of calcium per serving.

➔ [lesleystowe.com](http://lesleystowe.com)



### Ice cream from original Indian recipe

Kaurina's Kulfi Bars put a premium on pure, simple ingredients. The gluten-free frozen treats are made from an original Indian ice cream recipe that uses cooked milk from vegetarian-fed, hormone-free cows, cane sugar and natural ingredient flavors. They are free from eggs, preservatives and artificial additives. The bars come in flavors like Pistachio Almond, Mango and award-winning Malai. The Malai bar helped Kaurina's land first place as Grand Champion at the 2012 World Expo Dairy Championship. The Kulfi bars also got first-place honors in the Creative and Innovative Products category.

➔ [kaurinas.com](http://kaurinas.com)



### Salsa moves from TV to your kitchen

Papalote Mexican Grill is now offering consumers nationwide its popular salsa featured on an episode of Bobby Flay's *Throwdown*. The San Francisco restaurant also received praise for its Roasted Tomato Salsa from publications like *USA Today* and *Chow Magazine*. The salsa's success has led to the creation of Papalote Salsa Trading Company, which makes three flavors. The gluten-free, vegan, all-natural salsas come in original House Salsa, Serrano-Tomatillo and Habanero.

➔ [papalotesalsa.com](http://papalotesalsa.com)



### Dinner in no time

Slow cookers are the perfect kitchen appliance. They do all the work of preparing a satisfying meal with the addition of several ingredients and the push of a button.

To make slow-cooker meals even easier, Delicàe Gourmet has introduced a line of all-natural, no added salt, gourmet slow-cooker dinner and soup kits. Twenty-two of the kits are gluten free, including Hawaiian Luau Sweet & Sour Chicken, Big Easy Jambalaya, Hillside Vineyard Tuscan Chicken and Rocky River White Bean Chili, as well as slow cooker soups like Caribbean Black Bean Soup, Luck of the Irish Potato Leek and New England Clam Chowder. The kits require five to eight minutes of prep time in the morning, which includes adding water or broth to the kits, meat if it's called for and one or two additional items depending on the kit.

➔ [delicageourmet.com](http://delicageourmet.com)





## A love affair with cassava

Mark Hetzel, a graduate of the Culinary Institute of America and a pastry chef with 25 years of experience, was interested in flour made from the cassava plant. That interest grew into Moon Rabbit Foods, a line of GFCO gluten-free cassava baking mixes. Hetzel likes both the flavor the flour provides as well as the fact that it helps retain moisture in gluten-free baked goods. The line of mixes includes biscuit and scone mix, brownie mix, and pancake and waffle mix as well as focaccia and pizza dough.

➔ [moonrabbitfoods.com](http://moonrabbitfoods.com)



## A fruity cracker

It's not often that a cracker works just as well with cheese as with chocolate, but Simple & Crisp crackers are perfect for both because they are made from versatile organic dried fruit. The crisps are light enough to enhance a wide variety of flavors and come in apple, orange and pear.

➔ [simpleandcrisp.com](http://simpleandcrisp.com)



## Skip the clean up, prevent cross-contamination

If clean up is your least favorite part of baking, If You Care Baking Pans could be a great addition to your kitchen supplies. And if cross-contamination is a concern, they might be the solution you've been looking for. The cake/pie and loaf pans are made out of paper and designed to be used once and then recycled. They are environmentally friendly with paper from FSC certified forests that is unbleached and chlorine free. The pans are free of allergens and are vegetarian and vegan friendly. They do not require greasing and are oven safe up to 425 degrees as well as microwave safe.

➔ [ifyoucare.com](http://ifyoucare.com)



## A perfect date

NutriFit's High & Mighty Sun-Date Bars are made with dates to provide both fiber and taste. The bars are gluten free, all-natural, trans-fat, nut, dairy and preservative free. They are made with easily identifiable ingredients, including gluten-free organic old-fashioned rolled oats, brown rice cereal, organic unsweetened coconut and organic dates. The bars pack 3 grams of fiber and 5 grams of protein in fewer than 175 calories. The bars were created by celebrity wellness coach Jackie Keller, who has been featured on national television shows including *The Today Show* and *The Biggest Loser*.

➔ [nutrifitonline.com](http://nutrifitonline.com)



## More chocolate with a conscience

Endangered Species Chocolate just launched two new dark chocolate bars — Natural Dark Chocolate with Cherries and Natural Dark Chocolate with Sea Salt & Almonds — made with 72 percent cocoa.

The bars join Endangered Species Chocolate's line of certified gluten-free milk and

dark chocolate bars made with ethically traded, shade-grown cacao and natural ingredients.

If the flavors are not enough to entice you, 10 percent of the company's net profits are donated to help support species, habitat and humanity.

➔ [chocolatebar.com](http://chocolatebar.com)

