

# Mix it up

BY JENNIFER HARRIS

NEWS, TIPS, REVIEWS, ADVICE AND MORE



**TOP 10: GF, VEGAN  
PRODUCTS AT  
TRADER JOE'S, page 12**



## Kids' tips: Back to school

BY GRACE LACERDA, GUEST COLUMNIST

I have been eating gluten free since I was diagnosed with celiac when I was 2 years old. I have spent a lot of time in the 11 years since trying new products and coming up with helpful strategies for living gluten free. Here are some of the strategies that have worked for me.

### MORNING MADNESS

Starting middle school presented new challenges for me food-wise. I needed to be out of the house much earlier, so I had to come up with quicker, easier breakfast options. On mornings when I'm in a rush to leave, I'll grab Van's Gluten Free Waffles when they pop up out of the toaster as I run out the door.

Other mornings, when I have a little more time, I might have a quick bowl of Erehwon Crispy Brown Rice cereal or Glutino Gluten Free Premium English Muffins. These products make the start to my day yummy and quick.

### BROWN-BAGGING IT

I typically don't buy school lunches; I bring my own.

**GRACE'S TIP**  
Always toast the bread before making your sandwich. It results in a softer taste by the time lunch rolls around.

Most days, I'll make a sandwich with my favorite bread, Three Bakers gluten-free white bread. I have made many attempts at finding the perfect bread, and Three Bakers has been the best for me.

And, of course, you need sides with your sandwich. Some gluten-free items I choose are Light & Fit Greek Yogurt and a Nature Valley Protein Chewy Bar (my favorite is the peanut butter dark chocolate, but there are many kinds to try).

### AFTER-SCHOOL SNACKING

When I'm hungry after school, my go-to snack is Snikiddy Grilled Cheese

Baked Puffs, which taste like Pirate's Booty but lighter and creamier. They are very filling and a great way to hold you over until dinner.

### PEER-TO-PEER ADVICE

Kids with a gluten intolerance need to take charge of their eating lifestyles. Don't be afraid to ask questions and look into things yourself. I used to never want to ask what items were gluten free or if I could eat something. I was too nervous. But I eventually realized that the more I asked, the more comfortable I've become with my gluten-free diet. Others are there to help, but no one knows more about your eating habits than you do.



*Grace Lacerda is a 13-year-old middle school student in Massachusetts.*

### GRACE'S 5 FAVORITE GLUTEN-FREE PRODUCTS

1. Pamela's Baking & Pancake Mix
2. Jessica's Natural Foods cake mixes
3. Perdue Simply Smart Gluten Free Breaded Chicken Breast Tenders
4. Udi's blueberry and double chocolate muffins
5. Glutino's Pretzel Twists & Original Crackers



## Top 5: Tips to teach gluten-free baking

We have all been in this situation at one point or another: You arrive at a get-together where the host has baked something special just for you. Your host is excited to surprise you with the treat, not realizing the thoughts about ingredients and cross-contamination racing through your mind. Anxiety sets in, and you wonder how you can avoid eating the dish.

To prevent this and similar situations, talk with your loved ones about gluten-free baking, including the safest utensils and your top brand picks. Jump-start the conversation with these five tips:

### 1. Be polite.

In cases like the one above, a caring person has purchased or prepared something special to keep you from feeling left out. Even if you are concerned, thank your host for thinking of and including you.

### 2. Shop together.

Show those who want to learn how to spot gluten-free items and read labels in the grocery store. Point out some mixes and flour blends that you recommend for the most impressive baked goods.

### 3. Share recipes.

Prepare one of your favorite gluten-free recipes together. Start with a simple one that you have a lot of experience baking.

### 4. Gift new kitchen tools.

To show how much you appreciate the effort, deliver a basket of new baking gear, such as a spatula, rolling pin, whisk, oven mitts, cake or pie pans, to be used exclusively for gluten-free baking.

### 5. Bake it a team effort.

Prepare the dish together so that you can show your baking buddy how to handle any issues that may arise. This will help build his or her confidence in gluten-free baking while illustrating just how scrumptious it can be.

## Top 5: GF, vegan must-have lunchbox items

Something crunchy, something salty and something sweet—the three rules of lunch packing haven't changed much since I was a kid, but the options have drastically improved in flavor, protein and appeal.

