

Mix it up

NEWS, TIPS, REVIEWS, ADVICE AND MORE

BY JENNIFER HARRIS



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5 tips to save time and money this year

The new year is here, bringing with it the natural inclination to make resolutions. Always made with good intentions, major lifestyle changes can be difficult to implement and often fall by the wayside. If I could make good on just two resolutions this year, it would be to save money on gluten-free products and eat better. If you have similar aspirations for 2019, check out these five tips to turn these two gluten-free resolutions into a reality.

1 COMPARISON SHOP

Driving to multiple stores to shop for groceries takes up too much time. I comparison shop—just like my mom used to do—before leaving the house. Now that gluten-free products are available at all major grocery stores, check out the sale ads to determine which ones are offering the best deals. Then create a list—Stick To The List.

2 PRINT COUPONS

The Sunday paper is full of

coupons, but not many for gluten-free products. Instead, head to the web and print them off before heading out. Many manufacturers offer coupons that you can print multiple times.

3 SAVE ON PANTRY STAPLES

Head to Trader Joe's and Aldi to stock up on pantry staples that sell for dollars less than at traditional grocery stores.

Trader Joe's treats consumers to a brand-less shopping experience by repackaging and rebranding other manufacturers' products. This strategy keeps prices low, giving customers more bang for their buck on a wide selection of gluten-free items. And new products are continually being added. Though original manufacturers are not allowed to confirm whether their product is gracing a shelf at Trader Joe's, we have our suspicions:

➔ A bag of marshmallows we believe

are made by **Dandies** costs \$2.99 for a 10-ounce bag versus \$3.99+ elsewhere.

➔ Do you love **Tate's Bake Shop's** thin crispy cookies? Pick up a bag of chocolate chip, oatmeal raisin or ginger chunk for \$3.99, saving at least a dollar per bag.

➔ Believed to be made by **Udi's Gluten Free**, the hamburger and hot dog buns, sliced breads and bagels go for \$3.49 (buns) and \$4.49 (bread and bagels) versus an average cost of \$5.79+ per bag at traditional grocery stores.

➔ The 3 Seed Beet and Sweet Potato Crackers are probably made by **RW Garcia** and go for only \$1.99 per box compared to \$5.99–\$6.49.

➔ An 8-ounce bag of pretzel twists that are probably made by **Glutino** costs \$2.99 versus \$4.50–\$5.39 elsewhere.

➔ A 9-ounce container of fresh fettuccine pasta believed to be made by

Taste Republic is \$3.99 while retailing elsewhere for \$4.99–\$5.99.

Aldi offers some of the best prices around on gluten-free products. Their **LiveGfree** product selection includes large wraps we believe are made by **Toufayan** (\$3.99 vs. \$4.99), an array of mixes (\$1.99 each), brown rice pasta (\$1.89), macaroni and cheese kits (\$1.99), and canned and frozen veggies for a under a dollar per bag or can. They also carry pizza, chicken nuggets and so much more, with expanded offerings during the holidays and in May to celebrate Celiac Awareness Month.

4 ORDER ONLINE

No time to shop? Let your fingers do the shopping on **Brandless.com**. The website aims to make better-for-you products more accessible and affordable for everyone. It offers a carefully curated selection of gluten-free products, including baking mixes, chips, candy, grains, sauces, almond butter, supplements and healthy, cruelty-free beauty products. More than half of the gluten-free products are certified, and everything on the site is \$3 or less, including kitchen utensils, linens, toilet paper and so much more. Oh, and there is usually a free shipping offer, too.

5 ORDER PREPARED MEALS

With a goal of taking the excuses—and the guesswork—out of healthy eating, **Model Meals** fit the bill for those resolving to start a fresh, gluten-free year in 2019. Danika Brysha's range of meals was created for anyone who doesn't like to cook, doesn't know how to cook or is looking for meal inspiration. And the company does all the shopping and prep work, making the meals a real timesaver.

