

## ABOUT OUR COMPANY

**GOODDAY GLUTEN FREE** and the GOODDAY HEALTH retail store are both open from 9 A. M. to 5 P. M. CST Monday through Saturday. You may place phone orders during these hours. Fax or e-mail orders may be sent any time 7 days a week.

### Contact information

Toll-Free 877-395-2527 Fax 847-615-1209

e-mail [shop@gooddayglutenfree.com](mailto:shop@gooddayglutenfree.com)

If, for any reason, you are dissatisfied with anything you receive, please call us and we will replace the merchandise or refund your money as you desire with no questions asked.

Our primary form of shipment is by UPS ground. At your request, we can ship by USPS. We cannot ship to P.O. Box numbers and we presently ship within the continental U. S.

The selection of products sold by GOODDAY GLUTEN FREE is based solely upon representations of the manufacturer concerning ingredients contained within the product. Manufacturers can change ingredients or manufacturing processes without notification or warning. Please remember to read all ingredients carefully before consuming any product offered for sale. GOODDAY GLUTEN FREE cannot assume liability for any cross contamination of ingredients, misprints or inaccurate representations, or adverse reactions to any ingredients in the products we sell. All prices are subject to change without notice. We do not share any information about our customers with anyone, anytime, ever.

We ship every Tuesday and Friday. If a back order exists we will call for instructions.

**Payment Methods:** Check / Money Order / Visa / MasterCard / American Express / Discover

### RETAIL PRICING AND PACKAGING/DELIVERY CHARGES FOR CATALOG ORDERS

Retail prices for food products change and the catalog can become outdated rather quickly. Also packaging and delivery charges vary depending on the weight of the package and where it is going. We have therefore set the following policies for catalog orders:

**Phone orders:** You will receive current product pricing and the packaging/delivery charge when you place your order.

**Mail, fax and e-mail orders:** A set packaging/delivery charge of \$8.50 is on the order form. We will call you with current price changes and the exact packaging/delivery charge before we put your order into our system. If you pay by charge card your card will be billed. If you have sent a check the additional amount owed will show up on your statement. Since nothing is done without your verbal approval it is important that we have current and correct phone numbers so that we can reach you.

We do not profit from packaging/delivery charges.

GOODDAY GLUTEN FREE and the GOODDAY HEALTH retail store are both located at:  
514B N Western Ave., Lake Forest, IL 60045

## **MANUFACTURING PROCESS DIRECTORY**

### **AMY'S**

Amy's has provided the following statement regarding their Gluten Free products. "Several of our gluten free meals are now made in a gluten free dedicated plant. For our other gluten free products (we now offer more than 70), a wide range of activities and cross-checks are completed to ensure that cross-contamination and/or inadvertent use of the wrong ingredient does not occur. Examples include: Full shift manufacture of products with complete clean-up of all food contact surfaces between products. Pieces of equipment that come in contact with the food are cleaned and sanitized prior to the manufacture of the next product. Separate item numbers for all ingredients; these are checked by two individuals on receipt of the ingredient and three people on use of the ingredient to confirm the correct item is used. Use of colored tags, papers and containers in production as an additional visual check to ensure intermediate components are not interchanged. Designated areas for flour use to control airborne gluten and minimize its spread. Bar code readers at packaging lines to ensure correct package is used with each product. Spot screening of ingredients and finished products at University of Nebraska (FARRP - Food Allergy Research and Resource Program) to confirm there are no unlabeled allergens (utilize tests for gluten, soy, milk and peanuts). In October of 2006, we also opened our new in-house laboratory so that we could test not only the finished product, but also the raw materials that we use in our meals."

### **ARROWHEAD MILLS**

Arrowhead Mills manufactures their gluten free products in a shared facility (facility that also manufactures products that contain gluten), likely on shared equipment. Arrowhead Mills products are manufactured by The Hain-Celestial Group, they have given us the following statement regarding their gluten free status: The items which bear the label "gluten free" or "made with gluten free ingredients" are formulated and tested to be gluten free (below the detectable limit of 10ppm). The Hain Celestial Group's labeling declares major allergens (peanuts, soybeans, milk, eggs, fish, crustaceans, tree nuts, and wheat) and we follow the U.S. FDA's regulations. In addition, our labeling always declares gluten containing ingredients. Both major and minor ingredients of all products, as well as all processing procedures and equipment, are closely scrutinized and all potential allergen issues as determined by the Hain Celestial Group are declared on our labeling. We assure you that strict manufacturing processes and procedures are in place and that all of our manufacturing facilities follow rigid allergen control programs that include staff training, segregation of allergen ingredients, production scheduling, and thorough cleaning and sanitation.

### **BOB'S RED MILL**

At Bob Red Mill they mill their gluten free products in a dedicated gluten free room where only gluten free products are milled. Bob's Red Mill products labeled Gluten Free are batch tested in their quality control laboratory. They use an ELISA Gluten test to determine if a product is gluten free.

### **BREADS FROM ANNA**

Breads From Anna manufactures their products in a dedicated gluten free facility.

### **CAUSE YOU'RE SPECIAL**

Cause You're Special manufactures their products in a dedicated gluten free and casein free facility.

### **CHEBE**

Chebe products are manufactured in a dedicated gluten free facility.

### **COLLEGE FARM ORGANICS**

College Farm Organics manufactures their products in a dedicated gluten free facility. They have also given us the following statement regarding their manufacturing practices. "We manufacture only hard candies and lozenges. None of the ingredients we use in our plant would contain gluten, so we have no need for separation of runs/machinery and no issues with cross contamination."

### **CREAM HILL ESTATES**

Cream Hill Estates manufactures their products in a dedicated gluten free facility. They have also given us the following statement regarding their manufacturing practices. "We meet or exceed government standards for growing and manufacturing our oats. We contract directly with seed growers whose families, like ours, know about CD from personal experience and thus know the importance of growing oats free of cross-contamination with gluten-containing grains. Their fields have been wheat, barley, and rye-free for a minimum of three years. The equipment used in planting, harvesting, transport, processing and packaging is dedicated and/or thoroughly cleaned to guarantee pure-oat production free of wheat, rye and barley. We

monitor the quality of our processes and products using certified seed labs and the highly sensitive R5-ELISA testing methods.”

#### **DEBOLES**

DeBoles manufactures their gluten free products in a shared facility (facility that also manufactures products that contain gluten), likely on shared equipment. DeBoles products are manufactured by The Hain-Celestial Group, they have given us the following statement regarding their gluten free status: The items which bear the label "gluten free" or "made with gluten free ingredients" are formulated and tested to be gluten free (below the detectable limit of 10ppm). The Hain Celestial Group's labeling declares major allergens (peanuts, soybeans, milk, eggs, fish, crustaceans, tree nuts, and wheat) and we follow the U.S. FDA's regulations. In addition, our labeling always declares gluten containing ingredients. Both major and minor ingredients of all products, as well as all processing procedures and equipment, are closely scrutinized and all potential allergen issues as determined by the Hain Celestial Group are declared on our labeling. We assure you that strict manufacturing processes and procedures are in place and that all of our manufacturing facilities follow rigid allergen control programs that include staff training, segregation of allergen ingredients, production scheduling, and thorough cleaning and sanitation.

#### **EDWARD & SONS**

Edward & Sons manufactures their gluten free products in a shared facility (facility that also manufactures products that contain gluten). Edward & Sons randomly test their products to 10ppm to insure they are under the 20ppm required by the FDA, test are performed in an independent laboratory.

#### **ENER-G FOODS**

Ener-G products are manufactured in a dedicated gluten free facility.

#### **ENJOY LIFE FOODS**

Enjoy Life Foods' products are manufactured in a dedicated gluten free and nut free facility. They also test ingredients for casein gluten peanut and soy protein.

#### **ENVIROKIDZ**

EnviroKidz products are manufactured by Natures Path. According to Nature's Path, "strict production schedules and quality assurance methods ensure that the least sensitive foods are produced first. The products that contain gluten soy and finally nuts are made and then the entire line is cleaned and the process re-starts. The equipment and the cereal is periodically inspected and tested for gluten contamination. Nature's Path foods (having a standard of 20 ppm, as does the UK, USA, and Canada for a gluten free product) test our products to 5ppm and ensure that the product is below 20ppm”.

#### **FLAVORGANICS**

Flavororganics provides the following statement concerning gluten, on their website. "The organic alcohol Flavororganics uses in the manufacturing process of their extracts, which is derived from corn, is gluten-free. Gluten, a protein component of the corn kernel, is removed early in the distillation process. Therefore Flavororganics products are Gluten-Free”.

#### **FULL FLAVOR FOODS**

"Full Flavor Foods Gluten-Free Gravies, Sauces and Soup Mixes are produced in a dedicated gluten-free facility. There are no other products produced on the premises which contain gluten. Our products also carry the Celiac Sprue Association's "CSA Seal of Recognition" on the front of each package. To receive this award, samples of our products were shipped to the CSA and they took them to the University of Nebraska for stringent independent testing. The testing included gluten from Wheat, Barley Oats and Rye”.

#### **GLUTEN FREE PANTRY**

Gluten Free Pantry products are manufactured in a dedicated gluten free facility.

#### **GLUTINO**

Glutino products are manufactured in a dedicated gluten free facility.

#### **HEALTHY TIMES**

Healthy Times manufactures their products in a dedicated gluten free facility. Healthy Times has provided the following statement regarding their gluten free foods. "Our jars are made in a facility that does not contain gluten. The Baby Brown Rice Cereal is produced in a gluten free facility as well. The Barley and Oat is made in a different facility.

### **HOL-GRAIN**

Hol-Grain products are manufactured in a dedicated gluten free facility.

### **KINNIKINNICK**

Kinnikinnick products are manufactured in one of two dedicated gluten free facility. Kinnikinnick ingredient suppliers are required to provide gluten free statements. All new ingredients are tested, all major ingredients are tested at each new shipment, all minor ingredients are tested using the R5 monoclonal antibody test. The limit of detection is 1.5 ppm. Tests are done in their own labs. All ingredients are spot checked using the R5 gluten rapid test kits. All products are randomly tested by the CFIA (Canadian equivalent of the FDA) as gluten free is a regulated term in Canada. They also do not out source any manufacturing so they can maintain control of all processes at all times.

### **LET'S DO ORGANICS**

Let's Do ... Organic is manufactured by Edward & Sons. Edward & Sons manufactures their gluten free products in a shared facility (facility that also manufactures products that contain gluten). Edward & Sons randomly test their products to 10ppm to insure they are under the 20ppm required by the FDA, test are performed in an independent laboratory.

### **LUNDBERG**

Lundberg has the following statement regarding gluten on their website... "All of our whole grain rice's and blends are by definition gluten free. We have only one product in our entire line of 75+ products that are not gluten free, or may have ingredients that could be a problem for the very sensitive: Lundberg's RiceXpress™ Sesame Teriyaki (*goodday gluten free does not carry this item*). Our other products, to the best of our knowledge based upon the most current research, are gluten-free and safe for those sensitive to the gliadin protein found in gluten."

### **MARY'S GONE CRACKERS**

Mary's Gone Crackers products are manufactured in a dedicated gluten free facility.

### **MI-DEL**

Mi-Del provides the following statement concerning gluten on its website. "The bakery that makes MI-DEL Gluten-Free Cookies adheres to the Codex Alimentarius standard – the international gluten-free food standard for manufacturers. The current Codex gluten-free standard specifies a gluten limit of 200 parts per million (ppm). MI-DEL Gluten-Free products consistently fall well below 200 ppm. In fact, MI-DEL gluten-free products consistently test below twenty (20) ppm. Utilizing ELISA methodology, product samples are tested at the beginning, middle, and end of each production run. Every batch of gluten-free flour blend is also tested prior to mixing."

### **NAMASTE FOODS**

Namaste products are manufactured in a dedicated gluten free facility.

### **NATURE'S PATH**

According to Nature's Path, "strict production schedules and quality assurance methods ensure that the least sensitive foods are produced first. The products that contain gluten soy and finally nuts are made and then the entire line is cleaned and the process re-starts. The equipment and the cereal is periodically inspected and tested for gluten contamination. Nature's Path foods (having a standard of 20 ppm, as does the UK, USA, and Canada for a gluten free product) test our products to 5ppm and ensure that the product is below 20ppm".

### **PAMELA'S PRODUCTS**

Pamela's Products are manufactured in a dedicated gluten free facility.

### **PANDEROS DELIGHTS**

Panderos Delights are made in a dedicated gluten free facility. The company has provided the follow statement regarding the gluten free status of their products. "In our facilities we only make and package our own cookies. We do not make or package any other products. Our cookies are Gluten Free Certified by Trilogy Analytical Laboratory, Inc.

### **TINKYADA**

Tinkyada products are manufactured in a dedicated gluten free facility.

**TOM SAWYER**

Tom Sawyer products are manufactured in a dedicated gluten free facility.

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# **BAKED GOODS**

## **ENER-G FOODS**

Ener-G products are manufactured in a dedicated gluten free facility.

**1EG57131 Brown Rice Bread Loaf 16.7 oz. \$5.21** Ingredients: filtered water, rice flour, tapioca starch, brown rice flour, pear juice concentrate, high oleic safflower or sunflower oil, yeast, methylcellulose, sodium carboxymethylcellulose, orange citrus fiber, glucono delta lactone, calcium phosphate. Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, and folic acid. Free of: casein, gluten, egg, corn, dairy, soy, nut.

**1EG02821 Brown Rice Bread Loaf – Light 8 oz. \$3.88** Ingredients: filtered water, rice flour, tapioca starch, safflower or sunflower oil, pear juice concentrate, yeast, brown rice flour, methylcellulose, salt, orange citrus fiber, sodium carboxymethylcellulose, glucono delta lactone, calcium phosphate. Enriched with thiamine, riboflavin, niacin, iron, folic acid. Free of: casein, dairy, egg, soy, nut, low protein.

**1EG58051 Brown Rice Bread Loaf - Yeast Free 19 oz. \$5.60** Ingredients: filtered water, rice flour, safflower or sunflower oil, leavening (glucono delta lactone, sodium bicarbonate and calcium phosphate), methylcellulose, cellulose gum, orange citrus fiber.

**1EG58671 Brown Rice Hamburger Buns - 4 Pack 10.2 oz. \$5.52** Ingredients: filtered water, rice flour, tapioca starch, brown rice flour, pear juice concentrate, high oleic safflower or sunflower oil, yeast, methylcellulose, orange citrus fiber, sodium carboxymethylcellulose, monocalcium phosphate, glucono delta lactone. Enriched with thiamine (vitamin B1), riboflavin (vitamin B2), niacin, iron and folic acid. Free of: casein, dairy, egg, soy, nut.

**1EG31081 Cinnamon Rolls 23 oz. \$9.26** Ingredients: filtered water, hi maize corn starch, potato flour, organic evaporated cane juice, yellow corn flour, raisins, cold pressed high oleic safflower oil, white rice flour, pear juice concentrate, motina flour (perennial bunch grass flour), organic tapioca syrup, yeast, sweet potato flour, methylcellulose, xanthan gum, ener-g baking powder (sodium acid pyrophosphate, sodium bicarbonate, potato starch, monocalcium phosphate), salt. Smear: brown sugar, organic tapioca syrup, palm oil, xanthan gum.