Since it is time to stretch those lunch-packing muscles, we thought a little inspiration was in order and put together our top picks. All these products are school safe—meaning nut free—as well as flavor forward and protein packed. Kids won't need to trade them because they taste great. And no one would guess they are gluten free and vegan.

**1** The new snack cups from **Wholly Guacamole** pair guacamole with just the right amount of crunchy tortilla rounds. Made from hand-scooped Hass avocados, this guacamole comes in three varieties—Classic (mild), Homestyle (medium) and Spicy (hot). The snack cups are available at Walmart stores in the produce section and select convenience stores nationwide.



**2** **Biena's** roasted chickpeas are light and crispy with all the protein, fiber and nutrients of whole chickpeas. Available in kid-approved flavors like ranch, honey mustard, and sour cream and onion, they have less fat than chips without sacrificing any crunchy goodness. And they come in sweet flavors, too!



**3** This is no ordinary hummus—**Lantana Foods** is all about bold flavors paired with unexpected ingredients. Its flavor combos create a versatile hummus for spreading on sandwiches and dipping. Cucumber, white bean and edamame are its core flavors, but we love the sriracha carrot and beet. Its new breakfast hummus—strawberry made with white beans—tastes fabulous on waffles, toast and pancakes. Look for its striped lids at national retailers.

**4** **MyBread's** flatbread pita is the versatile bread option of your dreams. Toast and cut into pieces for dipping, use as sandwich bread, turn it into pizza or fill it as a wrap. By sheer design, this pita encourages creativity. Made in a dedicated gluten-free and nut-free facility, MyBread comes in original and ancient grain with chia and flax.

**5** **Enjoy Life Foods'** protein bites are a decadent dessert that provide the protein boost needed to power through the rest of the day. Packed with up to 7 grams of plant-based protein, these chocolatey, truffle-like bites are the perfect end to a tasty lunch.



## Three cheers for award-winning gluten-free beer

In less than a year in business, Güten Beer has taken the gluten-free beer industry by storm after winning top honors in its first-ever 2018 World Beer Cup in May at Music City Center in Nashville, Tennessee. The veteran-owned and -operated company uses 100 percent gluten-free ingredients to create a complex and rich flavored lager that is light and refreshing.

Not all beers created for the gluten-free community are gluten free. Some are made with gluten-containing ingredients and use enzymes to remove gluten, with the label marked accordingly. These beers can contain gluten, which is why drinking beer made with gluten-free ingredients is highly recommended.

It took Güten Beer years to perfect the recipe for its full-bodied lager and succeed where other companies, despite being in business for years, have failed. How did the company do it? We sat down with Chris Schneider, one of the managing members of Güten Brands LLC, to learn more about this award-winning brand.

**Gluten-Free Living:**  
**What is the inspiration behind this world-class beer?**

**Chris Schneider:**  
The inspiration came

from founder Todd Ehrlich, who is a very successful entrepreneur with multiple businesses. He founded the recovery drink Kill Cliff, which is also gluten free, and Güten Brands LLC, owner of Güten Beer. He thought it would be cool to start a beer company that produced gluten-free—not gluten-removed—beer that tasted amazingly refreshing.

**GFL: Did the World Beer Cup win come as a shock? How many other gluten-free beers were you up against?**

**CS:** I would say the actual award came to us not as a shock but more of an awakening that we do in fact have an amazing beer. We all knew through the trial process that once we dialed in the right formula, we had an amazing gluten-free beer on our hands. There were, I believe, 28 entries from around the world in our category. We were going up against others who have been doing this for years, and it was a great feeling to learn that our beer won gold having been in the market for less than seven months.

**GFL: What ingredients are used?**

**CS:** The main flavor profile you or anyone is tasting are the actual base ingredients that we use in the brewing process, which are all 100 percent gluten-



free grains. We use millet, buckwheat and sorghum in its unique proprietary formula to dial in the flavor. We aren't starting with grains that contain gluten then reducing the amount of gluten traces in our final product.

**GFL: Why a lager and not an ale or an IPA?**

**CS:** We at Güten Brands LLC set out to create a beer that was light, easy to drink and something that was cooler/fridge/party ready.

