

Top 5: Ultimate holiday gift guide

It is never too early to start shopping for inspired holiday gifts. Everyone deserves the perfect gift, and those with food allergies are no exception. In fact, shopping for a loved one with a food intolerance is a delicious challenge.

Here are our top five ideas for gluten-free gift giving.

1. GIFT CERTIFICATES TO GLUTEN-FREE BAKERIES THAT SHIP

A gift certificate to a dedicated gluten-free bakery that ships nationwide is gold. Who doesn't want to try new sweet or savory creations? Here are some of our top picks:

- **Twist Bakery and Café** in Massachusetts, winner of the Best Gluten-Free Bakery title from 10Best, puts its own delicious twist on gluten-free treats. With too many goodies to choose from, everything is free of dairy (with some noted exceptions), soy, peanuts and tree nuts, and there are vegan options. I am partial to the cinnamon rolls, sugar cookies, hand pies, sweet breads and scones.

- The fresh take on gluten-free breads at **New Cascadia Traditional** in Portland, Oregon, retains traditional artisan baking methods while replacing wheat-based ingredients with allergen-safe whole grains and a short list of ingredients. New York-style bagels, baguettes, sandwich breads, and hoagie and hamburger rolls are kosher, vegan, certified gluten free are just a click away.

- **Mariposa Bakery** creates drool-worthy artisan-crated allergen-friendly goods in California. Its creations rotate with the seasons and include sweet, savory and gift options. The croissants, pain au chocolat, sour cream coffee cake, biscotti, butter cookies, tea cookies,

sandwich bread and focaccia give us all the feels. And the themed gift sets have been carefully curated.

- Everyone deserves to enjoy a churro, and people with food allergies are no exception. Now you can order a gluten-free Churro Making Kit from **Chuhoo's Churros** in Colorado and make them at home. This kit, which contains all the dry ingredients necessary to make 20-25 6-inch churros, was designed to elicit childhood memories. Each kit, made in a gluten-free kitchen, also contains finishing sugars, a piping bag and piping tip. Use the box to store the fruits of your labor.

- I keep hearing about the Doodle Pies from **Doodle Eats** in New Hampshire. These hand-held pies (think toaster pastries but 100 times better) are made with all-natural ingredients. Their flaky, buttery crusts in original, ginger or chocolate are crammed full of fruit preserves and topped with refreshing glazes. They do contain dairy and eggs, but Doodle Pies is working on a dairy-free crust. The first bite will leave you wanting more...many, many more.

2. DRINKS

Spirits are meant to be sipped and enjoyed during the holidays. I am partial to smooth spirits like vodka that make excellent cocktails. Here are our top picks for gifting:

- **21 SEEDS** is an all-natural, fruit-infused blanco tequila with hand-picked fruits, including Valencia Orange, Grapefruit Hibiscus and Cucumber Jalapeño. With a goal of creating a crave-worthy spirit that is ideal for low-calorie cocktails, this award-winning ultra-smooth blanco tequila makes drinking it as approachable as a glass of wine.

- Vodka is gluten free even when it's

made from a wheat-based mash, but **Deep Eddy Vodka** has taken it one step further by making its fruit-infused vodka from corn and distilling it 10 times through a charcoal filter. Talk about purity. I am partial to its Sweet Tea and Lemonade flavors, but the Cranberry and Ruby Red are perfect for mixing holiday-themed cocktails.

- **Wild Moon Liqueurs** is on a mission to fill the hole in the market for unusually flavored, botanical liqueurs that promote healthful drinking. According to the company, most liqueurs of the past were used for their medicinal properties, to aid in digestion and help with ailments. With Cranberry, Chai Spice, Birch and Rose flavors, they are on the way to extending cocktail culture.

3. SUBSCRIPTION TO A MONTHLY SNACK BOX

Companies offer monthly, quarterly and yearly subscription services that aim to save you money and time by taking the guesswork out of sourcing gluten-free products. Each curated box contains a variety of full-size products, with the option to discontinue membership at any time with no long-term commitment. So many options to share, but here are our top ones:

- **Be Free Co** is the first company to offer a subscription service for the dairy-free consumer. But wait, there's more. It offers a dairy/gluten-free subscription and a vegan/gluten-free subscription with a maximum of only one soy item per box. There are seven to 10 items in each box that change every month.

- Stick to the Keto diet with a **Keto Krate**. Each month the company ships \$20 in coupons plus low-carb gluten-free sweet and savory snacks that contain 5 grams of carb per serving or less to

your door. All products are maltitol free, aspartame free, and soy and sucralose conscious. Gift a Muncher (10 products) or Hangry (30 products) subscription to meet the needs of the gift-ee.