Meals arrive in eco-friendly packaging ready to serve after heating. Everything can be ordered à la carte with no subscription required. Meals are not only gluten free but also dairy free, sugar free, Whole30-approved and Paleo-compliant. Based in a commercial kitchen in Santa Ana, California, the company currently serves the Southern California area from Santa Barbara to San Diego, the San Francisco Bay area and Phoenix, Arizona, with plans to expand soon.

Here's to a year full of fantastic food and gluten-free savings!

News Editor Jennifer Harris is a gluten-free consultant and blogs at gfgotoguide.com.

Top 5 ways to color it red for Valentine's Day—naturally

Red velvet cake, sprinkles and food coloring—oh my. Valentine's Day isn't the best holiday for anyone who is intolerant to artificial red color and dye, like my daughter. When she was 4, we discovered she is intolerant to Red Dye #40 after she consumed all the red goodies at a school party. The next two hours were a series of violent mood swings, aggressive behavior that turned into hysterical laughter and boomeranged back again, and a complete loss of coordination that ended with a mighty sugar crash that left her listless, groggy and with gastrointestinal issues. Our quest for products free from artificial colors and dyes started the next day.

The search was difficult because Red Dye #40 is everywhere. In fact, it's one of the most commonly used dyes in the U.S. It is approved by the U.S. Food and Drug Administration for use in cosmetics, drugs and food, so you often will see it in the ingredients list of soft drinks, cherry-flavored products and children's medications.

The deep hue that red velvet cake takes its name from was originally achieved with cocoa. More specifically, anthocyanin-rich cocoa that wasn't treated with an alkalizing agent to modify its color. It was actually the reaction of the vinegar and buttermilk that revealed the red anthocyanin in cocoa.

Companies like Glee Gum, Lovely Candy Company, Smart Sweets, Surf Sweets, TruJoy Sweets, Wholesome and YumEarth are answering the call for dye-free candy with eye-catching lollipops, jelly beans, fruity hearts, gummy treats, licorice, gum, hard candy and much more.

Here are our top picks for companies that produce vibrant baked goods and frosting naturally so everyone can celebrate Valentine's Day—and every day—in living color!

1 Add natural back to your baking with Color Garden's plant-based food dyes and sugar crystals. Buy a box of red food dye made with beet juice, annatto and turmeric for Valentine's Day, or decorate year-round with pastels for Easter; a Halloween pack of black, yellow,

orange and purple, or the holiday pack of red and green. And use its red, orange, yellow, green and blue sugar crystal shakers to add sparkle to baked goods.

2 Made from beets, spirulina and turmeric, Color Kitchen's vibrant rainbow of plant-based food colors, sprinkles and cake mixes delight the eye and feed that dye-free sweet tooth. The company offers fun holiday options. Sprinkle choices include colorful hearts and holiday trees with a coordinating color packet of frosting. Other offerings include Easter egg coloring kits and a red velvet color pack made with vegetable juice powder and turmeric. And the red velvet and confetti vanilla cake mixes are naturally sourced with gorgeous results.

3 Gluten-Free Heaven's red velvet cake mix doesn't rely on food coloring because its color comes from cocoa powder. The dairy-free mix contains a sour milk mixture in place of buttermilk. If it isn't red enough for you, add some natural food color to pump up the hue! Each bag makes two 8-inch round layers or 24 cupcakes and delivers an authentic southern taste everyone will enjoy.

4 The Nature's Colors line from India Tree includes decorating sugars, sprinkles, decoratifs and food colorings. The most unique products—the decoratifs, or themed sprinkles—are perfect for topping any masterpiece. With mother of pearl round sprinkles, snowflake-shaped sprinkles, peppermint-crunch sprinkles, My Party Funfetti sequins and funny Valentine's heart-shaped sprinkles, the options are limitless. Their TrueRed color can be purchased individually or as part of the decorating set with yellow and blue.