**GFL: Güten Beer is made by Sleeping Giant Brewing Company in the Rocky Mountains, but distributed only in Georgia—why?**

**CS:** We established our company in Georgia and wanted to bring our product to our backyard after our first production run. We brew through a contract brewery that was specifically capable to handle our needs of producing a 100 percent gluten-free beer.

**GFL: When will you expand beyond Georgia?**

**CS:** Since we won the gold award for best gluten-free beer in the world, we are taking a hard look at expanding our operations and distribution. The exposure is great, and it's awesome to see where this brand can and will go, but we will need to ensure we take the necessary steps to best grow the brand and the business.

**GFL: Are there any new flavors on the way?**

**CS:** We are looking to grow Güten Beer's lineup moving forward but don't have any details to share at this point.

**GFL: The beer is currently only available in cans. Are you considering kegs for serving in bars and restaurants?**

**CS:** We have discussed the idea of kegging Güten Beer, which would be sweet! Who knows, that's part of our short- and long-term plans as we continue to ride this gold award and look to expand the brand.

Cheers!



# Even more GF bakeries and restaurants!

Huzzah! Nothing makes me feel more like I belong in this wheat-filled world than a dedicated gluten-free bakery or restaurant. As more continue to open in the U.S., we are faced with a glorious problem—which one will I visit today?

We started building our lists in 2017, and we couldn't be happier to watch as the number of gluten-free bakeries, cafés and restaurants continues to increase. Of course, we do lose a few along the way (tear), so we celebrate the choices they bring into our lives.

Is your favorite dedicated gluten-free bakery or restaurant on our list? If

not, please reach out on Facebook @gflivingmag and let us know!

## CALIFORNIA

- » Asian Box, Palo Alto
- » Flour Craft Bakery, Mill Valley (second location)
- » Gracie Jones' GF Bake Shop, Palo Alto
- » Lilac Pâtisserie, Santa Barbara
- » The Bakery Truck, Los Angeles
- » Zoie Claire's Bakery and Bistro, Redding

## FLORIDA

- » Epiphany Gluten Free Bakery & Café, Naples
- » HaleLife Bakery, Clearwater

## GEORGIA

- » Abstruse Pastry Company, Flowery Branch
- » Hell Yeah! Gluten Free, Atlanta

## MAINE

- » Wildflours, Brunswick

## MONTANA

- » Red Poppy Gluten Free Bakery, Whitefish

## NEWYORK

- » Two Wheels Bakery & Café, Buffalo

## OHIO

- » Cherbourg Cyprus, Cincinnati

## OREGON

- » Holiday PDX, Portland

## RHODE ISLAND

- » Augusta Street Kitchen, Providence

## TEXAS

- » Snap Kitchen, multiple locations

## VIRGINIA

- » 521 Biscuits & Waffles, Richmond

## WASHINGTON

- » Columbia Gorge Gluten Free, Bingen

## CLOSED

- » Beau Monde Bakery, Las Vegas, Nevada
- » Silly Yak Bakery, Madison, Wisconsin



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## Top 10: GF, vegan products at Trader Joe's

Yes, we usually stick to the top five, but there are so many fabulous gluten-free/vegan products at Trader Joe's (and the selection keeps growing) that it made sense to boost the list to 10!

Trader Joe's has succeeded in bringing consumers its own in-house brand of grocery store items that are often produced by big-name companies. This smart move allows them to keep prices down, selection up and more money in our pockets.

Here are the top 10 vegan and gluten-free products at Trader Joe's that don't sacrifice flavor in order to save you some scratch:

### **1 CAULIFLOWER GNOCCHI**

The newest cauliflower product at Trader Joe's has taken the internet by storm, which is totally understandable. This innovative gnocchi blends cauliflower with potato, instead of flour, creating a vegan alternative to traditional gnocchi. Top it with your favorite sauces and mix-ins to create the perfect plate of veggie goodness. If it is in stock, you'll find 12-ounce bags of cauliflower gnocchi in the freezer for \$2.69 each.

### **2 FALAFEL MIX**

It might be hard to imagine, but this box of falafel mix

delivers restaurant-quality results that are vegan and kosher (pareve) too. The mix consists of ground fava beans, chickpeas, traditional Mediterranean spices like cumin and coriander, garlic and onions. Bake or fry the dough for an aromatic fritter perfect for dipping in hummus, stuffing in a pita or adorning a salad. A 16-ounce box is \$2.99.