Cinnamon Spread: organic evaporated cane juice, cinnamon.

**1EG02681 Corn Bread Loaf – Light 8 oz. \$4.45** Ingredients: filtered water, resistant corn starch, tapioca flour, high oleic safflower or sunflower oil, pear juice concentrate, sweet rice flour, bamboo fiber, yeast, methocell, guar gum, salt, orange citrus fiber, calcium phosphate, glucono delta lactone. Enriched with thiamine (vitamin B-1), riboflavin (vitamin B2), niacin, iron, folic acid. Free of: dairy, casein, soy, low protein.

**1EG14561 English Muffins With Sweet Potato - 4 Pack 17.2 oz. \$6.19** Ingredients: filtered water, yellow corn flour, hi-maze corn starch, tapioca starch, brown rice flour, pear juice concentrate, high oleic safflower or sunflower oil, yeast, sweet potato flour, methylcellulose, xanthan gum, sweet rice flour, orange citrus fiber, salt, calcium phosphate, glucono delta lactone. Enriched with thiamin, riboflavin, niacin, iron and folic acid. Free of: casein, dairy, egg, soy, nut.

**1EG22541 English Muffins with Tofu - 4 Pack 14.8 oz. \$5.71** Ingredients: filtered water, rice flour, tapioca starch, high oleic safflower or sunflower oil, pear juice concentrate, powdered tofu (soy beans and calcium sulfate), apple sauce, yeast, egg replacer [tapioca flour, potato starch, leavening (calcium lactate, calcium carbonate, glucono delta lactone), sodium carboxymethylcellulose, methylcellulose], xanthan gum, sunflower lecithin, orange citrus fiber, glucono delta lactone, salt, monocalcium phosphate. Free of: casein, dairy, nut, egg.

**1EG58811 Papas Bread Loaf 16 oz. \$6.08** Ingredients: filtered water, white rice flour, cold pressed high oleic safflower oil, pear juice, tapioca starch, yeast, potato starch, microcrystalline cellulose (from bamboo), methylcellulose, guar gum, monocalcium phosphate, salt, xanthan gum. Enriched with thiamin, riboflavin, niacin, iron and folic acid. Free of: casein, dairy, egg, soy, nut.

**1EG22091 Pizza Shells 10" - 2 Pack 12.7 oz. \$14.21** Ingredients: filtered water, rice flour, cold pressed high oleic safflower oil, tapioca starch, pear juice concentrate, bamboo fiber, yeast, methylcellulose, guar gum, salt, glucono delta lactone, calcium phosphate, enriched with thiamine (vitamin B1), riboflavin (vitamin B2), niacin, iron and folic acid. Produced in line, with other products which contain egg, tree nuts and soy.

**1EG41051 Plain Donuts 7 oz. \$5.26** Ingredients: organic evaporated cane juice, whole eggs, filtered water, orange juice, hi maize corn starch, egg white powder, organic palm fruit oil, sodium bicarbonate, Ener-G baking powder (sodium pyrophosphate, sodium bicarbonate, potato starch, mono calcium phosphate), salt, xanthan gum, pure vanilla (vanilla bean & corn sugar).

**1EG31841 Pound Cake 8.9 oz. \$6.51** Ingredients: white rice flour, organic evaporated cane juice, high oleic safflower oil, filtered water, applesauce, organic tapioca syrup, powdered whole eggs, powdered tofu (soy beans & calcium sulfate), glucono delta lactone, vanilla powder (vanilla bean extractives and dextrose from corn sugar), salt, monocalcium phosphate, sodium bicarbonate, xanthan gum. Enriched with thiamine, riboflavin, niacin, iron and folic acid. Free of: casein, dairy, nut, potato.

**1EG57511 Raisin Loaf 16.5 oz. \$6.37** Ingredients: filtered water, rice flour, raisins, brown rice flour, pear juice concentrate, apple sauce, high oleic safflower oil, yeast, dried egg white, inverted sugar (beet or cane), xanthan gum, glucono delta lactone, salt, orange citrus fiber, calcium phosphate.

**1EG58121 Raisin Loaf –Egg Free 16 oz. \$6.09** Ingredients: filtered water, rice flour, tapioca starch, raisins, hi oleic safflower oil, pear juice concentrate, yeast, methylcellulose, sodium carboxymethylcellulose, salt, orange citrus fiber, calcium phosphate, glucono delta lactone.

**1EG58981 Rice Bread Loaf - High Fiber 16 oz. \$6.19** Ingredients: concentrate, brown rice flour, beet fiber, yeast, methylcellulose, rice starch, calcium phosphate, sodium carboxymethylcellulose, salt, xanthan gum. Enriched with thiamine, riboflavin, niacin, iron and folic acid. Free of: casein, dairy, egg, nut, soy.

**1EG22241 Rice Pizza Shells 6"- 3 Pack 8.9 oz. \$9.60** Ingredients: filtered water, rice flour, cold pressed high oleic safflower oil, tapioca starch, pear juice concentrate, bamboo fiber, yeast, methylcellulose, guar gum, salt, glucono delta lactone, calcium phosphate, enriched with thiamine (vitamin B1), riboflavin (vitamin B2), niacin, iron and folic acid.

**1EG12271 Seattle Hot Dog Buns - 4 Pack 16.2 oz. \$6.00** Ingredients: filtered water, hi-maze corn starch, rice flour, pear juice concentrate, yellow corn flour, high oleic safflower or sunflower oil, montina flour (perennial bunch grass (achnatherum hymenides), potato flour, yeast, methylcellulose, orange juice, xanthan gum, fruit pectin, calcium phosphate salt, orange citrus fiber, black tea. Enriched with thiamine, riboflavin, niacin, iron and folic acid.

**1EG01551 Tapioca Bread Loaf 16 oz. \$5.21** Ingredients: filtered water, rice flour, tapioca starch, safflower or sunflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, guar gum, orange citrus fiber, salt, calcium phosphate, glucono delta lactone. Enriched with thiamin, riboflavin, niacin, iron and folic acid. Free of: casein, dairy, low protein, egg, soy, nut.

**1EG02131 Tapioca Bread Loaf – Light 8 oz. \$3.54** Ingredients: filtered water, rice flour, tapioca starch, safflower or sunflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, guar gum, organic tapioca syrup, salt, organic palm oil, orange citrus fiber, glucono delta lactone, calcium phosphate. Enriched with thiamin, riboflavin, niacin, iron and folic acid.

**1EG59111 Tapioca Hot Dog Buns - 4 Pack 7.7 oz. \$5.91** Ingredients: filtered water, rice flour, tapioca starch, high oleic safflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, tapioca syrup, guar gum, palm oil, salt, orange citrus fiber, calcium phosphate, glucono delta lactone. Enriched with thiamine (vitamin B1), riboflavin (vitamin B2), niacin, iron and folic acid. Free of: casein, dairy, egg, soy, nut.

**1EG57061 White Rice Bread Loaf 16 oz. \$5.21** Ingredients: rice flour, tapioca starch, safflower or sunflower oil, pear juice concentrate, yeast, methylcellulose, cellulose gum, salt, orange citrus fiber, calcium phosphate, glucono delta lactone. Enriched with Thiamine, Riboflavin, Niacin, Iron, and Folic Acid. Free of: casein, gluten, egg, dairy, soy, nut.

**1EG02441 White Rice Bread Loaf – Light 8 oz. \$3.82** Ingredients: filtered water, rice flour, safflower or sunflower oil, tapioca starch, pear juice concentrate, methylcellulose, yeast, salt, orange citrus fiber, sodium carboxymethylcellulose, calcium phosphate, glucono delta lactone. Enriched with thiamine, riboflavin, niacin, iron and folic acid. Free of: gluten, wheat, casein, dairy, egg.

**1EG57751 White Rice Bread Loaf - Yeast Free 22.4 oz. \$5.60** Ingredients: rice flour, filtered water, safflower or sunflower oil, leavening (glucono delta lactone, sodium bicarbonate, and calcium phosphate), methylcellulose, cellulose gum, orange citrus fiber. Free of: casein, dairy, yeast, egg, soy, nut, potato.

# **BAKING & COOKING SUPPLIES**

## **ANCIENT HARVEST**

**1AH20041 Quinoa Flakes 12 oz. \$5.45** Ingredients: 100% whole grain organic quinoa flakes.

## **BOB'S RED MILL**

See Manufacturing Process Directory

**1BM55401 Guar Gum 8 oz. \$4.86** Ingredients: guar gum. A white flour like substance made from an East Indian seed. Use small amounts as a thickener, binder & volume enhancer. Manufactured in a facility that processes products containing yeast and soy.

**1BM52501 Potato Starch 24 oz. \$3.81** Ingredients: potato starch. Manufactured in a facility that processes products containing yeast and soy.

**1BM55551 Xanthan Gum 8 oz. \$12.85** Ingredients: xanthan gum. Manufactured in a facility that processes products containing yeast and soy

**1BM50141 Yeast-Active Dry 8 oz. \$4.35** Ingredients: active dry yeast. Manufactured in a facility that processes products containing yeast and soy.

## **CELIFIBR**

**1CE33281 Vegetable "Beef" Bouillon Cubes - 6 Cubes 2 oz. \$2.21** Ingredients: vegetable and spice blend (organic broccoli, organic onion, organic garlic, organic carrot, organic beet, organic spinach, organic tomato, celery, bay, clove), sea salt, maltodextrin (from corn), molasses, yeast extract, cold pressed sunflower oil.

**1CE33111 Vegetable "Chicken" Bouillon Cubes - 6 Cubes 2 oz. \$2.21** Ingredients: vegetable and spice blend (organic broccoli, organic onion, organic garlic, organic carrot, organic beet, organic spinach, organic tomato, parsley, turmeric, clove, bay, celery), sea salt, maltodextrin (from corn), molasses, yeast extract, sunflower oil.

**1CE33041 Vegetable Medley Bouillon Cubes - 6 Cubes 2 oz. \$2.21** Ingredients: vegetable and spice blend (organic broccoli, organic carrot, organic beet, organic onion, organic garlic, organic spinach, organic tomato, celery, bay, clove, red pepper, green pepper), sea salt, maltodextrin (from corn), molasses, yeast extract, sunflower oil.

## **CHERRYBROOK KITCHEN**

**1CB00571 Chocolate Frosting Mix 10.5 oz. \$4.19** Ingredients: confectionary sugar (contains cornstarch), natural cocoa powder, all natural vanilla flavor, sea salt.

**1CB00641 Vanilla Frosting Mix 9.4 oz. \$4.19** Ingredients: confectionary sugar (contains cornstarch), all natural vanilla flavor, sea salt.

## **ENER-G FOODS**

Ener-G products are manufactured in a dedicated gluten free facility.

**1EG42521 Baking Powder 12 oz. \$5.99** Ingredients: calcium carbonate and citric acid. Free of wheat, casein, dairy, egg, yeast, soy, nuts, low protein, rice, potato, low sodium, low electrolyte.

**1EG25081 Bread Crumbs 10 oz. \$3.24** Ingredients: filtered water, rice, flour, tapioca starch, safflower or sunflower oil, pear juice concentrate, yeast, methylcellulose, bamboo fiber, sodium carboxymethylcellulose, calcium phosphate, salt, glucono delta lactone, guar gum, hi maize corn starch, sodium bicarbonate, palm oil, tapioca syrup, nulomoline (inverted sugar), xanthan gum, enriched with thiamine, riboflavin, niacin, iron, and folic acid. Free of: wheat, casein, gluten, dairy, egg, soy, nut.

**1EG44801 Egg Replacer 16 oz. \$6.30** Ingredients: potato starch, tapioca flour, leavening (calcium lactate, calcium carbonate, citric acid), cellulose gum, carbohydrate gum. Calcium lactate is not dairy derived. It does not contain lactose. Kosher-parve. Free of: wheat, casein, gluten, dairy, egg, yeast, soy, nut, low protein, rice.

**1EG42071 Xanthan Gum 6 oz. \$11.51** Ingredients: xanthan gum. Kosher-parve. Free of: wheat, casein, gluten, dairy, egg, soy, yeast, nut, low protein, rice.

## **ENJOY LIFE FOODS**

Enjoy Life Foods' products are manufactured in a dedicated gluten free and nut free facility. They also test ingredients for casein, gluten, peanut, and soy protein.

1EL03061 Chocolate Chips 10 oz. \$3.91 Ingredients: evaporated cane juice, Chocolate Liquor, and Non-dairy Cocoa Butter. Produced in a shared facility.

## **FLAVORGANICS**

See Manufacturing Process Directory

1FL10851 Almond Extract 2 oz. \$5.78 Ingredients: organic alcohol, water, bitter almond oil.

1FL10921 Chocolate Extract 2 oz. \$5.66 Ingredients: water, organic alcohol, organic agave syrup, organic cocoa powder.

1FL10781 Lemon Extract 2 oz. \$5.78 Ingredients: organic alcohol, water, organic lemon oil.

1FL10611 Orange Extract 2 oz. \$5.78 Ingredients: organic alcohol, water, organic orange oil.

1FL10541 Peppermint Extract 2 oz. \$5.78 Ingredients: organic alcohol, water, organic peppermint oil.

1FL10091 Vanilla Extract 2 oz. \$6.12 Ingredients: water, organic alcohol (35%), organic vanilla bean extractives.

## **GLUTEN FREE PANTRY**

Gluten Free Pantry products are manufactured in a dedicated gluten free facility.

1GP12591 Crisp & Crumble Topping Mix 12 oz. \$4.10 Ingredients: sugar, white rice flour, brown rice flour, spices (cinnamon & nutmeg), xanthan gum. Certified kosher (kvh-d). Egg-free, lactose-free.

## **HOL-GRAIN**

Hol-Grain products are manufactured in a dedicated gluten free facility.

1HG10051 Crispy Chicken Coating Mix 8 oz. \$3.99 Ingredients: rice flour, brown rice bread crumbs, red pepper, black pepper, garlic powder, salt, xanthan gum.

## **PAMELA'S PRODUCTS**

Pamela's Products are manufactured in a dedicated gluten free facility.

1PA09081 Confetti Frosting Mix 13 oz. \$4.93 Ingredients: organic powdered sugar (contains 3% corn starch); Lets Do Sprinkelz (organic evaporated cane juice, organic corn meal syrup, water, natural colors / extracts from seeds, vegetables or fruits); gluten-free natural vanilla powder (contains corn derivative); salt.

1PA07001 Dark Chocolate Frosting Mix 12 oz. \$4.93 Ingredients: organic powdered sugar, (contains 3% corn starch) organic cocoa powder (alkalized), gluten free natural vanilla powder (contains corn derivative), salt.