- **Love With Food's** gluten-free box contains 10 full-size snacks. All products are all natural and free from artificial ingredients. Each box purchased donates two meals to food banks.

- Do you have a friend following the Autoimmune Protocol (AIP) lifestyle?

Simply AIP's boxes include six to eight taste-tested, carefully curated AIP-friendly grab-and-go snacks, sweet treats, pantry staples with recipes, and access to an online community full of additional resources.

4. KITCHEN ESSENTIALS

A new gadget or utensil can change the way you use your kitchen for the better. Here are some of the more interesting gadgets we've seen:

- Make premium cocktails at the click of a button with **The Bartsian Cocktail Maker**, which has the

functionality of a single-serve coffee maker, but it makes cocktails. Pop in a Bartsian capsule, created and balanced by expert mixologists and combine with your favorite spirits for a perfectly balanced drink every time. The capsules contain fresh, real ingredients like juices, bitters and liquors, and you control the strength of each drink. Cocktails on demand—genius!

- A **Bialetti Oval 5 Quart Pasta Pot** with a built-in strainer in the lid

should be in everyone's kitchen — gluten free or not. No more burns from pasta water or colanders taking up valuable kitchen space because this pot can do it all. Safely cook pasta (without breakage), vegetables and potatoes in one pot using the twist-and-lock lid. • If you have been thinking about buying an air fryer but you haven't taken the plunge



yet, have we got a treat for you. The **Cuisinart AirFryer Toaster Oven** combines traditional heating with air frying for a versatile appliance that bakes, broils, toasts, warms and lets you air fry right inside the oven.

5. DONATE

Make a tax-deductible donation to a national organization in the name of your favorite person with celiac disease. There are several groups raising awareness and research funds for celiac disease, like **Beyond Celiac, Celiac Disease Foundation**, and the **Gluten Intolerance Group of North America**.

It's the thought that counts. We've got the ball rolling, so pick it up and run with it. Happy shopping!





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Mix it up



Post Meridiem, Georgia's first canned cocktail company, is shaking up the ready-to-drink cocktail market by offering a bar-quality cocktail in a can. Made with distilled spirits, imported liqueurs, carefully matched bitters and 100% real citrus juices, its line of five cocktails—each of which medaled at the San Francisco World Spirits Competition—includes The Real Lime Juice Margarita, The Double Old Fashioned, The Hemingway Daiquiri, The 1944 Mai Tai and The Lemongrass

Vodka Gimlet. All cocktails are hand-crafted, range from 24% to 37% alcohol-by-volume, and are sold in single-serve 100mL steel-walled cans that preserve the high-quality ingredients. Another line of award-winning canned cocktails is made by **Southern Tier Distilling Co.** Vodka Madras received Best of Class Platinum, Gin & Tonic earned Platinum and Bourbon Smash was awarded Silver at the SIP Awards. Vodka Soda was added to the lineup

in July. The farm-to-glass distillery uses its own small-batch spirits and local ingredients for each canned cocktail. Good to the last drop is an achievable goal for this company. Whether you prefer vodka soda, gin and tonic, or a mule, **You & Yours** has you covered. Produced by Third Base Market & Spirits, This cranberry vodka soda is tart, bright and festively delicious. Bottoms up!



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Top 5 canned cocktails to spice up holiday parties

Holiday parties are the perfect place to imbibe cocktails. But what if you don't know how to make cocktails, or you just don't have the time?

The canned booze revolution of ready-to-drink craft cocktails that taste like they came directly from the bar is coming to the rescue.

The canned beverage market is booming, proving that, yes, booze can taste better in a can.

These bright fruits combined with spirits provide the ideal way to save the time and money you would have to invest in a proper bar. Simply open and pour over ice. Maybe spend a little time cutting up lemons and limes, sugar or salt a few glass rims, and, voila, cocktails at your fingertips.

Look like an expert bartender during the holidays by serving these ready-to-drink, bar-quality canned cocktails to appreciative guests:

Cutwater Spirits' array of easy-

drinking canned cocktails created with house-made mixers and award-winning spirits are perfect for a relaxing holiday party. The company offers the traditional cocktails, like Spicy Bloody Mary, Margarita, Gin & Tonic and Vodka Mule. But it's the more inventive flavors that have us craving a cocktail right now: Elderflower Vodka Spritz, Tequila Paloma, Horchata Cold Brew Coffee, Cucumber Vodka Soda, Grapefruit Vodka Soda and Rum & Ginger. Total yum in a glass!

It's the **Loyal Sangria** made with real fruit, red wine and vodka that sets Loyal Nine Cocktails apart from competitors.

That and the fact that it only uses vodka made from corn, have a higher alcohol content than most canned cocktails (9%), and provide a flavorful drink. Lemonade, Mixed Berry Lemonade and Half & Half round out its offerings.



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