



# 2011 Gluten-Free Essentials Awards

Some of us at *Taste for Life* follow a strict gluten-free diet for health reasons. Others choose to avoid this ingredient because of food sensitivities, or because family members have gone gluten free. Some people have no dietary restrictions—but are always open to first-rate flavors and innovative products.

In years past it may have been a challenge to please the whole crowd with gluten-free offerings. But no longer. We're happy to report that it was a challenge to narrow the field for the 2011 Gluten-Free Essentials Awards. There are just so many good choices out there! That goes for foods as well as for new developments in gluten-free personal care.

Our winners are safe for people who must follow a gluten-free diet. But what's even better is that they're also just hands-down likable, no matter who you are.

## Gotta-Have Snacks



### SNYDER'S GLUTEN-FREE PRETZEL STICKS

A classic you'd never know was gluten free.  
[www.snydersofhanover.com](http://www.snydersofhanover.com)



### TH FOODS CRUNCH-MASTER ORIGINAL MULTI-SEED CRACKERS

True to the name, it has super crunch. Verified GMO free by the Non-GMO project!  
[www.crunchmaster.com](http://www.crunchmaster.com)



### BLUE DIAMOND HAZELNUT NUT THINS

Low in sodium but high in flavor. Bet you can't eat just one.  
[www.bluediamond.com](http://www.bluediamond.com)

## Sweet Treats



### KIND BARS DARK CHOCOLATE CHERRY CASHEW + ANTIOXIDANTS

Antioxidants, healthy fats, and protein in a better-than-candy bar.  
[www.kindsnacks.com](http://www.kindsnacks.com)



### ANNIE'S GLUTEN FREE GINGER SNAP BUNNY COOKIES

Spicy, small, and fun for kids and grownups.  
[www.annies.com](http://www.annies.com)

**Honorable Mention:**  
EDWARD & SONS LET'S DO GLUTEN FREE ICE CREAM CONES AND CONFETTI SPRINKELZ  
[www.edwardandsons.com](http://www.edwardandsons.com)



More than 2,000 gluten-free food products are available in the US.

The number of Americans with celiac disease is roughly equal to the population of Nevada.



## Skin Care Sans Gluten

### DESERT ESSENCE THOROUGHLY CLEAN FACE WASH-ORIGINAL

Keeps oil in check with gentle ingredients.  
[www.desertessence.com](http://www.desertessence.com)

### GREEN BEAVER GLUTEN FREE BODY WASH

Vegan and organic. Check out the gluten-free shampoo and conditioner too.  
[www.greenbeaver.com](http://www.greenbeaver.com)

### DERMA E HYALURONIC HYDRATING MASK

Antiaging moisture treatment perfect for winter skin.  
[www.dermae.net](http://www.dermae.net)

### Honorable Mention:

HOME HEALTH ALMOND GLOW UNSCENTED SKIN LOTION  
[www.homehealthus.com](http://www.homehealthus.com)

KISS MY FACE ACTIVE LIFE DEODORANT STICK  
[www.kissmyface.com](http://www.kissmyface.com)



## Best for Baking

### PAMELA'S BAKING & PANCAKE MIX

Makes tasty blueberry pancakes and useful as a replacement for conventional flour.  
[www.pamelaproducts.com](http://www.pamelaproducts.com)

### SIMPLY ORGANIC CARROT CAKE MIX

Features maple granules and bold spices. Organic and Fair Trade Certified too!  
[www.simplyorganic.com](http://www.simplyorganic.com)

**Honorable Mention:**  
BOB'S RED MILL GLUTEN FREE ALL-PURPOSE BAKING FLOUR  
[www.bobsredmill.com](http://www.bobsredmill.com)



## Bread and Pasta: Still on the Menu!

### SCHÄR CIABATTA PARBAKED ROLLS

Light and fluffy, yet still a source of fiber.  
[www.schar.com](http://www.schar.com)

### FOOD FOR LIFE GLUTEN FREE ENGLISH MUFFINS

Scrumptious nutrition for busy mornings.  
[www.foodforlife.com](http://www.foodforlife.com)

### ANCIENT HARVEST ORGANIC QUINOA PASTA

As good as—or better than—traditional pasta.  
[www.quinoa.net](http://www.quinoa.net)

## Wholesome Convenience



### KETTLE CUISINE THAI CURRY CHICKEN SOUP

Comforting, fragrant, and tastes like homemade!  
[www.kettlecuisine.com](http://www.kettlecuisine.com)



### AMY'S SINGLE SERVE RICE CRUST ROASTED VEGETABLE PIZZA

An easy gourmet meal—it's dairy free too!  
[www.amys.com](http://www.amys.com)



### Honorable Mention:

SAN-J ORGANIC TAMARI GLUTEN FREE SOY SAUCE  
[www.san-j.com](http://www.san-j.com)

It would take 936 cruise ships to hold every American with celiac disease.