### **3 HIGH-PROTEIN VEGGIE BURGERS**

These veggie burgers pack an impressive 26 grams of vegetarian protein in every 4-ounce patty. Consisting of a pea-protein blend (yellow peas with black beans), brown rice flour, onions

and seasonings like garlic, sea salt and black pepper, they cook up crispy with a juicy center. Remarkably "meaty" in texture, they come in an 8-ounce box for \$3.49.

### **4 KALE, CASHEW AND BASIL PESTO**

This ready-to-use pesto sans cheese makes meal prep a snap. It is a simple blend of kale, cashew butter and basil combined with olive oil, lemon juice and water and seasoned with garlic, salt and pepper. It's the cashew butter that adds a wonderful nuttiness and unexpected depth of flavor. Use it as a dip for veggies or crackers, a sandwich

spread or pasta topping. An 8-ounce tub is \$3.69.

## **5** NUTRITIONAL YEAST

Want to make your favorite foods taste like cheese? Sprinkle on some golden flakes of nutritional yeast and marvel at the salty, "cheesy" goodness it adds. It also provides 3 grams of protein and 10 milligrams of sodium per tablespoon. Vegan, gluten free and kosher; a 4-ounce bag is \$2.99.

## **6** ORGANIC COCONUT AMINOS SEASONING SAUCE

Soy-free soy sauce is a reality thanks to the creativity of food scientists who know all about coconut. They discovered that fermenting coconut sap then boiling it

creates an amino-rich sauce (13 amino acids). And it doesn't taste like coconut—more like soy sauce but not as salty and with a little added sweetness. It was intended to be used as a soy sauce or tamari substitute, so add it to salad dressing or stir up some fried rice. An 8.5-fluid-ounce bottle is \$2.99.

## **7** GONE BERRY CRAZY

Pick up a pack or three of these frozen Thai strawberry pieces that are sliced in half and covered in luxuriously dark chocolate. Just open the box and pour them into your mouth. You can also use them as a topping for vegan strawberry ice cream or throw them in a dessert smoothie. Each 5.3-ounce box is \$2.29.

## **8** MARSHMALLOWS

These light and airy "marshies" are made with animal-free gelatin by a company dedicated to keeping its products free of gluten and gelatin. They are available in regular and mini at \$2.99 for a 10-ounce bag—much less than you'll pay elsewhere for marshmallows made with non-GMO, all-natural ingredients.

## **9** MIYOKO'S CULTURED VEGAN BUTTER

If you haven't tried this vegan butter yet, fix that now. Made with a blend of coconut oil and cashews, this European-style, plant-based butter is creamy, flavorful, and melts and spreads just like its animal-

based counterpart. One of the few products on this list that doesn't bear the Trader Joe's name, it has a cult-like following for good reason. A bar costs \$4.99 to \$5.99.

## **10** ALMOND BEVERAGES

What was once only available in the refrigerated section has graduated to shelf-stable status, and the growing flavor options keep us coming back for more. As if the cocoa almond cashew beverage wasn't over-the-top craziness, Trader Joe's newest flavors, Blueberry Lavender and Matcha Almond Beverage, are smooth, creamy and perfect for any time of year. Lightly sweetened with cane sugar; these light drinks are also soy free and kosher. Get a 32-ounce carton for \$1.99.

The advertisement features two boxes of Pillsbury Gluten Free Ready to Eat Muffins. The top box is Blueberry, and the bottom box is Chocolate Chip. Both boxes show four individually wrapped muffins. A Pillsbury Doughman character, wearing a white chef's hat and a blue bow tie, is standing next to the boxes, pointing towards them. A red speech bubble with white stars says "Look for us in your grocer's freezer!". A large, golden-brown muffin with blueberries is shown in the foreground. The background is a warm, orange-toned gradient. The Pillsbury logo and "Gluten Free READY TO EAT MUFFINS" are prominently displayed at the top. A "Certified GF Gluten-Free" logo is in the bottom right corner.

**Pillsbury Gluten Free**  
READY TO EAT MUFFINS

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any time of day, individually wrapped  
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Look for us  
in your  
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