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# My Favorite GF Foods

## By Erica Welker

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Many thanks to Erica Welker, a SD CSA member and co-chair of SD ROCK (Raising Our Celiac Kids) for compiling and sharing this list. This information was gathered from scouting the 2009 Natural Products Expo West in Anaheim. Some of the items must be mail-ordered, others can be found at our local stores.

### [MY 2009 FAVORITE GLUTEN FREE FOODS LIST](#)

("Most" are Dairy Free as well)

**Best Breads** = French Meadow Bakery – [www.frenchmeadow.com](http://www.frenchmeadow.com)  
O'dough's – [www.odoughs.com](http://www.odoughs.com)

**Best Baguettes** = [www.DeerfieldsGlutenFree.com](http://www.DeerfieldsGlutenFree.com)

**Best Pizza Crust** = French Meadow Bakery – [www.frenchmeadow.com](http://www.frenchmeadow.com)  
Toovaloo – [www.toovalooglutenfree.com](http://www.toovalooglutenfree.com)

**Best Hot Cereal** = Bob's Red Mill GF Mighty Fine Tasty Cereal – [www.bobsredmill.com](http://www.bobsredmill.com)

**Best Pancakes** = Van's Pancakes – [www.vansfoods.com](http://www.vansfoods.com)  
Trader Joes – available in the store freezer section

**Best Burritos** = Gluten Freeda's GF Flour TortillaBurritos [www.glutenfreedafoods.com](http://www.glutenfreedafoods.com)

**Best Breaded Chicken Nuggets and Tenders** = [www.bellandevans.com](http://www.bellandevans.com)

**Best "Hostess-like" treats** = Chocolate Devils Food Seven layer Cake & Swiss Chocolate Roll  
[www.cinderellasweets.com](http://www.cinderellasweets.com)

**Best GF Instant Oatmeal Packets** (single serve) = [www.glutenfreedafoods.com](http://www.glutenfreedafoods.com)

**Best GF Matzo Crackers** = Barkat [www.glutenfree-foods.co.uk](http://www.glutenfree-foods.co.uk)

**Best Graham Style Crackers** = [www.kinnikinnick.com](http://www.kinnikinnick.com)

**Best Cookies** = Glutino ("Oreo-like" and vanilla creams)  
WOW – [www.wowbaking.com](http://www.wowbaking.com) (contains dairy)  
Kinnikinnick – oreo like and vanilla creams - KinniToos – chocolate & vanilla sandwich crèmes –  
[www.kinnikinnick.com](http://www.kinnikinnick.com)

**Best "Healthy" Muffins** = Flax 4 Life [www.flax4life.net](http://www.flax4life.net)  
Udi's Blueberry Muffins – [www.udisfood.com](http://www.udisfood.com)

**Best Frozen Pasta Dinners** = Caesar's Pasta Specialties [www.caesarspasta.com](http://www.caesarspasta.com)  
Conte's Pasta – [www.contespasta.com](http://www.contespasta.com)

**Best GF Chicken Noodle Soup** = [www.kettlecuisine.com](http://www.kettlecuisine.com) – Delicious!

**Best GF Vanilla Ice Cream Sandwiches** = Julie's [www.juliesorganic.com](http://www.juliesorganic.com)

**Best Ice Cream Cones** = "let's Do..." GF (wafer style) cones [www.edwardandsons.com](http://www.edwardandsons.com)  
Barkat (waffle style) cones – [www.glutenfree-foods.co.uk](http://www.glutenfree-foods.co.uk)

**Best "Rice Crispy" Bars** = Glennys – [www.glennys.com](http://www.glennys.com)

**Best Cereal** = Bakery on Main – Nutty Cranberry Maple Granola – [www.bakeryonmain.com](http://www.bakeryonmain.com)  
Nature's Path – Organic Whole O's (Cheerio-like) – [www.naturespath.com](http://www.naturespath.com)

**Best GF Flour Tortillas** = French Meadow Bakery [www.frenchmeadowbakery.com](http://www.frenchmeadowbakery.com)

**Best Bagels** = Kai's Kitchen – 760- 822-2604  
Sensitive Baker – [www.thesensitivebaker.com](http://www.thesensitivebaker.com) - Culver City, CA

**Best Hamburger Buns** = O'Dough's - [www.odoughs.com](http://www.odoughs.com)

**Best Crackers** = Glutino (Ritz- like) – [www.glutino.com](http://www.glutino.com)  
Multi-Seed – Crunchmaster [www.crunchmaster.com](http://www.crunchmaster.com)

## MY 2009 BEST DAIRY FREE LIST

**BEST Butter Alternative** = Earth Balance – [www.earthbalancenatural.com](http://www.earthbalancenatural.com)

**Best Dairy Free Ice cream** = Purely Decadent – (made w/ coconut milk)- all flavors fantastic! – They even have a GF cookie dough flavor - [www.turtlemountain.com](http://www.turtlemountain.com)  
Coconut Bliss – [www.coconutbliss.com](http://www.coconutbliss.com)

**Best Dairy Free Cheese** = Cheezly - [redwoodfoods@nakedearthusa.com](mailto:redwoodfoods@nakedearthusa.com)

Pacific Cheese Dairy Free – [www.pacificcheese.com](http://www.pacificcheese.com) (no soy)

[www.Allergyfreefoods.com](http://www.Allergyfreefoods.com)

Follow your Heart – Vegan Gourmet Cheese alternative – [www.followyourheart.com](http://www.followyourheart.com)

**Best Dairy Free Cream** = [www.mimiccreme.com](http://www.mimiccreme.com) – (soy free too)

**Best Organic Dairy Free Chocolate** = Sjaak's – Easter bunnies & baskets - [www.sjaaks.com](http://www.sjaaks.com)

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