

More healthy ingredients in GF foods



Granola packs power

Bakery on Main has added a new line of granola, called Fiber Power, to its gluten-free granola products. Manufactured and baked in small batches in a dedicated plant, Fiber Power contains 9 grams of

fiber per 1/2 cup serving, compared to 2 to 3 grams in the company's other granola.

The FDA daily recommended fiber intake is 20–35 grams in adults, which can be harder to get on a gluten-free diet. Fiber Power Granola uses whole grain certified gluten-free oats and pre-biotic Inulin fiber from the Jerusalem artichoke. Fiber Power is available in Cinnamon Raisin and Triple Berry flavors that come in a 12 oz resealable bag.

bakeryonmain.com



Concoct your own cereal

You can be the master of your own breakfast with Custom Choice

Cereal's new do-it-yourself cereal system. You choose a gluten-free cereal base and then add in your favorite combinations of dried fruit, nuts and seeds.

The company's website has easy instructions for creating a cereal combination that suits your tastes and reflects your "cereal personality." If you get really creative naming your cereal concoction, you might find it posted on the company's website. Favorites include Old Faithful, a cereal made with corn flakes, blueberries, strawberries, almonds and coconut and Fruitfool, made with apricots, cranberries, raisins, hazelnuts and Good Morning flakes, a combination of corn, flax, buckwheat, quinoa and amaranth. Prices vary according to what you add to the cereal.

All of the mixes are created in a dedicated gluten-free facility. There are daily blog postings with helpful tips and cereal suggestions on the website as well.

customchoicecereal.com



Chips made from rice

New York Style claims to be "America's #1 Deli Snack Brand," but the company's bagel and pita chips did not rank very high with those who follow the

gluten-free diet. Now New York Style has moved into the gluten-free market with the introduction of Risotto Chips.

The chips are made with Arborio rice, the star ingredient in risotto. They're thin and crisp and hold up well in dips while offering 11 grams of whole grain. New York Style Risotto Chips come in three flavors, Spicy Marinara, Parmesan and Roasted Garlic, and Sea Salt. They pair nicely with a gluten-free sandwich and are likely to boost New York Style's rank with those on the gluten-free diet.

newyorkstyle.com



Chips made from beans

Doug Foreman, the creator of "Guiltless Gourmet" and chief executive officer of Bean Brand foods has introduced a corn-free, gluten-free, bean-based snack chip. Beanitos Snack Chips are

made using whole black or pinto beans and whole grain rice. They are high in fiber and are low glycemic, making them a healthy alternative to corn or potato chips. The chips also contain Omega 3's and protein. They come in two flavors, Black Bean, and Pinto Bean and Flax.

Bean Brands has made a commitment to move away from using corn to create snack products, saying its use saturates the US food market and that corn contains empty calories. Beans, on the other hand, are loaded with health benefits, the company says.

beanitos.com



Cookies made with quinoa

After a thriving restaurant career on the East Coast, James Sklar moved to the West Coast and a baking career was born. Sklar's wife was eating a bowl of cereal made from quinoa flakes and asked if James could make a quinoa-based cookie. Quinoa Qookies are just that, a gluten-free and dairy-free cookie made with quinoa flakes, amaranth flour, honey and molasses. Quinoa Qookies are packed with flavor and are a nutritious snack to keep hunger at bay.

quinoaqookies.com

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