1PA08091 Vanilla Frosting Mix 12 oz. \$4.93 Ingredients: organic powdered sugar (contains 3% corn starch), gluten free natural vanilla powder (contains corn derivative), salt.

## **TROPICAL SOURCE**

1TS28111 Semi-Sweet Chocolate Chips 10 oz. \$5.70 Ingredients: evaporated cane juice, unsweetened chocolate, cocoa butter, roasted soy flour, soy lecithin (a soy derived emulsifier), and pure vanilla extract. Made in a plant that processes tree nuts and peanuts.

# **BAKING FLOUR**

## **ARROWHEAD MILLS**

See Manufacturing Process Directory

1AM13491 Brown Rice Flour - Whole Grain 32 oz. \$4.47 Ingredients: organic brown rice flour.

1AM13631 Buckwheat Flour – Whole Grain - Organic 32 oz. \$5.10 Ingredients: organic buckwheat flour.

1AM13871 Millet Flour – Whole Grain - Organic 32 oz. \$4.58 Ingredients: certified organic whole grain millet flour.

1AM21241 Soy Flour – Whole Grain 22 oz. \$3.59 Ingredients: organic whole soy flour.

1AM23081 White Rice Flour - Organic 32 oz. \$4.62 Ingredients: organic white rice flour.

## **BOB'S RED MILL**

See Manufacturing Process Directory

**1BM45291 All Purpose Baking Flour 22 oz. \$4.50** Ingredients: garbanzo flour, potato starch, tapioca flour, sweet white sorghum flour, and fava flour. Manufactured in a facility that processes products containing yeast and soy.

**1BM38111 Almond Meal Flour 16 oz. \$11.31** Ingredients: blanched almonds. Manufactured in a facility that also uses tree nuts and soy.

**1BM31571 Brown Rice Flour – Whole Grain 24 oz. \$3.29** Ingredients: brown rice. Manufactured in a facility that processes products containing yeast and soy.

**1BM45741 Garbanzo & Fava Bean Flour 22 oz. \$5.66** Ingredients: garbanzo beans and fava beans. Manufactured in a facility that processes products containing yeast and soy.

**1BM33241 Garbanzo Bean Flour 22 oz. \$3.24** Ingredients: garbanzo beans. Manufactured in a facility that processes products containing yeast and soy.

**1BM31261 Potato Flour 24 oz. \$6.16** Ingredients: potatoes. Manufactured in a facility that processes products containing yeast and soy.

**1BM32011 Quinoa Flour 22 oz. \$7.59** Ingredients: organic whole grain quinoa. Manufactured in a facility that processes products containing yeast and soy.

**1BM64241 Sweet White Sorghum Flour 22 oz. \$3.81** Ingredients: whole grain "sweet" white sorghum flour. Manufactured in a facility that processes products containing yeast and soy.

**1BM53571 Tapioca Flour 20 oz. \$3.61** Ingredients: tapioca. Manufactured in a facility that processes products containing yeast and soy.

**1BM53971 Teff Flour 24 oz. \$7.38** Ingredients: whole grain teff. Manufactured in a facility that processes products containing yeast and soy.

**1BM31641 White Rice Flour 24 oz. \$3.17** Ingredients: white rice. Manufactured in a facility that processes products containing yeast and soy.

## **CREAM HILL ESTATES**

See Manufacturing Process Directory

**1CM15131 Lara's Whole Grain Oat Flour 17 oz. \$6.56** Ingredients: pure whole grain oat flour

## **ENER-G FOODS**

Ener-G products are manufactured in a dedicated gluten free facility.

**1EG36361 Brown Rice Flour 18 oz. \$3.63** Ingredients: brown rice flour. Kosher-parve. Free of: wheat, casein, gluten, dairy, egg, corn, yeast, soy, nut, potato.

**1EG36671 Potato Flour – Fine 20 oz. \$4.41** Ingredients: pure potato flour. Free of: wheat, casein, gluten, dairy, egg, corn, yeast, soy, nut, rice.

**1EG36501 Potato Starch Flour 16 oz. \$3.54** Ingredients: pure potato starch flour. Free of: wheat, casein, gluten, dairy, egg, corn, yeast, soy, low protein, rice.

**1EG36741 Rice Flour – Sweet 20 oz. \$3.89** Ingredients: sweet rice flour. Kosher-parve. Free of: wheat, casein, gluten, dairy, egg, corn, yeast, soy, nut, potato.

**1EG45961 Tapioca Flour 16 oz. \$2.84** Ingredients: tapioca starch flour. Kosher-parve. Free of: wheat, casein, gluten, dairy, egg, corn, yeast, soy, nut, low protein, rice, potato.

**1EG35371 White Rice Flour 20 oz. \$2.80** Ingredients: white rice flour. Kosher-parve. Free of: wheat, casein, gluten, dairy, egg, corn, yeast, soy, nut, potato.

## **GLUTEN FREE PANTRY**

Gluten Free Pantry products are manufactured in a dedicated gluten free facility.

**1GP11671 Beth's All Purpose Gluten Free Baking Flour 16 oz. \$4.10** Ingredients: white rice flour, potato starch, tapioca starch, guar gum, salt. May contain traces of soy.

## **SYLVAN BORDER FARMS**

**1SF10021 All Purpose Flour 32 oz. \$7.31** Ingredients: potato starch, white rice flour, organic brown rice flour, amaranth flour, organic quinoa flour, organic white corn meal, organic garbanzo bean flour, organic soy flour.

## **TOM SAWYER**

Tom Sawyer products are manufactured in a dedicated gluten free facility.

**1TM78911 All Purpose Flour 24 oz. \$6.42** Ingredients: white rice flour, sweet rice flour, tapioca flour, xanthan gum, unflavored gelatin.

## **BAKING MIXES**

### **ARROWHEAD MILLS**

See Manufacturing Process Directory

**1AM19391 Brownie Mix 17.4 oz. \$5.41** Ingredients: organic evaporated cane juice, organic white rice flour, organic chocolate chips (organic sugar, organic chocolate liquor[non-alcohol], organic cocoa butter, soy lecithin [added as an emulsifier], organic vanilla flavor), organic potato starch, organic cocoa powder, tapioca starch, natural vanilla flavor with other natural flavors(organic sugar, natural vanilla and other natural flavors), xanthan gum, sea salt, baking soda, and non-aluminum baking powder (monocalcium phosphate, baking soda, cornstarch). Needed to prepare-oil, egg or egg substitute, and water.

**1AM23791 Chocolate Chip Cookie Mix 12.9 oz. \$5.07** Ingredients: organic white rice flour, organic chocolate chips (organic sugar, organic chocolate liquor [non-alcohol], organic cocoa butter, soy lecithin [added as an emulsifier], organic vanilla flavor), organic evaporated cane juice, organic powdered cane juice (organic evaporated cane juice, cornstarch as a flow agent), tapioca starch, organic potato starch, blended fruit powder (pear, apple, and plum), natural flavors (organic sugar, natural vanilla flavor, with other natural flavors), baking soda, non-aluminum baking powder (monocalcium phosphate, baking soda, corn starch), and sea salt. Needed to prepare-egg or egg substitute, and butter or oil.

**1AM17901 Pancake & Baking Mix 28 oz. \$6.76** Ingredients: organic white rice flour, organic potato starch, tapioca starch, baking powder (monocalcium phosphate, sodium bicarbonate, cornstarch), organic whole grain yellow corn flour, natural flavor, sea salt, organic cinnamon. Needed to prepare- for pancakes: egg or egg substitute, oil, honey, milk or milk substitute or water. For muffins: baking powder, egg or egg substitute, honey, water, xanthan gum, vanilla and oil.

**1AM18201 Pancake & Waffle Mix - Wild Rice 32 oz. \$6.76** Ingredients: organic whole grain brown rice flour, organic wild rice flour, baking powder (monocalcium phosphate, sodium bicarbonate, cornstarch), organic soymilk powder, xanthan gum. Needed to prepare- egg or egg substitute, oil, honey and milk or water.

**1AM32221 Vanilla Cake Mix 20.9 oz. \$5.56** Ingredients: organic rice flour, organic evaporated cane juice, organic potato starch, buttermilk solids (from milk), tapioca starch, baking powder (monocalcium phosphate, sodium bicarbonate, corn starch), sea salt, xanthan gum, natural vanilla flavor.

### **BOB'S RED MILL**

See Manufacturing Process Directory

**1BM46801 Chocolate Cake Mix 16oz. \$4.30** Ingredients: Evaporated Cane Juice sugar, unsweetened cocoa, garbanzo bean flour, potato starch, tapioca starch, whole grain white sorghum flour, fava bean flour, baking soda, xanthan gum, sea salt, cream of tartar. Manufactured in a facility that also uses tree nuts and soy.

**1BM46731 Chocolate Chip Cookie Mix 22oz. \$5.49** Ingredients: brown sugar, evaporated cane juice, garbanzo bean flour, potato starch, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla), tapioca starch, whole grain white sorghum flour, fructose, fava bean flour, xanthan gum, baking soda, sea salt, natural vanilla powder.

**1BM45671 Cinnamon Raisin Bread Mix 22oz. \$5.34** Ingredients: potato starch, whole grain sorghum flour, raisins, tapioca flour, dried molasses (molasses, maltodextrin, silicon dioxide), active dry yeast, xanthan gum, cinnamon, guar gum, sea salt, natural vanilla powder (sugar, cornstarch, vanilla extract).

**1BM46111 Cornbread Mix 20oz. \$3.39** Ingredients: whole grain cornmeal, potato starch, whole grain sorghum flour, evaporated cane juice sugar, whole grain corn flour, tapioca flour, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), sea salt, xanthan gum. Bob's Red Mill uses ELISA Gluten Assay test to determine if a product is gluten free.

**1BM46421 GF Brownie Mix 21oz. \$6.85** Ingredients: turbinado sugar, Ghirardelli cocoa, potato starch, white sorghum flour, tapioca flour, whole corn flour, sea salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, and monocalcium phosphate), xanthan gum. Manufactured in a facility that also uses tree nuts and soy.

**1BM46281 GF Pancake Mix 22oz. \$4.94** Ingredients: potato starch, white sorghum flour, tapioca flour, whole corn flour, turbinado sugar, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch and monocalcium phosphate), baking soda, sea salt, xanthan gum. Manufactured in a facility that also uses tree nuts and soy.

**1BM39421 Pizza Crust Mix 16oz. \$4.09** Ingredients: whole grain brown rice flour, potato starch, whole grain millet flour, whole grain sorghum flour, tapioca flour, potato flour, evaporated cane juice, xanthan gum, active dry yeast, sea salt, guar gum.

**1BM45431 Homemade Wonderful GF Bread Mix 16oz. \$5.29** Ingredients: garbanzo bean flour, potato starch, corn starch, white sorghum flour, tapioca flour, turbinado sugar, fava bean flour, xanthan gum, active dry yeast, potato flour, sea salt, guar gum, soy lecithin. Manufactured in a facility that also uses tree nuts and soy. For bread machines or bake in a conventional oven.

**1BM20511 Wheat Free Biscuit & Baking Mix 24oz. \$4.94** Ingredients: stone ground white rice and garbanzo bean flours, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), xanthan gum, sea salt, cream of tartar, baking soda. Manufactured in a facility that also uses tree nuts and soy.

### **BREADS FROM ANNA**

Breads From Anna manufactures their products in a dedicated gluten free facility.

**1BA01421 Banana Bread Mix 14 oz. \$6.33** Ingredients: crystallized honey, tapioca starch, arrowroot, millet flour, potato starch, Montana (perennial bunch grass), chickpea flour, pinto bean flour, navy bean flour, salt, cream of tartar, baking soda, xanthan gum. Ingredients needed to prepare this mix: oil, eggs, bananas, walnuts (optional).

**1BA00121 Bread Mix - Corn, Dairy, Soy, Rice Free 18.1 oz. \$8.15** Ingredients: tapioca flour, arrowroot, chickpea flour, pinto bean flour, navy bean flour, millet flour, potato starch, montina (perennial bunch grass, achnatherum hymenoides), maple sugar, xanthan gum, salt, yeast. Ingredients needed to prepare this mix: sugar, yeast, apple cider vinegar, olive oil or coconut oil, eggs, and favorite non-dairy drink.

**1BA00051 Bread Mix - Soy, Rice, Nut Free 20.8 oz. \$8.15** Ingredients: cornstarch, tapioca flour, powdered skim milk, chickpea flour, pinto bean flour, navy bean flour, sorghum flour, montina flour (perennial bunch grass, achnatherum hymenoides), maple sugar, xanthan gum, salt, yeast. Ingredients needed to prepare this mix: sugar, yeast, apple cider vinegar, olive oil or coconut oil and eggs.

**1BA01351 Bread Mix - Yeast, Corn, Dairy, Soy, Rice Free 18.1 oz. \$6.19** Ingredients: tapioca flour, arrowroot, chick pea flour, pinto bean flour, navy bean flour, potato starch, millet, Montana (perennial bunch grass and achnatherum hymenoides), crystallized honey, xanthan gum, salt, cream of tartar and baking soda. Ingredients needed to prepare this mix: oil, non-dairy liquid, eggs and egg whites.

**1BA01591 Pie Crust Mix 9.3 oz. \$5.35** Ingredients: tapioca flour, arrowroot, millet, maple sugar, potato starch, Montana (perennial bunch grass, achnatherum hymenoides), chick pea flour, navy bean flour, pinto bean flour, salt, xanthan gum, cream of tartar, baking soda. Ingredients needed to prepare this mix: milk, apple cider vinegar, and oil.

**1BA01661 Pumpkin Bread Mix 18.0 oz. \$6.33** Ingredients: crystallized honey, tapioca flour, arrowroot, chickpea flour, pinto bean flour, potato starch, millet, maple sugar, Montana (Indian rice grass, also named perennial bunch grass, achnatherum hymenoides), cinnamon, ginger, clove, nutmeg, xanthan gum, cream of tartar, baking soda, salt. Ingredients needed to prepare this mix: eggs, oil, pumpkin puree, and walnuts (optional).

### **CAUSE YOU'RE SPECIAL**

Cause You're Special manufactures their products in a dedicated gluten free and casein free facility.

**1CS20171 Chocolate Chip Cookie Mix 15.1 oz. \$5.53** Ingredients: white rice flour, chocolate chips (sugar, chocolate liquor, cocoa butter, dextrose, soya lecithin), potato starch, brown sugar, sugar, soy, baking soda, salt, and xanthan gum. Ingredients needed to prepare mix: butter, margarine or shortening, eggs or egg substitute, and gluten free vanilla (optional). Makes 20 to 24 cookies. Manufactured in a facility that processes soy.

**1CS20311 Chocolate Fudge Brownie Mix 18.3 oz. \$5.53** Ingredients: sugar, white rice flour, cocoa, tapioca starch, xanthan gum and salt. Ingredients needed to prepare this mix: butter or margarine and eggs. Makes a 13"x9"x2" pan brownies. Manufactured in a facility that processes soy.

