



Gluten-Free Products

(Please take note that this handout is to be used for ideas to get you started. There are tons of products available that are not on this list. Always double check ingredients, because products change.)

Baking Products

Betty Crocker Chocolate Cake Mix (I use $\frac{3}{4}$ cup water, $\frac{1}{4}$ cup hershey's syrup, butter called for, and I add about 1 tbsp of guar gum)

Betty Crocker Brownie Mix (Same recipe as above for the cake)

Bob's Redmill Products: Decent for breads, cookies, etc.

Blend those flours for home recipes!!!: (potato flour/starch, tapioca flour, GF oat flour, and almond flour)-Try out the below cookbooks to guide you.

Bob's Redmill GF Flour is available at Costco (usually) for 5.99 for a 5lb bag

Cereal

Enjoy Life: Perky's Cruchy Flax

Rice or Corn Chex (They have a honey nut flavor also – Yum)

Van's Waffles (are pre made and ready to go and good!)

Bob's Redmill – GF quick cooking, long cooking oats, and the mighty tasty GF cereal!

Glutino Honey Nut Cereal

Sweet Snacks

Trader Joes Chocolate Power Berrries: Sweet and a little goes a long way.

Envirkidz Crispy Rice Bars-Walmart and Henry's –Best Price

Pamela's Cookies

Enjoy Life

Kinnikinnick animal cookies

Glutino Cookies (oreo wanna be's in chocolate and vanilla are good – vanilla is better)

Cacao Powder and Pomegranate Powder are by Navitas Naturals. (Tasty over greek yogurt)-Try Chobani

Annie's Gluten Free Chocolate and Vanilla Bunnies: New flavors to come such as Snickerdoodle and Gingersnap

Ian's Cookie Buttons-Ralph's

Pamela's Extreme Chocolate Mini Cookies

Other Ideas (Snacks/ Crackers/Pretzels/ Granola/Donuts/ Frozen Soup/Veggie Burgers/Ice Cream Cones)

Ian's (chicken nuggets/fish sticks/mac&cheese) at Henry's, Sprouts, Whole Foods, Ralphs and Vons

Glutino Pretzels and now in a small pack for travel (yogurt covered ones – if you can find them!!!)

Schar makes the best table crackers, fancy crackers and breadsticks. They also have new cheese crackers (like goldfish) but I haven't seen them at the store yet.

Crunchmaster Multiseed Crackers-Super crunchy and tasty with hummus

Udi's also makes a GF granola which I have all the time over yogurt and fruit –

Wild Wood Tofu Veggie Burgers-Whole Foods, Sprouts and Henry's

Kinninnick Donuts that you heat from frozen – yum! Their bread is my backup if I can't get UDI's.

San-J Soy Sauce- Low sodium or regular. Travel packets as well

Gluten Free Ice Cream Cones: Edward and Sons (Henry's)

Bars

The Perfect Food Bar

Kind Bars (variety of gluten and casein free some are just gluten free, favorites are the fruit and nut (green) and the coconut (pink) ones)

Glutino Bars (kind of like kudos bars) they are decent!

Lara Bars

Clif Kid Z Bars

Breads/Rolls/Tortillas/Pizza Crust

Tortilla Land from Costco: **Corn** not the flour

Rudi's Bread-Whole Foods, Henry's, Ralph's, Jimbo's, Costco:(2 for \$6.99)

Udi's Bread – They have white, whole grain, and now cinnamon rasin! Their muffins are the best! They also have bagels! All of their products I have tried are delicious!

Schar or Udi's pizza crust (Schar is not frozen and if you can find it is THE BEST!!! I get it at sprouts. Udi's is my go to back up.)

Schar Rolls (I've only seen them at Ralphs, but they are ok, not AWESOME)

Amy's Gluten Free Pizza

Pasta

Tinkyada Pasta-\$5.00 and up-very tasty. Online and Walmart

Schar pasta – they have a variety of noodle styles- 12 oz (and like 4.99)

Trader Joes GF pasta (cheap only \$1.99/pound, and you get a whole pound)

Trader Joes GF mac and cheese (I use butter and a TBSP of sour cream and do not follow the instructions on the box.)

DeBoles noodles for lasagna

Bionaturae Pasta-Henry's

Annie's Gluten Free Mac and Cheese-Sprinkle in some extra parmesan for a kick

Soup

Kettle Cuisine (Frozen)-Clam Chowder-Amazing-Order directly from company for cost savings. Sprouts and Whole Foods also carries it.

Books/Magazines

The Gluten Free Bible

The All-in-One Guide to Enjoying Fabulous Food Without Gluten

Wheat Free-Worry Free by Dana Korn

The Gluten Free Almond Flour Cookbook by Elana Amsterdam

Gluten Free Baking – Rebecca Reilly

Gluten-Free Cooking Sue Shepherd

Gluten-Free Hassle Free Marlisa Brown RD, CDE

Living Without Magazine (6x/year)

Gluten Free Coating for Nuggets

Make the gluten free coating by placing about 1/3 of a bag of gluten free seasoned tortilla chips in a food processor. I add about 1/4 c Perky's Crunchy Flax cereal by Enjoy life (I buy it a Henry's and it is both gluten free and nut free). I use about 1/2 the bag of chips so that I can have extras for later.

1 lb. ground turkey or chicken breast

1/3 of a red bell pepper

minced onion to taste

salt to taste (turkey requires a little more seasoning than chicken)

pepper to taste

1/4 tsp. paprika

1) Mix all ingredients well

2) Shape into small patties or nuggets using approximately 2 tbsp of the mixture

3) Dip both sides of the nugget into the gluten free coating

4) Place nuggets on a greased cookie sheet

5) Lightly spray the top of the nuggets with Pam or olive oil spray

6) Bake at 350 for 10-15 minutes

Overall, you have to experiment and try different brands that will meet your needs. This list is just a start to the options available. The above are products your dietitian or patients with Celiac have tried and loved.

Notes: _____

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