

## Amy Fothergill's List of Favorite Gluten-Free Products

Here's a list of some of my favorite products. Each year, more and more come out in each category so it's hard to keep up. I encourage you to talk to your friends and do your research. Buying one bad gluten-free product (specifically bread, cookies, or pizza) may give you the wrong impression. Remember to always look at the ingredients. Items marked as wheat-free are not always gluten-free. For more information, visit [www.amythefamilychef.com](http://www.amythefamilychef.com)

### Bread

Canyon Bakehouse

Udi's

Rudi's (make sure it's gluten-free)

Kinnikinnick

Immaculate (in the fridge; bake yourself)

Liz Lovely cookies

Enjoy Life (especially for multiple allergens)

### Rolls

Schar

Local Oven (look for them in restaurants)

### Flour tortillas

Udi's (great for burrito-style)

Rudi's (great for quesadillas)

### Pizza-frozen, ready to bake crust

Smart Flour Foods

Udi's

### Pasta

Bionaturate

Farmo (available on amazon.com)

Tinkynada

Annie's gluten-free Macaroni and Cheese

### Pizza-frozen, pre-made

Against the Grain

Smart Flour Foods

Udi's

Daiya (for dairy-free)

### Crackers

Crunchmaster

Glutino

Breton gluten-free (I still haven't seen them in the stores but they are excellent)

### Cookies

Pamela's

Schar

### **Snacks**

Way Better Snacks

I Heart Keenwah

Glutino (pretzels)

Late July whole grain tortilla chips

Food Should Taste Good chips and crackers

### **Dairy alternatives**

Daiya (as in "have a nice day-a")

Follow Your Heart

### **Gluten-free Flours**

Bob's Red Mill

Arrowhead Mills

### **Gluten-free Flour Blends**

Bella Gluten-Free

King Arthur

Pamela's

Better Batter (I haven't used it but I know most people love it)

Mama's gluten-free flour blend

### **Beer**

New Planet

Bard's Beer

### **Gluten-Free Oats**

Canyon Oats

Bob's Red Mill

### **Frozen Foods**

Van's waffles

Gluten Freeda burritos

Feel Good Food's pot stickers

Bell & Evans chicken tenders

### **Cereal**

Freedom Foods (especially the "fruit loop" style!)

Nature's Path

Ereworn

Chex (look for gluten-free)

### **Sauces**

San-J gluten-free tamari-based sauces (besides the basic tamari, I love the Mongolian beef)