**1CS40111 Classic Muffin & Quickbread Mix 13.9 oz. \$4.97** Ingredients: white rice flour, potato starch, sugar, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt and xanthan gum. Ingredients needed to prepare mix: milk or milk substitute, butter or margarine and oil. Makes 12 muffins or one bread loaf. Manufactured in a facility that processes soy.

**1CS20241 Classic Sugar Cookie Mix 12.7 oz. \$4.97** Ingredients: white rice flour, sugar, potato starch, corn starch, xanthan gum, baking soda, and cream of tartar. Ingredients needed to prepare mix: butter, margarine or shortening, eggs or egg substitute, (gluten-free vanilla optional). Makes 18 to 22 cookies. Manufactured in a facility that processes soy.

**1CS70121 Famous Pizza Crust Mix 7.8 oz. \$4.87** Ingredients: white rice flour, tapioca starch, sugar, yeast packet, xanthan gum and salt. Ingredients needed to prepare mix: olive oil, apple cider vinegar and corn meal (optional). Makes one 12" round regular pizza crust or one 10" thick crust. Manufactured in a facility that processes products containing soy.

**1CS70291 Famous Pizza Crust Mix - Econo 15.6 oz. \$7.54** Ingredients: white rice flour, tapioca starch, sugar, yeast packet, xanthan gum and salt. Ingredients needed to prepare this mix: olive oil, apple cider vinegar and corn meal (optional). Makes two 10" thick crusts or two 12" regular crusts. Manufactured in a facility that processes products containing soy.

**1CS10341 Golden Pound Cake Mix 19.5 oz \$5.36** Ingredients: sugar, white rice flour, potato starch, tapioca starch, xanthan gum and salt. Ingredients needed to prepare this mix: butter or margarine and eggs. Makes one large loaf (15 slices), 8 mini loaves or one bundt cake. Manufactured in a facility that processes soy.

**1CS51241 Hearty Biscuit Mix 18 oz. \$6.16** Ingredients: white rice flour, potato starch, sugar, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), salt, xanthan gum. Ingredients needed to prepare this mix: egg or egg substitute, buttermilk or buttermilk substitute and shortening. Makes 24 biscuits. Manufactured in a facility that processes soy.

**1CS52231 Hearty Biscuit Mix - Econo 36 oz. \$10.57** Ingredients: white rice flour, potato starch, sugar, gluten-free baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), salt and xanthan gum. Ingredients needed to prepare mix: egg or egg substitute, buttermilk or buttermilk substitute and shortening. Makes 48 biscuits (recipes for small batch size included with the economy size mix). Manufactured in a facility that processes products containing soy.

**1CS61141 Hearty Pancake and Waffle Mix 19.5 oz. \$5.96** Ingredients: white rice flour, potato starch, corn starch, sugar, salt and baking soda. Ingredients needed to prepare this mix: egg or egg substitute, milk or milk substitute (buttermilk or buttermilk substitute - optional) and oil. Makes 36 (4") pancakes or 18 large waffles. Freeze your leftovers, they taste great when thawed and reheated. Manufactured in a facility that processes products containing soy.

**1CS62131 Hearty Pancake & Waffle Mix - Econo 39 oz. \$10.37** Ingredients: white rice flour, potato starch, corn starch, sugar, salt and baking soda. Ingredients needed to prepare mix: egg or egg substitute, milk or milk substitute (buttermilk or buttermilk substitute - optional) and oil. Makes 72 (4") pancakes or 36 large waffles. Freeze your leftovers, they taste great when thawed and reheated. Manufactured in a facility that processes products containing soy.

**1CS80191 Homestyle Pie Crust Mix 13 oz. \$4.97** Ingredients: white rice flour, potato starch, corn starch, sugar, salt and xanthan gum. Ingredients needed to prepare mix: egg or egg substitute, apple cider vinegar, shortening. Manufactured in a facility that processes products containing soy.

**1CS30141 Homestyle White Bread Mix 21 oz. \$5.86** Ingredients: white rice flour, potato starch, corn starch, sugar, soy, salt, yeast packet and xanthan gum. Ingredients needed to prepare mix: butter or oil and eggs. Makes a 2 lb. loaf and yields 10 thick or 20 thin slices.

**1CS40281 Lemon Poppy Seed Muffin Mix 14 oz. \$5.19** Ingredients: sugar, white rice flour, potato starch, corn starch, lemon juice powder, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), poppy seed, salt, xanthan gum. Ingredients needed to prepare this mix: butter or margarine or shortening, eggs or egg substitute and milk or milk substitute. Makes 12 muffins. Manufactured in a facility that processes soy.

**1CS10581 Moist Lemon Cake Mix 14.8 oz. \$4.97** Ingredients: sugar, white rice flour, potato starch, corn starch, lemon juice powder, gluten-free baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), salt and xanthan gum. Ingredients needed to prepare mix: butter or margarine, eggs or egg substitute milk or milk substitute and gluten-free vanilla (optional). Makes one 9" round cake, one 8"x8"x2" cake or 9 large cupcakes. Manufactured in a facility that processes soy.

**1CS11571 Moist Lemon Cake Mix - Econo 29.6 oz. \$7.35** Ingredients: sugar, white rice flour, potato starch, corn starch, lemon juice powder, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), salt and xanthan gum. Ingredients needed to prepare mix: butter or margarine, eggs or egg substitute milk or milk substitute and gluten-free vanilla (optional). Makes two 9" round cakes, one 13"x9"x2" cake or 18 large cupcakes. Manufactured in a facility that processes products containing soy.

**1CS10101 Moist Yellow Cake Mix 14.8 oz. \$4.97** Ingredients: sugar, white rice flour, potato starch, corn starch, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), salt and xanthan gum. Ingredients needed to prepare this mix: butter or margarine, eggs or egg substitute and gluten-free vanilla(optional). Makes one 9" round cake, one 8" x 8" x 2" cake or 9 large cupcakes. Manufactured in a facility that processes soy.

**1CS11191 Moist Yellow Cake Mix - Econo 29.6 oz. \$7.35** Ingredients: sugar, white rice flour, potato starch, corn starch, gluten-free baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), xanthan gum and salt. Ingredients needed to prepare mix: butter or margarine, eggs or egg substitute and gluten-free vanilla (optional). Makes two 9" round cakes or one 13"x 9" cake. Manufactured in a facility that processes products containing soy.

**1CS10271 Rich Chocolate Cake Mix 14 oz. \$4.97** Ingredients: sugar, white rice flour, potato starch, cocoa, corn starch, xanthan gum, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), salt. Ingredients needed to prepare this mix: milk or milk substitute, egg or egg substitute and oil. Makes one 9" round cake or one 8" x 8" x 2" cake. Manufactured in a facility that processes soy.

**1CS11261 Rich Chocolate Cake Mix - Econo 28 oz. \$7.35** Ingredients: sugar, white rice flour, potato starch, cocoa, corn starch, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), salt and xanthan gum. Ingredients needed to prepare mix: milk, egg or egg substitute and oil. Makes two 9" round cakes or one 13"x 9" x 2" cake. Manufactured in a facility that processes products containing soy.

**1CS40351 Sweet Corn Muffin Mix 15 oz. \$4.97** Ingredients: sugar, white rice flour, potato starch, corn meal, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), salt and xanthan gum. Ingredients needed to prepare mix: milk or milk substitute, egg or egg substitute, butter or margarine. Yields 12 regular or 9 jumbo muffins. Can also be made in an 8" x 8" x2" pan. Manufactured in a facility that processes products containing soy.

**1CS30211 Traditional French Bread Mix 21 oz. \$5.86** Ingredients: white rice flour, potato starch, corn starch, sugar, soy, salt, yeast packet and xanthan gum. Ingredients needed to prepare mix: eggs, butter or margarine and apple cider vinegar (optional). Makes two 12" loaves.

## **CHEBE**

Chebe products are manufactured in a dedicated gluten free facility.

**1CH05791 All Purpose Dairy Free Bread Mix 7.5 oz. \$3.05** Ingredients: manioc (tapioca) flour, modified manioc starch (100% manioc), iodine-free salt, cream of tartar, sodium bicarbonate. Ingredients needed to prepare this mix: oil, milk or milk substitute and eggs.

**1CH04701 Cinnamon Roll-Ups Mix 7.5 oz. \$3.05** Ingredients: manioc (tapioca) flour, modified manioc starch, evaporated cane juice, cinnamon, iodine-free sea salt. Ingredients needed to prepare this mix: oil, applesauce, milk or milk substitute and egg.

**1CH06781 Focaccia Italian Flatbread Mix 7.5 oz. \$3.05** Ingredients: manioc (tapioca) flour, modified manioc starch (100% manioc), iodine-free sea salt, cream of tartar, sodium bicarbonate, rosemary, basil. Ingredients needed to prepare this mix: oil, milk or milk substitute and eggs.

**1CH03711 Garlic & Onion Breadstick Mix 7.5 oz. \$3.05** Ingredients: manioc (tapioca) flour, modified manioc starch (100% manioc), iodine-free sea salt, garlic, onion. Manufactured in a gluten free environment. Ingredients needed to prepare this mix: oil, milk or milk substitute and eggs.

1CH01731 Original Bread Mix 7.5 oz. \$3.05 Ingredients: manioc (tapioca) flour, modified manioc starch (100% manioc), dry milk, iodine-free salt (Made in a gluten free environment.) Ingredients needed to prepare this mix: oil, water and eggs.

1CH02721 Pizza Crust Mix 7.5 oz. \$3.05 Ingredients: manioc (tapioca) flour, modified manioc starch (100% manioc), iodine-free sea salt, basil, garlic, onion, oregano. Ingredients needed to prepare this mix: oil, milk or milk substitute and eggs.

### **CHERRYBROOK KITCHEN**

1CB00111 Chocolate Cake Mix 16.4 oz. \$5.57 Ingredients: potato starch, evaporated cane juice, natural cocoa powder, white rice flour, tapioca starch, granulated brown sugar, baking soda, xanthan gum, sea salt.

1CB01411 Chocolate Chip Cookie Mix 14.1 oz. \$5.57 Ingredients: white rice flour, granulated brown sugar, evaporated cane juice, non-dairy chocolate chips [sugar, chocolate liquor, dextrose, cocoa butter (no dairy derivatives), soy lecithin, pure vanilla extract], potato starch, tapioca starch, non-alluminated baking powder, xanthan gum, sea salt.

1CB16521 Pancake & Waffle Mix 18.0 oz. \$5.55 Ingredients: white rice flour, evaporated cane juice, potato starch, non-alluminated baking powder, tapioca starch, all natural vanilla flavor, sea salt, xanthan gum.

1CB01581 Sugar Cookie Mix 13.0 oz. \$5.49 Ingredients: white rice flour, evaporated cane juice, potato starch, tapioca flour, non-alluminated baking powder, xanthan gum, sea salt.

### **ENER-G FOODS**

Ener-G products are manufactured in a dedicated gluten free facility.

1EG44661 Corn Baking Mix 16 oz. \$3.04 Ingredients: yellow corn flour, baking powder (sodium bicarbonate & monocalcium phosphate). Kosher-parve. Free of: wheat, casein, gluten, dairy, egg, soy, yeast, nut, rice, potato.

1EG45101 Potato Baking Mix 20 oz. \$3.75 Ingredients: potato starch, baking powder (sodium bicarbonate & monocalcium phosphate). Kosher-parve. Free of: wheat, casein, gluten, dairy, egg, corn, soy, yeast, nut, low protein, rice.

1EG45411 Rice Baking Mix 20 oz. \$3.04 Ingredients: white rice flour, baking powder (sodium bicarbonate & monocalcium phosphate), Kosher-parve. Free of: wheat, casein, gluten, dairy, egg, corn, yeast, soy, nut, potato.

### **GLUTEN FREE PANTRY**

Gluten Free Pantry products are manufactured in a dedicated gluten free facility.

1GP10071 Brown Rice Pancake & Waffle Mix 16 oz. \$4.40 Ingredients: brown rice flour, white rice flour, corn starch, buttermilk, granulated honey, baking powder (corn), sodium bicarbonate, salt and xanthan gum. Contains milk. May contain traces of soy. Certified kosher (KVH-DE).

1GP15021 Chocolate Chip Cookie & Cake Mix 19 oz. \$4.40 Ingredients: rice flour, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, gluten-free vanilla extract), brown sugar, sugar, potato starch, potato flour, baking soda, salt, sodium acid pyrophosphate, monocalcium phosphate. Ingredients needed in preparation of cookies or squares: 3/4 cup softened unsalted butter or margarine, 2 tsp. Gluten free vanilla (optional), 3 large eggs (squares) 1 egg+ 1 egg white (cookies), 1 cup chopped nuts (optional). Certified kosher. Lactose-free, casein-free, corn-free.

1GP13011 Chocolate Truffle Brownie Mix 16 oz. \$4.30 Ingredients: sugar, Dutch cocoa, rice flour, cornstarch, potato starch, chocolate chips (sugar, chocolate liquor, cocoa butter, Soya lecithin, gluten-free vanilla), xanthan gum, salt. Ingredients needed in preparation: 1+1/2 sticks unsalted butter, melted (for lactose-free recipe, use 3/4 cup vegetable oil in place of butter) 4 large eggs or 6 egg whites, 3/4 cup coarsely chopped nuts (optional). Certified kosher (kvh-d). Lactose-free, and casein-free.

1GP14651 Coffee Cake Mix 21 oz. \$4.40 Ingredients: white rice flour, sugar, potato starch, sodium bicarbonate, xanthan gum, salt, sodium acid pyrophosphate, monocalcium phosphate. Topping: sugar, brown rice flour, white rice flour, tapioca starch, cinnamon, nutmeg, salt. May contain traces of soy.

1GP16591 Decadent Chocolate Cake Mix 15 oz. \$3.78 Ingredients: granulated sugar, white rice flour, potato starch, unsweetened Dutch cocoa, tapioca starch, baking soda, salt, guar gum, baking powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate). Certified kosher (kvh-d). Lactose-free and corn-free.

1GP01091 Favorite Sandwich Bread Mix 22 oz. \$5.48 Ingredients: white rice flour, brown rice flour, potato starch, powdered skim milk, whey, corn starch, brown sugar, guar gum, salt and a packet of gluten-free yeast. (2 1/4 tsp).

**1GP03071 French Bread & Pizza Crust Mix 22 oz. \$5.48** Ingredients: white rice flour, potato starch, corn starch, guar gum, granulated honey, salt and a packet of yeast. Ingredients needed in preparation: 1+3/4 cup lukewarm water or milk, 1 tsp cider vinegar, 1/2 tsp salt, 1/3 cup vegetable oil or melted butter, 2 eggs plus 1 egg white or 1 egg and 3 egg whites. Certified kosher. Lactose-free.