5 Supernatural Kitchen's plant-based food colors are free of artificial junk, soy and palm oil with four single-use packets per kit in yellow, orange, pomegranate red and magic color-changing blackberry. The company also offers gorgeous rainbow Starfetti sprinkles, white sequins and Girl Pow! sprinkles featuring boxing gloves, primary colors and Pow! stars for baking and decorating.

Color your baking world naturally!

Say it with sugar cookies

Growing up, we always looked forward to a trip to the local bakery for sugar cookies topped with colored sugar or icing. Today, still fans of the sweet treats, we usually opt to make them ourselves. But not everyone has the time or inclination to shop, prepare and decorate roll-and-cut sugar cookies. So, maybe it's time to call in the professionals.

The talented pastry chefs at the more than 200 dedicated gluten-free bakeries in the U.S. create Instagram-worthy confections daily. Enlist their services this Valentine's Day, allowing you to sit back and enjoy the glory—or send it to your loved ones.

It took some detective work to find five bakeries that make—and ship!—gorgeously decorated sugar cookies. We found that some bakeries use a traditional sugar cookie base while others think shortbread cookies make a better base for decorating. Once you taste these heavenly bites, you won't care what they include—as long as there's no gluten! Here are our top five picks:



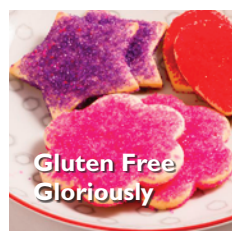
1 The pastry masters at **DEMPSEY BAKERY** (dempseybakery.com) in Little Rock, Arkansas, can create cookies in just about any shape imaginable topped with royal frosting or colored sugar and a sweet message. The bakery's shortbread sugar cookies are made in a certified gluten-, soy- and nut-free (except coconut) bakery. Its Valentine's Day Iced Shortbread Kits include nine unfrosted cookies and white, red and pink icing for personalizing at home.

Orders need a week lead time.

Cookies contain eggs and dairy but can be prepared without.

2 The decorated sugar cookies and sugar cookie sandwiches stuffed with frosting from **EPIPHANY BAKERY** (epiphanyglutenfree.com) in Naples, Florida, are topped with royal icing and a choice of regular or natural food coloring, colored sugar and sprinkles. This versatile bakery can customize cookies to suit most dietary needs, including Paleo, keto, vegan and even sugar free. Order by phone two to four days ahead of time.

Cookies contain eggs, cornstarch (baking powder) and almond meal. Peanut butter is on the premises.



3 Sprinkles, colorful sugar or royal icing adorns the heart- and flower-shaped shortbread sugar cookies at **GLUTEN FREE GLORIOUSLY** (glutenfreegloriously.com) in Stirling, New Jersey. This certified gluten- and peanut-free bakery also makes sugar cookie pops and bouquets. Other options include vegan

and dairy-free sugar cookies. Allow a week lead time for orders.

Cookies contain eggs, dairy and cornstarch (baking powder).

4 Say "I love you" with a bouquet of rose cookies on lollipop sticks from **GLUTENY GLUTEN FREE & DAIRY FREE GOODIES** (gluteny.com) in Pittsburgh, Pennsylvania. Or go traditional and dress up sugar cookie hearts with dairy-free royal icing or buttercream frosting and colored sugar. Everything prepared here is dairy free. Place orders two to four days ahead of time.

Cookies contain eggs and cornstarch (baking powder).



**Gluteny
Gluten Free
& Dairy Free
Goodies**

5 SWEET CAKE BAKE SHOP (sweetcakebakeshop.com) in Kaysville and Salt Lake City, Utah, stands out in the sugar cookie arena with its cream cheese and lemon cream cheese beauties topped with a choice of almond glaze or cream cheese frosting. Both locations only accept phone orders.

Cookies contain eggs, dairy, almond meal and cornstarch (baking powder).

