

Gluten Free Products (New or Discovered)

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It was mentioned that there are some good recipes for Chex mixes on the website, www.liveglutenfreely.com. Pamela's Baking mix has some very good recipes on the back of the package – that seems to be a favorite mix although it does contain almond flour, so people with a nut allergy would have to avoid that one.

Well, the Bisquick gluten-free mix is not yet on the grocery shelves. It was found at Walmart on Alpine, but so far not in other stores. It is in the area in stockrooms, so keep your eyes out (and ask store managers) – it will be more available soon. Those that have tried it have said it is a good product.

Some other products mentioned were corn dogs! Meijer is carrying S'Better Farms corn dogs in the frozen section. They are gluten free and recommended as very good (but prepare them in the oven rather than microwave). Check out their website www.sbetterfarms.com. S'Better Farms also produces Party Wings, Chicken Fingers, Chicken Siciliano, Chicken Szechwan and Chicken Ballontine that are all gluten free – but those other varieties may not be carried by Meijer. And Aldi's carries Natures Path gluten-free cereal – three varieties.