**1GP11061 Muffin & Scone Mix 15 oz. \$4.31** Ingredients: rice flour, corn starch, potato starch, sugar, gluten-free baking powder, baking soda, salt and xanthan gum. Lactose-free. Certified kosher(kvh-d)

**1GP14041 Old Fashioned Cake & Cookie Mix 15 oz. \$4.31** Ingredients: rice flour, potato starch, sugar, gluten-free baking powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate) baking soda, xanthan gum and salt. May contain traces of soy. Ingredients needed in preparation of cake: 1 cup vegetable shortening or softened butter, 2 tsp gluten-free vanilla (optional) 4 large eggs, 3/4 cup milk or water. Certified kosher (casein-d). Lactose-free and casein-free, corn-free.

**1GP05501 Perfect Pie Crust Mix 16 oz. \$3.84** Ingredients: rice flour, potato starch, cornstarch, crystallized honey, guar gum, salt. Ingredients needed for preparation: 1/2 bag pie crust mix (1+1/2 cups), 1/8 tsp baking powder, 1 tbs. sugar (optional), 5 tbs. cold, unsalted butter in small pieces (use vegetable shortening for lactose-free), 5 tbs. butter flavored vegetable shortening in small pieces, 1 egg beaten, 2 tbs cold water, 2 tsp cider vinegar. Lactose and casein-free. Certified kosher.

**1GP11431 Quick Mix 16 oz. \$5.10** Ingredients: brown rice flour, white rice flour, cornstarch, powdered buttermilk, crystallized honey, xanthan gum, baking powder (sodium acid pyrophosphate, sodium bicarbonate, mono-calcium phosphate), baking soda, salt.

**1GP14311 Spice Cake & Gingerbread Mix 14 oz. \$4.40** Ingredients: rice flour, granulated sugar, potato starch, brown sugar, tapioca flour, baking soda, spices (cinnamon, ginger, nutmeg, clove), salt, xanthan gum. Ingredients needed to prepare: egg and egg white, vegetable oil, buttermilk or 1 cup milk +1 tsp lemon juice or 1 cup sweetened apple sauce. Lactose-free, corn-free.

**1GP10521 Yankee Cornbread & Muffin Mix 12 oz. \$4.10** Ingredients: yellow cornmeal, rice flour, baking powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), baking soda, salt. Ingredients needed for preparation: sugar or other granulated sweetener, egg or egg substitute, milk, buttermilk or non dairy substitute, melted butter or vegetable oil. Makes an 8" by 8" cornbread, 10 muffins or 16 corncakes.

## **KINNIKINNICK**

See Manufacturing Process Directory

**1KI44771 All Purpose Mix 23 oz. \$6.30** Ingredients: white rice flour, tapioca starch, potato starch, sugar, inulin, fructooligosaccharide, glucono delta lactone, whole egg powder, dextrose, pea fibre, sodium bicarbonate, egg white powder, rice bran extract, sodium carboxy methylcellulose, pea protein, salt and fructose.

**1KI42791 Candida Yeast Free Rice Bread Mix 23 oz. \$6.30** Ingredients: brown rice flour, tapioca starch, white rice flour, sodium carboxy methylcellulose, rice bran, glucono delta lactone, salt, sodium bicarbonate, vitamin blend (thiamine, vitamin B2, niacin, folic acid, iron).

**1KI40191 Chocolate Cake Mix 18 oz. \$5.77** Ingredients: sugar, potato starch, white rice flour, cocoa powder, sweet rice flour, kinnActive baking powder, guar gum, salt, pea protein, sodium bicarbonate, pea starch and pea fiber.

**1KI45071 Kinni-Kwik Bread And Bun Mix 35.5 oz. \$7.60** Ingredients: white rice flour, potato starch, pea starch, tapioca starch, sugar, whole egg powder, malto dextrin, poly dextrose, dextrose, pea protein, glucono delta lactone, egg white powder, fructooligosaccharide, pea fibre, carboxy methylcellulose, cellulose, sodium bicarbonate, rice bran extract, inulin, salt, sodium stearoyl lactylate and fructose.

**1KI41251 Pancake & Waffle Mix 23 oz. \$6.30** Ingredients: pea starch, white rice flour, corn starch, sugar, tapioca starch, dextrose, defatted soy flour, whole egg powder, kinnActive baking powder, inulin, pea protein, pea fiber, fructose, salt, cream of tartar, sodium bicarbonate, sodium carboxy methylcellulose, vanillin and guar gum.

**1KI42171 Tapioca Rice Bread Mix 23 oz. \$6.30** Ingredients: white rice flour, tapioca starch, sugar, poly dextrose, dextrose, pea protein, sodium carboxy methylcellulose, salt, vitamin blend (thiamine, vitamin B2, niacin, folic acid, iron).

**1KI40331 White Cake Mix 18 oz. \$5.77** Ingredients: sugar, potato starch, white rice flour, sweet rice flour, kinnActive baking powder, guar gum, salt, pea protein, sodium bicarbonate, pea starch and pea fiber.

## **MAPLE GROVE FARMS**

**1MP79221 Gluten Free Pancake Mix 16 oz. \$3.63** Ingredients: rice flour, soy flour\* , dextrose, leavening (monocalcium phosphate, baking soda), salt, corn starch, natural flavor, xanthan gum. \*contains soy

## **NAMASTE FOODS**

Namaste products are manufactured in a dedicated gluten free facility.

**1NM00281 Blondies Mix 32 oz. \$6.93** Ingredients: evaporated cane juice, sweet brown rice flour, dutch cocoa, tapioca flour, arrowroot flour, salt, xanthan gum. Ingredients needed to prepare mix eggs, oil, and water. Makes one 9x13 pan. Free of soy, nuts, potato, corn, dairy, casein.

**1NM01411 Bread Mix 16 oz. \$6.34** Ingredients: brown rice flour, sorghum flour, tapioca flour, arrowroot flour, rice milk powder, evaporated cane juice, toasted amaranth bran flour, xanthan gum, sea salt, yeast. gum. Ingredients needed to prepare mix whole eggs, egg whites, oil, and water. Makes 1 loaf. Free of soy, nuts, potato, corn, dairy, casein.

**1NM00111 Brownie Mix 32 oz. \$6.93** Ingredients: evaporated cane juice, sweet brown rice flour, dutch cocoa, tapioca flour, arrowroot flour, salt, xanthan gum. Ingredients needed to prepare mix eggs, oil, and water. Makes one 9x13 pan. Free of soy, nuts, potato, corn, dairy, casein.

**1NM00731 Chocolate Cake Mix 29 oz. \$6.93** Ingredients: evaporated cane juice, sweet brown rice flour, tapioca flour, Dutch cocoa, arrowroot flour, rice milk powder, baking soda, salt, cream of tartar, xanthan gum. Ingredients needed to prepare mix eggs, oil, and water. Makes two 9" layers, one 9x13 pan or 24 cupcakes. Free of soy, nuts, potato, corn, dairy, casein.

**1NM00801 Cookie Mix 22 oz. \$6.34** Ingredients: evaporated cane juice, sweet brown rice flour, tapioca flour, rice milk powder, cream of tartar, baking soda, salt, xanthan gum, ground vanilla bean. Ingredients needed to prepare mix eggs, oil, and water. Makes two dozen cookies. Free of soy, nuts, potato, corn, dairy, casein.

**1NM00421 Muffin Mix 16 oz. \$5.17** Ingredients: sweet brown rice flour, brown rice flour, evaporated cane juice, tapioca flour, arrowroot flour, rice milk powder, cream of tartar, baking soda, salt, xanthan gum, ground vanilla bean. Ingredients needed to prepare mix eggs, oil, and water. Makes 12 muffins. Free of soy, nuts, potato, corn, dairy, casein.

**1NM01341 Pasta Pisavera Mix 9 oz. \$5.34** Ingredients: vegetable pasta (brown rice flour, spinach powder, tomato powder, carrot powder, water), shelled hemp seed, tomato powder, sea salt, garlic, onion, spices.

**1NM00351 Pizza Crust Mix 27 oz. \$6.95** Ingredients: brown rice flour, tapioca flour, arrowroot flour, Italian seasoning, xanthan gum, cream of tartar, baking soda, salt, ascorbic acid. Ingredients needed to prepare mix water and olive or other oil. Makes two 14" crusts. Free of soy, nuts, potato, corn, dairy, casein.

**1NM01271 Say Cheez Pasta Mix 9 oz. \$5.34** Ingredients: Brown rice pasta (brown rice flour, water), shelled hemp seed, rice milk powder, sea salt, onion powder, paprika, natural non-dairy cheddar cheese flavors, turmeric powder, garlic powder, calcium lactate. Free of potato, nuts, soy, corn, dairy, casein.

**1NM00661 Spice / Carrot Cake Mix 26 oz. \$6.93** Ingredients: evaporated cane juice, sweet brown rice flour, brown sugar, tapioca flour, arrowroot flour, rice milk powder, baking soda, salt, cream of tartar, xanthan gum, cinnamon, nutmeg, cloves. Ingredients needed to prepare mix eggs, oil, and water. To make carrot cake add 1 cup shredded carrot (nuts, currants or raisins optional). Makes two 9" layers, one 9x13 pan or 24 cupcakes. Free of soy, nuts, potato, corn, dairy, casein.

**1NM01101 Taco Shells Pasta Mix 8.7 oz. \$5.34** Ingredients: Brown rice pasta (brown rice flour, water), shelled hemp seed, sea salt, tomato powder, garlic, paprika, onion, cayenne pepper. Free of potato, nuts, soy, corn, dairy, casein.

**1NM01031 Vanilla Cake Mix 27 oz. \$6.93** Ingredients: evaporated cane juice, sweet brown rice flour, tapioca flour, arrowroot flour, rice milk powder, baking soda, cream of tartar, salt, ground vanilla bean, xanthan gum. Ingredients needed to prepare mix eggs, oil, and water. Makes two 9" layers, one 9x13 pan or 24 cupcakes. Free of soy, nuts, potato, corn, dairy, casein.

**1NM00591 Waffles & Pancakes Mix 24 oz. \$6.34** Ingredients: sweet brown rice flour, tapioca flour, arrowroot flour, rice milk powder, cream of tartar, xanthan gum, baking soda, salt, ground vanilla bean. Ingredients needed to prepare mix eggs, oil, and water. Makes two batches. Free of soy, nuts, potato, corn, dairy, casein.

## PAMELA'S PRODUCTS

Pamela's Products are manufactured in a dedicated gluten free facility.

1PA01061 Baking & Pancake Mix 24 oz. \$6.67 Ingredients: brown rice flour, white rice flour, cultured buttermilk, natural almond meal (may appear as brown flecks), tapioca starch, sweet rice flour, potato starch, grainless & aluminum free baking powder (sodium bicarbonate, sodium acid pyrophosphate, potato starch), baking soda, sea salt and xanthan gum.

1PA03041 Chocolate Brownie Mix 16 oz. \$6.04 Ingredients: molasses and honey, brown rice flour, natural process cocoa powder, white rice flour, organic chocolate chunks(organic natural evaporated cane sugar, organic chocolate liquor, organic cocoa butter, \*GMO-free soy lecithin/emulsifier, organic vanilla. \*chunks may contain traces of milk protein), tapioca starch, sweet rice flour, potato starch, natural flavors (contains corn derivative), sea salt, xanthan gum, baking soda. These products are produced in a facility that also makes products that contain: tree nuts, soy, and dairy.

1PA05021 Chocolate Chunk Cookie Mix 13.6 oz. \$5.55 Ingredients: organic chocolate chunks (organic natural evaporated cane sugar, organic chocolate liquor, organic cocoa butter, non- GMO soy lecithin/emulsifier, organic vanilla. Chunks may contain traces of milk protein due to manufacturing equipment), organic natural evaporated cane sugar, brown rice flour, brown sugar, white rice flour, tapioca starch, sweet rice flour, grainless and aluminum free baking powder (sodium bicarbonate, sodium acid pyrophosphate, potato starch), sea salt, organic cocoa powder (processed with alkali), gluten free natural flavor (contains corn derivative), xanthan gum, baking soda. Produced in a facility that also makes products containing tree nuts, soy, egg and dairy.

1PA02051 Classic Vanilla Cake Mix 21 oz. \$5.78 Ingredients: organic natural evaporated cane sugar, tapioca starch, white rice flour, potato starch, chicory root, sea salt, grainless & aluminum free baking powder (sodium bicarbonate, sodium acid pyrophosphate, potato starch), organic vanilla powder (contains corn derivative), rice bran, gluten free natural vanilla powder (contains corn derivative), xanthan gum.

1PA04031 Luscious Chocolate Cake Mix 21 oz. \$6.16 Ingredients: organic natural evaporated cane sugar, brown rice flour, organic cocoa powder (processed with alkali), white rice flour, tapioca starch, chicory root, sweet rice flour, grainless & aluminum free baking powder (sodium bicarbonate, sodium acid pyrophosphate, potato starch), sea salt, gluten free natural flavor (contains corn derivative), xanthan gum.

1PA06011 Wheat Free Bread Mix 19 oz. \$5.55 Ingredients: sorghum flour, tapioca flour, sweet rice flour, brown rice flour, organic natural evaporated cane sugar, chicory root, white rice flour, millet flour, honey & molasses, rice bran, sea salt, xanthan gum, yeast packet (active dry yeast). These products are produced in a facility that also makes products that contain: tree nuts, soy, and dairy.

## SYLVAN BORDER FARMS

1SF10061 Bread Mix 16 oz. \$7.53 Ingredients: potato starch, white rice flour, sugar, nonfat dry milk, organic brown rice flour, organic amaranth flour, organic quinoa flour, xanthan gum, salt, white cornmeal, organic garbanzo bean flour, organic soy flour, ascorbic acid. Yeast packet included. Needed to prepare: warm water, vegetable oil, eggs.

1SF10031 Lemon Cake Mix 10.7 oz. \$7.14 Ingredients: sugar, potato starch, white rice flour, organic brown rice flour, aluminum-free baking powder, amaranth flour, organic quinoa flour, lemon juice powder, xanthan gum, white cornmeal, organic garbanzo bean flour, organic soy flour, salt. Needed to prepare: orange juice, oil, eggs.

1SF10001 Non-Dairy Bread Mix 16 oz. \$7.53 Ingredients: potato starch, white rice flour, sugar, soymilk powder, organic brown rice flour, amaranth flour, organic quinoa flour, xanthan gum, salt, white cornmeal, organic garbanzo bean flour, organic soy flour, ascorbic acid. Yeast packet included. Needed to prepare: warm water, vegetable oil, eggs.

1SF10091 Pancake & Waffle Mix 12 oz. \$6.86 Ingredients: potato starch, white rice flour, organic brown rice flour, amaranth flour, organic quinoa flour, white cornmeal, organic garbanzo bean flour, sugar, organic soy flour, aluminum-free baking powder, baking soda, salt. Needed to prepare: buttermilk, egg, vegetable oil.

## BROTHS – SOUPS – CHILIES

### AMYS

See Manufacturing Process Directory

1AY53071 Black Bean Chili – Medium – Low Fat - Organic 14.7 oz. \$3.43 Ingredients: (vegan): organic black beans, organic tomatoes, organic onions, filtered water, organic bell peppers, organic green chiles, organic high oleic safflower and / or sunflower oil, organic lime juice, sea salt, spices, organic garlic. Individuals with food allergies: This product is manufactured in a facility that produces foods containing wheat, milk, soy, tree nuts and seeds. Amy's Kitchen does not use any peanuts, fish, shellfish or eggs.