Of course, many other gluten-free bakeries offer gorgeous sugar cookies. Unfortunately, these establishments don't ship their wares. However, we still wanted to give them a shout-out for all the hard work they put into making sensational gluten-free treats: **KYRA'S BAKE SHOP** (Oregon; kyrasbakeshop.com), **MELINDA'S GLUTEN FREE BAKERY** (California; melindasbakery.com) and **THE BAKED BEE** (Arizona; facebook.com/TheBakedBee). I only wish I lived closer!

This year I've resolved to keep my patience with people who don't understand the gluten-free diet.

You eat gluten free?! I've been thinking about doing it, too. How much weight have you lost??

... Well, that was quick!



CARTOON, CHRISTOPHER BALDWIN



2018 Great American Beer Festival gluten-free beer winners

The 2018 Great American Beer Festival (GABF) in Denver saw a record number of entries in the gluten-free beer category, with several fresh faces and a perennial favorite atop the list. Though the world's largest commercial beer competition in the world is now in its 37th year, the Gluten-Free Beer category was added only in 2007, when there were just eight entries. For the 2018 event, 38 gluten-free beers were considered by the judging panel.

The festival's Gluten-Free Beer category includes only beers made from fermentable sugars, grains and converted carbohydrates. Gluten-reduced beers are not considered part of this grouping because their gluten levels—derived from malted barley—have been reduced by enzymes or other processes.

Here are the three award winners.

GOLD

High Hops Brewery's Puckerberry Ale Windsor, Colorado

A first-time category winner, High Hops Brewery impressed the judges with a kettle-styled Gose made with millet and buckwheat. The addition of blackberries imparts the beer with a slight tartness. Head brewer Zach Weakland created Puckerberry Ale so that his wife and mother-in-law, who are gluten intolerant, could enjoy gluten-free beer.

While the 6-year-old High Hops also produces traditional beers on the same lines and equipment, a special rinse and wash is used before production of Puckerberry Ale. In addition, the grains are milled off site at a gluten-free malt house.

Puckerberry Ale currently is available at the brewery's taproom, located about an hour north of Denver; and at

several bars throughout Colorado, but Weakland is planning on packaging it for wider distribution.

SILVER

Aurochs Brewing Company's Blonde Ale Emsworth, Pennsylvania

Another newcomer, Aurochs Brewing, took second place for its light and citrusy Blonde Ale. Brewed with millet and quinoa, the beer has tropical notes of melon, banana, papaya, pineapple and lemon.

Aurochs is an all-gluten-free brewery founded by two longtime friends, Doug Foster and Ryan Bove, who are on medically necessary gluten-free diets. Their Pittsburgh-area taproom offers Blonde Ale along with several other beer styles. Bottled versions of the Blonde Ale are sold through western and eastern Pennsylvania.

BRONZE

Ground Breaker Brewing's Dark Ale Portland, Oregon

For their Dark Ale, Ground Breaker's brewmasters use espresso-like roasted chestnuts and lentils along with Belgian-style candi for a roasty flavor and aroma with notes of chocolate and dark fruits. This is the seventh consecutive year that Ground Breaker has medaled at the Festival, though its first two awards came under its former name, Harvester Brewing. The Dark Ale was awarded a gold medal at the GABF in 2016 and 2017.

Ground Breaker offers its beers at the Portland gastropub next to its brewery on an all-gluten-free menu that features the likes of pizza, smoked brisket sandwiches and cashew custard pie. Outside of Oregon, Ground Breaker beers are distributed elsewhere in the Pacific

Northwest as well as in New England, California and western Canada. The Dark Ale and other varieties are sold online through Bring on the Beer to residents of 33 states and the District of Columbia.

—MICHAEL SAVETT

Download our free seven-page book filled with the flavor profiles, food pairings and availability details for more than 65 gluten-free brews at <https://bit.ly/2PCtjar>

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