1AY50481 Black Bean Vegetable Soup – Low Fat - Organic 14.5 oz. \$3.68 Ingredients: (vegan): organic black beans, filtered water, organic onions, organic carrots, organic corn, organic potatoes, organic celery, organic leeks, organic cilantro, organic garlic, spices, organic high oleic safflower and / or sunflower oil, sea salt. Individuals with food allergies: This product is manufactured in a facility that produces foods containing wheat, milk, soy, tree nuts and seeds. Amy's Kitchen does not use any peanuts, fish, shellfish or eggs.

### **ENER-G FOODS**

1EG06161 Cream Of Mushroom Soup 0.9 oz. \$1.46 Ingredients: instant creamer (partially hydrogenated soybean oil, corn syrup solids, sodium caseinate (milk derivative), mono & diglycerides (from soy), sodium citrate, salt, dipotassium phosphate, carrageenan), mushroom flavoring (reduced lactose, whey, maltodextrin, yeast, salt, silicon dioxide, partially hydrogenated soybean oil, gluten-free flavor), cold pressed high oleic safflower oil, mushroom pieces, onion powder, maltol.

### **FULL FLAVOR FOODS**

See Manufacturing Process Directory

1FF10491 Beef Soup Stock Mix 1.3 oz. \$2.25 Ingredients: beef flavor (hydrolyzed soy protein, maltodextrin, beef broth, beef extract, yeast extract), maltodextrin (from corn), salt, dextrose (from corn), dried onion, caramelized sugar, spices.

1FF10561 Chicken Soup Stock Mix 1.3 oz. \$2.25 Ingredients: chicken flavor (chicken broth, maltodextrin, hydrolyzed corn protein, yeast extract), maltodextrin (from corn), salt, dextrose (from corn), dried onion, turmeric, spices.

1FF11001 Cream Soup Mix 2.7 oz. \$3.65 Ingredients: coconut oil, corn syrup solids, food starch-modified (from corn), salt, sodium caseinate (from milk), hydrolyzed corn protein, sugar, dried onion, xanthan gum, spice extracts, dried garlic, colored with yellow 5 and yellow 6.

## **CEREALS**

### **ARROWHEAD MILLS**

See Manufacturing Process Directory

1AM47011 Maple Buckwheat Flakes Cereal 12 oz. \$4.58 Ingredients: organic whole grain buckwheat grits, organic whole grain brown rice flour, organic evaporated cane juice, organic whole grain buckwheat flour, organic maple syrup, sea salt, organic honey, ascorbic acid (vitamin C) and natural vitamin E (to preserve freshness).

1AM53011 Rice & Shine Hot Cereal - Organic 24 oz. \$4.52 Ingredients: organic brown rice grits. Wheat free made with non-gluten ingredients.

1AM79001 Rice Flakes Cereal – Sweetened 12 oz. \$4.58 Ingredients: organic whole grain brown rice grits, organic evaporated cane juice, organic whole grain brown rice flour, organic maple syrup, sea salt, organic honey, ascorbic acid (vitamin C) and natural vitamin E (to preserve freshness).

1AM52571 Yellow Corn Grits - Organic 24 oz. \$3.82 Ingredients: organic degermed yellow corn grits.

### **BOB'S RED MILL**

See Manufacturing Process Directory

1BM14121 Brown Rice Farina Hot Cereal 26 oz. \$4.38 Ingredients: whole grain brown rice.

1BM11601 Mighty Tasty Hot Cereal 24 oz. \$3.73 Ingredients: whole grain brown rice, corn, white sorghum, buckwheat.

### **CREAM HILL ESTATES**

See Manufacturing Process Directory

1CM15061 Lara's Rolled Oats 17 oz. \$5.93 Ingredients: pure whole grain rolled oats.

### **ENER-G FOODS**

Ener-G products are manufactured in a dedicated gluten free facility.

1EG35201 Rice Bran Cereal 8 oz. \$2.80 Ingredients: stabilized rice bran.

## ENJOY LIFE FOODS

Enjoy Life Foods' products are manufactured in a dedicated gluten free and nut free facility. They also test ingredients for casein, gluten, peanut and soy protein.

1EL00611 Cinnamon Crunch Granola Cereal 12.8 oz. \$5.15 Ingredients: brown rice flakes, rice bran, evaporated cane juice, brown rice syrup, raisins (sulfite-free), water, tapioca flour, coconut (sulfite-free), cinnamon, gum arabic, vanilla, molasses, golden flaxseed, rosemary extract. Vitamins and Minerals: calcium, magnesium, vitamin C, niacin (vitamin B3), iron, vitamin B6, riboflavin (vitamin B2), thiamin (vitamin B1), folate.

1EL00851 Cranapple Crunch Granola Cereal 12.8 oz. \$5.15 Ingredients: brown rice flakes, rice bran, evaporated cane juice, cranberries (sulfite-free), water, brown rice syrup, tapioca flour, dried apples (sulfite-free), coconut (sulfite-free), gum arabic, natural apple flavor, molasses, golden flaxseed, rosemary extract, caramel color. Vitamins and Minerals: calcium, magnesium, vitamin C, niacin (vitamin B6), riboflavin (vitamin B2), thiamin (vitamin B1), folate.

1EL00781 Very Berry Crunch Granola Cereal 12.8 oz. \$5.15 Ingredients: brown rice flakes, rice bran, evaporated cane juice, water, brown rice syrup, tapioca flour, coconut (sulfite-free), freeze-dried strawberries (sulfite-free), gum arabic, freeze-dried raspberries (sulfite-free), molasses, natural strawberry flavor, golden flaxseed, rosemary extract, caramel color.

## ENVIROKIDZ

See Manufacturing Process Directory

1EK00131 Amazon Frosted Flakes Cereal 14 oz. \$5.32 Ingredients: organic cornmeal, organic evaporated cane juice, sea salt. May contain traces of peanuts, tree nuts or soy.

1EK00201 Gorilla Munch Cereal 10 oz. \$5.32 Ingredients: organic cornmeal, organic evaporated cane juice, sea salt. May contain traces of peanuts, tree nuts or soy.

1EK00371 Koala Crisp Cereal 11 oz. \$5.32 Ingredients: organic brown rice flour, organic evaporated cane juice, organic cocoa, chocolate flavor, sea salt, organic molasses and rice bran extract. May contain traces of peanuts, tree nuts, or soy.

1EK00441 Peanut Butter Panda Puffs Cereal 10.6 oz. \$5.32 Ingredients: organic cornmeal, organic evaporated cane juice, organic peanut butter (peanuts, salt), organic expeller-pressed canola oil and/or organic soybean oil, sea salt, tocopherols (natural vitamin E) added to preserve freshness. May contain traces of peanuts, tree nuts or soy.

## EREWON - U.S. MILLS

1EW24081 Brown Rice Cream Hot Cereal 16 oz. \$4.61 Ingredients: organic brown rice.

1EW20331 Crispy Brown Rice Cereal 10 oz. \$5.07 Ingredients: organic brown rice, organic brown rice syrup, sea salt.

1EW29411 Rice Twice Cereal 10 oz. \$5.07 Ingredients: organic brown rice, organic brown rice syrup, honey, sea salt.

## GLUTINO

Glutino products are manufactured in a dedicated gluten free facility.

1GI05011 Apple & Cinnamon Cereal 10.1 oz. \$6.30 Ingredients: corn flour, corn starch, cane juice, dried apples, canola oil, di-alpha tocopheryl acetate and di-alpha tocopherol (vitamin E), baking powder, apple and cinnamon flavor, honey, salt. May contain traces of tree nuts, sesame, soy, and milk.

1GI05181 Honey Nut Cereal 10.1 oz. \$6.30 Ingredients: corn flour, corn starch, cane juice, canola oil, di-alpha tocopheryl acetate and di-alpha tocopherol (vitamin e), partially defatted almond meal, honey nut flavor, almonds, honey, baking powder, salt. Contains almonds. May contain traces of peanuts and/or other tree nuts, sesame, soy and milk.

## HEALTHY TIMES

See Manufacturing Process Directory

1HT18801 Brown Rice Cereal For Babies 8 oz. \$3.71 Ingredients: certified organic brown rice.

## LUNDBERG

See Manufacturing Process Directory

1LU94541 Purely Organic Hot'n Creamy Rice Cereal 10 oz. \$4.37 Ingredients: oven roasted organic whole grain California brown rice.

## **NATURE'S PATH**

See Manufacturing Process Directory

**1NS05721 Fruit Juice Sweetened Corn Flakes Cereal 10.6 oz. \$5.32** Ingredients: organic corn meal, concentrated organic grape juice, sea salt. May contain traces of peanuts, tree nuts or soy.

**1NS21871 Honey'd Corn Flakes Cereal 10.6 oz. \$5.32** Ingredients: organic corn meal, organic evaporated cane juice, organic honey, sea salt. May contain traces of peanuts, tree nuts, or soy.

**1NS90011 Mesa Sunrise Flakes Cereal 10.6 oz. \$5.32** Ingredients: organic corn meal, organic yellow corn flour, organic evaporated cane juice, organic flax, organic buckwheat flour, organic quinoa, organic amaranth, sea salt, tocopherols, (natural vitamin E). Produced in a facility that contains peanuts, tree nuts, soy, and wheat.

## **PERKY'S**

**1PE15171 Nutty Flax Cereal 12 oz. \$4.16** Ingredients: whole sorghum flour, ground flax seed, honey, raisin juice concentrate, salt. Made in a facility that also manufactures products containing soy and gluten. Strict manufacturing and sanitation practices are employed to prevent cross – contamination. This product is routinely batch – tested for gluten.

**1PE11171 PerkyO's – Apple Cinnamon Cereal 10.4 oz. \$4.78** Ingredients: whole sorghum flour, organic powdered sugar (organic evaporated cane juice, organic corn starch), rice flour, sunflower oil, tapioca starch, evaporated cane juice, cinnamon, natural apple flavor, salt. Made in a facility that also manufactures products containing soy and gluten. Strict manufacturing and sanitation practices are employed to prevent cross – contamination. This product is routinely batch – tested for gluten.

**1PE12161 PerkyO's – Frosted Cereal 10.4 oz. \$4.78** Ingredients: whole sorghum flour, organic powdered sugar (organic evaporated cane juice, organic corn starch), rice flour, sunflower oil, tapioca starch, evaporated cane juice, salt. Made in a facility that also manufactures products containing soy and gluten. Strict manufacturing and sanitation practices are employed to prevent cross – contamination. This product is routinely batch – tested for gluten.

**1PE10181 PerkyO's – Original Cereal 9.3 oz. \$4.78** Ingredients: whole sorghum flour, rice flour, tapioca starch, evaporated cane juice, salt. Made in a facility that also manufactures products containing soy and gluten. Strict manufacturing and sanitation practices are employed to prevent cross – contamination. This product is routinely batch – tested for gluten.

## **CONDIMENTS**

### **SAN J**

**1SJ12571 Tamari Gold Soy Sauce 10 oz. \$4.47** Ingredients: water, organic soy beans, salt, organic alcohol (to preserve freshness).

### **SORRELL RIDGE**

**1SL40781 Concord Grape 100% Spreadable Fruit 10 oz. \$3.29** Ingredients: unsweetened concord, mixed grape concentrates and/or pear concentrates, fruit pectin. Sucrose free.

**1SL40611 Wild Blueberry 100% Spreadable Fruit 10 oz. \$3.63** Ingredients: blueberries, unsweetened Thompson grape, mixed grape concentrates and/or pear concentrate, fruit pectin. Sucrose free.

### **WALDEN FARMS**

**1WF07771 Apple Butter Fruit Spread 12 oz. \$3.85** Ingredients: triple filtered purified water, apple flavor, dehydrated apple, natural flavors, sucralose (splenda brand), citric acid, cellulose gel, xanthan gum and sodium benzoate (to preserve freshness).

**1WF55551 Caramel Dip 12 oz. \$3.85** Ingredients: triple filtered purified water, cellulose fiber, cellulose gel, natural flavors, lactic acid, sucralose, salt, food starch modified, xanthan gum and potassium sorbate (to preserve freshness).

**1WF44421 Chocolate Dip 12 oz. \$3.85** Ingredients: triple filtered purified water, defatted cocoa powder, natural and artificial flavors, cellulose gel, lactic acid, sucralose, salt, xanthan gum and potassium sorbate (to preserve freshness).

**1WF05591 Chocolate Syrup 12 oz. \$3.85** Ingredients: triple filtered purified water, defatted cocoa powder, caramel color, natural flavors, cellulose gum, sucralose, salt, potassium sorbate (to preserve freshness), vanilla flavor, lactic acid, xanthan gum.

1WF06611 Orange Marmalade Fruit Spread 12 oz. \$3.85 Ingredients: triple filtered purified water, orange flavor, cellulose gel, citric acid, sucralose (splenda brand), salt, xanthan gum, and potassium sorbate (to preserve freshness).

1WF01171 Original BBQ Sauce 12 oz. \$3.85 Ingredients: purified triple filtered water, tomato paste, apple cider vinegar, Dijon mustard, white distilled vinegar, cellulose gel, salt, onion powder, garlic powder, worchesteshire sauce, xanthan gum, propylene glycol alginate, natural flavorings, cayenne pepper, red cabbage coloring, sucralose and potassium sorbate (to preserve freshness).

1WF06651 Pancake Syrup 12 oz. \$3.85 Ingredients: triple filtered purified water, maple flavor, natural flavors, cellulose gum, salt, sucralose, potassium sorbate (to preserve freshness), lactic acid.

1WF02271 Strawberry Fruit Spread 12 oz. \$3.85 Ingredients: triple filtered purified water, strawberry flavor, dehydrated strawberry, natural flavors, sucralose (splenda brand), citric acid, cellulose gel, red cabbage color, xanthan gum, sodium benzoate (to preserve freshness).

1WF06891 Strawberry Syrup 12 oz. \$3.85 Ingredients: triple filtered purified water, strawberry flavor, natural flavors, cellulose gum, sucralose, salt, potassium sorbate (to preserve freshness), citric acid.

## COOKIES - CANDIES – SNACKS

### BAKERY ON MAIN

1BK60041 Apple Raisin Walnut Granola 12 oz. \$6.47 Ingredients: corn flour, water, evaporated cane juice, rice flour, rice bran, raisin juice concentrate, honey, salt, non – GMO canola oil, walnuts, sunflower seeds, flax seed, raisins, apple, sesame seed, cinnamon, natural flavors, sea salt. Contains tree nuts, sesame seeds and sunflower seeds. Manufactured on equipment that also processes milk proteins, eggs and peanuts. May contain nut shell fragments.

1BK60281 Extreme Fruit & Nut Granola 12 oz. \$6.47 Ingredients: corn flour, water, evaporated cane juice, rice flour, rice bran, raisin juice concentrate, honey, salt, non – GMO canola oil, sunflower seeds, flax seed, raisins, sesame seed, coconut, walnuts, hazelnuts, almonds, cranberry (sugar), pecans, apricot, brazil nuts, natural flavors, sea salt. Contains tree nuts, sesame seeds and sunflower seeds. Manufactured on equipment that also processes milk proteins, eggs and peanuts. May contain nut shell fragments

1BK60111 Nutty Cranberry Maple Granola 12 oz. \$6.37 Ingredients: corn flour, water, evaporated cane juice, rice flour, rice bran, raisin juice concentrate, honey, salt, cranberry (sugar), non – GMO canola oil, sunflower seeds, flax seed, almonds, sesame seed, pecans, natural flavors, sea salt. Contains tree nuts, sesame seeds and sunflower seeds. Manufactured on equipment that also processes milk proteins, eggs and peanuts. May contain nut shell fragments.

### CERRONE CONE

1CR01131 Waffle Ice Cream Cone - 8 pack 4.5 oz. \$8.04 Ingredients: tapioca flour, sugar, cornstarch, lecithin, salt.

### COLLEGE FARMS

See Manufacturing Process Directory

1CF18281 Nature Pops 5.1 oz. \$4.69 Ingredients: organic evaporated cane juice, organic tapioca syrup, non-GMO citric acid, organic cherry flavor, organic wildberry flavor, organic coconut extract, organic pineapple flavor, organic orange extract, organic lemon oil, organic lime extract, non-GMO fruit and vegetable colors.

### ENER-G FOODS

Ener-G products are manufactured in a dedicated gluten free facility.

1EG32211 Brownies 19.7 oz. \$7.77 Ingredients: egg whites, organic evaporated cane juice, egg whites, white rice flour, cold pressed high oleic safflower oil, Dutch cocoa, Ener-G baking powder (sodium pyrophosphate, sodium bicarbonate, potato starch, monocalcium phosphate), salt, xanthan gum. Enriched with thiamine, riboflavin, niacin, iron and folic acid. Free of: casein, dairy, soy, nut.

1EG22271 Chocolate Chip Potato Cookies - 16 Pack 9.6 oz. \$6.78 Ingredients: white rice flour, palm oil, organic evaporated cane juice, Ener-G chocolate chips (organic evaporated cane juice, unsweetened chocolate (chocolate liquor), organic tapioca syrup), filtered water, brown sugar, potato starch, Egg replacer [(tapioca flour, potato starch, leavening (calcium lactate, calcium carbonate, glucono delta lactone), sodium carboxymethylcellulose, methylcellulose], vanilla powder [(vanilla bean extractives, dextrose (corn sugar)], sodium carboxymethylcellulose, glucono delta lactone, baking soda (sodium bicarbonate), salt.

**1EG75641 Chocolate Chip Snack Bars - 10 Pack 15 oz. \$6.53** Ingredients: Evaporated Cane Juice, crisp rice cereal (brown rice & honey), resistant corn starch, Ener-G chocolate chips (evaporated cane juice, unsweetened chocolate, tapioca syrup), organic tapioca syrup, plum puree, filtered water, palm oil, egg replacer [(tapioca flour, potato starch, leavening )calcium lactate, calcium carbonate, glucono delta lactone), sodium carboxymethylcellulose methylcellulose)], vanilla powder (vanilla bean extractive & dextrose from corn), orange peel, salt.

**1EG56211 Chocolate Cookies - 16 Pack 9 oz. \$5.90** Ingredients: Potato starch, evaporated cane juice, filtered water, palm oil, white rice flour, brown sugar, whole egg powder, cocoa powder, vanilla powder [(vanilla bean extractives, dextrose (corn sugar)], salt, sodium carboxymethylcellulose.

**1EG45181 Low Protein Cinnamon Cookies - 16 Pack 8.8 oz. \$4.41** Ingredients: Potato Starch, organic evaporated cane juice sugar, palm oil, filtered water, rice starch flour, cinnamon powder, sunflower lecithin, calcium carbonate, sodium carboxymethylcellulose.

**1EG72051 Pretzels -Snack Pack 2.6 oz. \$2.16** Ingredients: corn starch, potato starch, palm oil, soy flour, salt, sugar, baking powder (ammonium bicarbonate, sodium acid pyrophosphate), sodium carboxymethylcellulose, yeast, lecithin from soy (emulsifier). May contain sesame seeds.

**1EG72291 Sesame Pretzel Rings - Snack Pack 2.6 oz. \$2.37** Ingredients: corn starch, sesame seeds, palm oil, soy flour, salt, sugar, baking powder (ammonium bicarbonate, sodium bicarbonate), sodium carboxymethylcellulose, yeast, soy lecithin (emulsifier).

**1EG72551 Wylde Pretzels - Potato & Rice 8 oz. \$3.78** Ingredients: potato flour, corn starch, rice flour, palm oil, corn glucose, modified corn starch, ener-g baking powder (sodium pyrophosphate, sodium bicarbonate, potato starch, monocalcium phosphate), cellulose gum, bamboo fiber, salt yeast.

**1EG72481 Wylde Pretzels - Potato & Rice - Snack Pack 4 oz. \$2.05** Ingredients: potato flour, corn starch, rice flour, palm oil, corn glucose, modified corn starch, Ener-G baking powder (sodium acid pyrophosphate, sodium bicarbonate, potato starch, monocalcium phosphate), carboxymethylcellulose, bamboo fiber, salt, yeast. Free of: gluten, wheat, dairy, casein, soy, egg, nut, low protein.

## **ENJOY LIFE FOODS**

Enjoy Life Foods' products are manufactured in a dedicated gluten free and nut free facility. They also test ingredients for casein, gluten, peanut and soy protein.

**1EL04051 Caramel Apple Snack Bar - 5 Bars 5 oz. \$4.45** Ingredients: organic brown rice syrup, organic evaporated cane juice, brown rice flakes, brown rice flour, sorghum flour, dried apple (sulfite free), sunflower seed butter (roasted sunflower kernel, evaporated cane juice, salt), fig paste, date paste, vegetable glycerin, expeller pressed safflower oil, organic beet fiber, ground flaxseed, natural caramel flavor, xanthan gum, baking soda, salt, cinnamon. Fortified with: calcium, magnesium, niacin (vitamin B3), riboflavin (vitamin B2), vitamin B6, thiamin (vitamin B1), folate.

**1EL01911 Chocolate Chip Cookies - 12 Cookies 6 oz. \$4.01** Ingredients: sorghum flour, grape, apple & pear juice concentrates, pure brown cane sugar, date paste, chocolate chips (evaporated cane juice, chocolate liquor, non-dairy cocoa butter), expeller-pressed safflower oil and/or expeller pressed sunflower oil, water, natural rice dextrin, xanthan gum, baking soda, salt, vanilla, rosemary extract.

**1EL03821 Cocoa Loco Snack Bar - 5 Bars 5 oz. \$4.45** Ingredients: organic brown rice syrup, organic evaporated cane juice, sorghum flour, brown rice flakes, brown rice flour, chocolate chips (evaporated cane juice, chocolate liquor, non-dairy cocoa butter), sunflower seed butter (roasted sunflower kernel, evaporated cane juice, salt), fig paste, date paste, vegetable glycerin, natural process cocoa powder, expeller-pressed safflower oil and or sunflower oil, organic beet fiber, ground flaxseed, xanthan gum, baking soda, salt. Vitamins and minerals: calcium, magnesium, niacin (vitamin B3), riboflavin (vitamin B2), vitamin B6, thiamin (vitamin B1), folate.

**1EL02141 Double Chocolate Brownie Cookies - 12 Cookies 6 oz. \$4.01** Ingredients: sorghum flour, grape, apple & pear juice concentrates, date paste, pure brown cane sugar, expeller-pressed safflower oil and/or expeller-pressed sunflower oil, chocolate chips (evaporated cane juice, chocolate liquor, non-dairy cocoa butter), water, natural rice dextrin, natural process cocoa powder, xanthan gum, baking soda, salt, vanilla, rosemary extract.

**1EL02521 Gingerbread Spice Cookies - 12 Cookies 6 oz. \$4.01** Ingredients: sorghum flour, grape, apple & pear juice concentrates, pure brown cane sugar, unsweetened applesauce (water, apples), expeller-pressed safflower oil, molasses, natural rice dextrin, xanthan gum, ground ginger, baking soda, cinnamon, ground nutmeg, rosemary extract.

**1EL05801 No Nuts Mountain Mambo – 1 Bag 6 oz. \$3.78** Ingredients: raw sunflower kernels; roasted hulled pumpkin seeds (sunflower oil (sunflower oil, citric acid), salt); raisins\*; dried apples\*; chocolate chips (evaporated cane juice, chocolate liquor, non-dairy cocoa butter); cranberries\*. (\*sulfite free).

**1EL02071 No-Oats "Oatmeal" Cookies - 12 Cookies 6 oz. \$4.01** Ingredients: sorghum flour, pure brown cane sugar, grape, apple & pear concentrates, unsweetened applesauce (water, apples), brown rice flakes, expeller-pressed safflower oil, currents, natural rice dextrin, cinnamon, vanilla, xanthan gum, baking soda, rosemary extract.

**1EL01841 Snickerdoodle Cookies - 12 Cookies 6 oz. \$4.01** Ingredients: Sorghum flour, date paste, grape, apple & pear juice concentrates, pure brown cane sugar, expeller-pressed safflower oil and/or expeller-press sunflower oil, natural rice dextrin, ground flaxseed, water, baking soda, xanthan gum, vanilla, salt, cinnamon, rosemary extract.

**1EL04291 Very Berry Snack Bar - 5 Bars 5 oz. \$4.45** Ingredients: organic brown rice syrup, organic evaporated cane juice, brown rice flakes, brown rice flour, sorghum flour, dried cranberries (cranberries, sugar, sunflower oil) fig paste, date paste, vegetable glycerin, expeller-pressed safflower oil an/or sunflower oil, organic beet fiber, sunflower seed butter (roasted sunflower kernel, evaporated cane juice, salt), ground flaxseed, xanthan gum, baking soda, salt, natural raspberry flavor. Vitamins and minerals: calcium, magnesium, niacin (vitamin B3), riboflavin (vitamin B2), vitamin B6, thiamin (vitamin B1), folate.

## **ENVIROKIDZ**

See Manufacturing Process Directory

**1EK00401 Animal Cookies 9 oz. \$4.16** Ingredients: organic evaporated cane juice, organic brown rice flour, organic corn flour, organic palm shortening, organic cornstarch, organic low fat soy flour, organic corn syrup, organic vanilla and natural flavors, sea salt, sodium bicarbonate, (leavening agent), soy lecithin (added as an emulsifier), xanthan gum, organic cinnamon.

**1EK00251 Crispy Rice Bar - Berry – (six 1oz. Bars) 6 oz. \$4.71** Ingredients: organic crispy rice (organic brown rice flour, organic evaporated cane juice, sea salt, organic molasses, rice bran extract), organic brown rice syrup, organic honey, organic canola oil and/or organic soybean oil, organic invert cane syrup, organic corn starch, organic acacia gum, organic freeze-dried blueberries, organic freeze-dried raspberries, natural marshmallow flavor (gelatin-free), natural blueberry flavor. May contain traces of peanuts, tree nuts, soy or dairy ingredients.

**1EK00011 Crispy Rice Bar - Chocolate – (six 1oz. Bars) 6 oz. \$4.71** Ingredients: organic crispy rice (organic brown rice flour, organic evaporated cane juice, sea salt, organic molasses, rice extract), organic brown rice syrup, organic honey, organic invert cane syrup, organic milk chocolate (organic evaporated cane juice, organic cocoa butter, organic milk powder, organic chocolate flavor, soy lecithin[added as an emulsifier]), organic canola oil and/or organic soy oil, organic corn starch, organic cocoa, organic acacia gum, natural chocolate flavor, natural vanilla flavor. May contain traces of peanuts, tree nuts, soy or dairy ingredients.

**1EK00181 Crispy Rice Bar - Peanut Butter – (six 1oz. Bars) 6 oz. \$4.71** Ingredients: organic crispy rice (organic brown rice flour, organic evaporated cane juice, sea salt, organic molasses, rice extract), organic brown rice syrup, organic honey, organic peanut butter (organic peanuts), organic invert cane syrup, organic canola oil and/or organic soybean oil, organic acacia gum, organic corn starch. May contain traces of peanuts, tree nuts, soy or dairy ingredients.

## **GLUTINO**

Glutino products are manufactured in a dedicated gluten free facility.

**1GI07071 Apple Breakfast Bar (5 Bars Per Box) 7.1 oz. \$6.22** Ingredients: Dried fruits (raisins, dates, apples), chickpea flour, corn flour, tapioca flour, brown rice syrup (brown rice, water), fruit concentrate (pear juice), inulin (chicory root), fructose, canola oil, water, brown rice flour, ascorbic acid, sodium bicarbonate, natural flavor, natural spices.

**1GI07141 Blueberry Breakfast Bars (5 Bars Per Box) 7.1 oz. \$6.22** Ingredients: gluten free flours (chickpea, corn tapioca rice, raisins, dates, currants, fructose, blueberries, pear juice concentrate, blueberry puree, inulin, canola oil, water, ascorbic acid, natural flavors, sodium bicarbonate.

**1GI09121 Chocolate Banana Bars (5 Bars Per Box) 5 oz. \$5.03** Ingredients: organic brown rice syrup, organic rice cereals (organic rice, organic evaporated cane juice, salt, organic brown rice syrup), organic corn flakes (organic corn, organic cane sugar, organic mixed fruit concentrate (organic pineapple syrup, organic pear concentrate, organic peach concentrate), salt, organic sunflower oil), organic bananas, organic dark chocolate chips (organic cane sugar, organic cocoa liquor, organic cocoa butter, soy lecithin, organic vanilla), organic honey, organic cocoa powder, organic evaporated cane juice, organic quinoa, organic buckwheat, organic flax seeds, organic sesame seeds, organic high oleic sunflower oil, organic banana flavor. Contains sesame and soy. May contain traces of peanuts, tree nuts, milk and eggs.

**1GI07211 Chocolate Breakfast Bars - 5 Bars Per Box 7 oz. \$6.22** Ingredients: Gluten free flours (chickpea, corn, tapioca, rice), raisins, dates, fructose, pear juice concentrate, cocoa powder, cocoa liquor, inulin, canola oil, water, natural flavors, sodium bicarbonate.

**1GI02151 Chocolate Dream Bites Cookies 7 oz. \$5.41** Ingredients: corn starch, sugar, palm oil, cocoa powder, whole egg powder, leavening agents (ammonium bicarbonate, sodium bicarbonate, sodium pyrophosphate), soy flour, hazelnuts, cellulose gum (vegetable), salt, soy lecithin, natural flavors. Contains eggs, soy and tree nuts.

**1GI78291 Chocolate Dreams Cookies 4.4 oz. \$4.99** Ingredients: evaporated cane juice, corn starch, vegetable fats (palm and palm kernel oils), maltodextrin (corn), soy flour, cocoa powder, sea salt, sodium acid pyrophosphate, sodium bicarbonate. May contain traces of tree nuts and milk.

**1GI04021 Chocolate Flavored Wafers – Chocolate Coated 4.6 oz. \$4.34** Ingredients: Wafer: evaporated cane juice, palm oil, potato flour, cocoa powder, soy oil, soy lecithin, salt, vanilla extract, sodium bicarbonate, ammonium bicarbonate. Coating: evaporated cane juice, cocoa butter, whole milk powder, cocoa mass, soy lecithin, salt. May contain traces of tree nuts, peanuts, eggs and sesame.

**1GI09291 Chocolate Peanut Bars (5 Bars Per Box) 5 oz. \$5.03** Ingredients: organic brown rice syrup, organic brown rice cereals (organic rice, organic evaporated cane juice, salt, organic brown rice syrup), organic corn flakes (organic corn meal, organic concentrated grape juice, sea salt), dry roasted peanuts, organic dark chocolate chips (organic cane sugar, organic cocoa liquor, organic cocoa butter, soy lecithin, organic vanilla), organic evaporated cane juice, organic honey, organic peanut oil, organic sesame seeds, organic quinoa, organic buckwheat, organic flax seeds. Contains peanuts, sesame and soy. May contain traces of tree nuts, milk and eggs.

**1GI04191 Lemon Flavored Wafers 7.1 oz. \$4.03** Ingredients: evaporated cane juice, palm oil, potato flour, soy oil, lecithin, citric acid, salt, lemon flavor, sodium bicarbonate, ammonium bicarbonate.

**1GI01021 Pretzel Sticks – Family Size 14.1 oz. \$7.20** Ingredients: corn starch, potato starch, palm oil, soy flour, sugar, sea salt, carboxymethylcellulose, sodium bicarbonate, sodium bicarbonate, sodium pyrophosphate, soy lecithin, yeast extract, sodium hydroxide. May contain sesame seeds.

**1GI00651 Pretzels - Family Size 14 oz. \$7.30** Ingredients: corn starch, potato starch, palm oil, soy flour, sugar, sea salt, carboxymethylcellulose, sodium bicarbonate, sodium pyrophosphate, soy lecithin, yeast extract, sodium hydroxide. May contain sesame seeds.

**1GI00581 Pretzels – Snack Pack 2.6 oz. \$2.38** Ingredients: corn starch, palm oil, soya flour, sugar, salt, leavening agents (ammonium bicarbonate, sodium carbonate, rapeseed lecithin, carboxymethylcellulose, yeast).

**1GI78431 Shortcake Dreams Cookies 4.4 oz. \$4.99** Ingredients: corn starch, evaporated cane juice, vegetable fats (palm and palm kernel oils), soy flour, maltodextrin (corn), sea salt, sodium acid pyrophosphate, sodium bicarbonate. May contain traces of tree nuts and milk.

**1GI04331 Strawberry Flavored Wafers 7.1 oz. \$4.03** Ingredients: evaporated cane juice, palm oil, potato flour, citric acid, soy oil, soy lecithin, salt, natural strawberry flavor, sodium bicarbonate, ammonium bicarbonate, natural beet color.

**1GI02391 Vanilla Dream Bites Cookies 7 oz. \$5.41** Ingredients: corn starch, sugar, palm oil, whole egg powder, leavening agents (ammonium bicarbonate, sodium bicarbonate, sodium pyrophosphate), cocoa powder, soy flour, hazelnuts, cellulose gum (vegetable), salt, soy lecithin, natural flavors. Contains eggs, soy and tree nuts.

**1GI78051 Vanilla Dreams Cookies 4.4 oz. \$4.99** Ingredients: corn starch, vegetable fats (palm and palm kernel oil), evaporated cane juice, maltodextrin (corn), fructose, soy flour, xylitol, sea salt, vanilla, sodium acid pyrophosphate, sodium bicarbonate, citric acid, beta carotene. May contain traces of tree nuts and milk.

**1GI09051 Wildberry Bar (5 Bars Per Box) 5 oz. \$5.03** Ingredients: organic brown rice syrup, organic rice cereals (organic rice, organic evaporated cane juice, salt, organic brown rice syrup), organic corn flakes (organic corn meal, organic concentrated grape juice, sea salt), organic honey, organic evaporated cane juice, natural wildberry flavor, organic quinoa, organic buckwheat, organic flax seeds, organic sesame seeds, organic high oleic sunflower oil, organic blueberries (organic wild blueberries, organic cane juice, organic sunflower oil), organic dehydrated strawberries, organic cane sugar, organic canola oil). Contains sesame. May contain traces of peanuts, tree nuts, milk, eggs and soy.

**1GI78671 Zebra Dreams Cookies 4.4 oz. \$4.99** Ingredients: corn starch, vegetable fats (palm and palm kernel oil), fructose, evaporated cane juice, soy flour, maltodextrin (corn), xylitol, cocoa powder, sea salt, sodium acid pyrophosphate, sodium bicarbonate. May contain traces of tree nuts and milk

## **IANS**

**1IA68081 Chocolate Chip Cookie Buttons 6/1.05 oz. pouches \$5.35** Ingredients: gluten free flour (corn flour, soy flour, potato flour, rice flour, corn starch, potato starch, xanthan gum), organic dehydrated cane juice, chocolate chips (sugar, chocolate liquor, cocoa butter, soybean lecithin, salt), canola oil, butter (may contain annatto), molasses, corn starch, egg whites, natural flavors, baking soda, sea salt, soy lecithin. Contains: soy, egg and dairy. This product is manufactured in a facility that also processes peanuts, tree nuts, eggs, milk and wheat. This product is routinely tested using the ELISA method to gluten free standards as determined by the world health organization. This product is made in a separate facility than all other IAN's items.

**1IA80241 Crunchy Cinnamon Cookie Buttons 6/1.05 oz. pouches \$5.35** Ingredients: gluten free flour (corn flour, soy flour, potato flour, rice flour, corn starch, potato starch, xanthan gum), organic dehydrated cane juice, canola oil, cinnamon, ginger, soy lecithin, sea salt, baking soda, natural flavor. Contains soy. This product is manufactured in a facility that also processes peanuts, tree nuts, eggs, milk and wheat. This product is routinely tested using the ELISA method to gluten free standards as determined by the world health organization. This product is made in a separate facility than all other IAN's items.

## **KINNIKINNICK**

See Manufacturing Process Directory

**1KI30771 Ginger Snap Cookies 7 oz. \$4.48** Ingredients: sugar, white rice flour, potato starch, palm fruit oil (non hydrogenated), whole eggs, tapioca starch, molasses, ginger, salt, sodium bicarbonate, guar gum, sodium carboxy methylcellulose cinnamon, allspice. Allergy Alert: Produced in a facility which uses sesame seeds, soy, eggs, and tree nuts.

**1KI36191 Kinni Kritters Animal Cookies 8 oz. \$4.20** Ingredients: sugar, pea starch, potato starch, non hydrogenated shortening (palm fruit and/or canola), white rice flour, tapioca starch, water, glucose, pea protein, sodium carboxy methylcellulose, vanilla, salt, pea fibre, guar gum, inulin, ammonium bicarbonate, sodium bicarbonate, soy lecithin.

**1KI36401 Kinni Toos Chocolate Sandwich Creme Cookies 8 oz. \$5.35** Ingredients: icing (icing sugar (may contain 2-3% corn starch), non hydrogenated shortening (palm fruit and/or canola), vanilla, soy lecithin, salt), sugar, pea starch, potato starch, non hydrogenated shortening (palm fruit and/or canola), white rice flour, cocoa powder, water, tapioca starch, glucose, pea protein, sodium carboxy methylcellulose, salt, pea fibre, vanilla, caramel colour, guar gum, inulin, sodium bicarbonate, soy lecithin, ammonium bicarbonate. Allergy Alert: Produced in a facility which uses sesame seeds, soy, eggs, and tree nuts. GFCF ALTA

**1KI36261 Kinni Toos Vanilla Sandwich Creme Cookies 8 oz. \$5.35** Ingredients: icing (icing sugar (may contain 2-3% corn starch), non hydrogenated shortening (palm fruit and/or canola), vanilla, soy lecithin, salt), sugar, pea starch, potato starch, non hydrogenated shortening (palm fruit and/or canola), white rice flour, water, tapioca starch, glucose, pea protein, sodium carboxy methylcellulose, salt, vanilla, pea fibre, guar gum, inulin, ammonium bicarbonate, sodium bicarbonate, soy lecithin. Allergy Alert: Produced in a facility which uses sesame seeds, soy, eggs, and tree nuts. GFCF ALTA

**1KI32131 Montana's Chocolate Chip Cookies 8 oz. \$4.48** Ingredients: chocolate chips (sugar, chocolate liquor, cocoa butter, soya lecithin, vanillin), palm fruit oil (non hydrogenated), sugar, pea starch, brown sugar, whole eggs, white rice flour, potato starch, water, salt, vanilla flavor, pea protein, sodium carboxy methylcellulose, sodium bicarbonate, pea fibre, kinnActive baking powder, guar gum, inulin. Allergy Alert: Produced in a facility which uses sesame seeds, soy, eggs, and tree nuts.

**1KI38001 Wolfesbrand Double Chocolate Almond Cookies 8 oz. \$4.86** Ingredients: almonds, pea starch, sugar, palm fruit oil (non hydrogenated), brown sugar, whole eggs, chocolate chips (sugar, chocolate liquor, cocoa butter, soya lecithin, vanillin), water, tapioca starch, cocoa powder, dextrose, glucose, pea protein, fructose, salt, sodium carboxy methylcellulose, vanilla flavor, almond flavor, pea fibre, sodium bicarbonate, inulin, kinnactive baking powder. Allergy Alert: Produced in a facility which uses sesame seeds, soy, eggs, and tree nuts.

1KI38481 Wolfesbrand Lemon Cranberry Cookies 8 oz. \$4.86 Ingredients: almonds, pea starch, sugar, palm fruit oil (non hydrogenated), brown sugar, whole eggs, tapioca starch, water, cranberries, dextrose, glucose, pea protein, fructose, salt, sodium carboxy methylcellulose, vanilla flavor, pea fibre, lemon flavor, sodium bicarbonate, inulin, kinnActive baking powder.

### LARABAR

1LB00171 Apple Pie Bar 1.6 oz. \$1.54 Ingredients: dates, almonds, unsweetened apples, walnuts, raisins, cinnamon.

1LB00481 Cherry Pie Bar 1.7 oz. \$1.54 Ingredients: dates, almonds, unsweetened cherries.

1LB00931 Cinnamon Roll Bar 1.8 oz. \$1.54 Ingredients: dates, walnuts, almonds, raisins, cashews, cinnamon.

### LET'S DO ORGANIC

See Manufacturing Process Directory

1LO56091 Classic Gummi Bears 3.5 oz. \$3.14 Ingredients: corn malt syrup\*, dehydrated cane juice\*, juice concentrates\* (may contain apple\*, apricot\*, aronia\*, carrot\*, cranberry\*, elderberry\*, lemon\* or red beet\*), spinach powder\*, apple pectin, citric acid, natural fruit flavors, carnauba wax (from palm leaves), expeller-pressed sunflower oil\*. (\*organic).

1LO56301 Fruity Gummi Feet 3.5 oz. \$3.14 Ingredients: corn malt syrup\*, dehydrated cane juice\*, juice concentrates\* (may contain apple\*, apricot\*, aronia\*, carrot\*, cranberry\*, elderberry\*, lemon\* or red beet\*), spinach powder\*, apple pectin, citric acid, natural fruit flavors, carnauba wax (from palm leaves), expeller-pressed sunflower oil\*. (\*organic).

1LO56161 Jelly Gummi Bears 3.5 oz. \$3.14 Ingredients: dehydrated cane juice\*, corn malt syrup\*, fruit and vegetable juice concentrates\* (lemon\*, apple\*, red beet\*, apricot\*, carrot\*), spinach powder\*, apple pectin, citric acid, natural fruit flavors. (\*organic).

1LO56231 Super Sour Gummi Bears 3.5 oz. \$3.14 Ingredients: dehydrated cane juice\*, corn malt syrup\*, fruit and vegetable juice concentrates\* (lemon, apple, red beet\*, apricot\*, carrot\*), spinach powder\*, apple pectin, citric acid, natural fruit flavors. (\*organic).

### MI-DEL

See Manufacturing Process Directory

1MI89101 Arrowroot Animal Cookies 8 oz. \$3.49 Ingredients: Gluten-free flour (corn flour, soy flour, potato flour, corn starch, rice flour, potato starch, xanthan gum), organic dehydrated cane juice, canola oil, arrowroot flour, butter, whole eggs, corn starch, honey, natural flavors, soy lecithin (used as an emulsifier), baking soda, sea salt. Produced in a facility that processes milk, peanuts, tree nuts and wheat.

1MI68111 Double Chocolate Sandwich Cookies 8 oz. \$3.49 Ingredients: base: gluten free flour (contains corn flour, soya flour, potato flour, corn starch, rice flour, potato starch, xanthan gum), organic dehydrated cane juice, canola oil, cocoa, egg, invert sugar, corn starch, natural flavor, soybean lecithin (used as an emulsifier), baking soda, sea salt. Crème Filling: fructose, canola oil, cocoa, corn starch, natural flavor, soybean lecithin (used as an emulsifier). Contains egg, soy. Produced in a facility that also processes milk, peanuts, tree nuts, and wheat. Mi-Del gluten free products are routinely tested using the ELISA method to ensure a gluten free status as determined by the World Health Organization.

1MI89031 Ginger Snaps Cookies 8 oz. \$3.49 Ingredients: Gluten-free flour (corn flour, soy flour, potato flour, corn starch, rice flour, potato starch, xanthan gum), organic dehydrated cane juice, canola oil, unsulphured molasses, egg whites, ginger, soy lecithin (used as an emulsifier), sea salt, natural flavors, baking soda. Produced in a facility that also processes milk, peanuts, tree nuts and wheat.

1MI64351 Mini Chocolate Chip Cookies 8 oz. \$3.49 Ingredients: Gluten-free flour (corn flour, soy flour, potato flour, corn starch, rice flour, potato starch, xanthan gum), organic dehydrated cane juice, organic chocolate chips (organic sugar, organic chocolate liquor, organic cocoa butter, soy lecithin), canola oil, butter (may contain annatto), egg whites, unsulphured molasses, corn starch, natural flavors, baking soda, sea salt, soy lecithin (used as an emulsifier). Produced in a facility that processes milk, peanuts, tree nuts and wheat.

1MI99791 Mini Pecan Cookies 8 oz. \$3.49 Ingredients: Gluten-free flour (corn flour, soy flour, potato flour, corn starch, rice flour, potato starch, xanthan gum), organic dehydrated cane juice, canola oil, pecans, unsulphured molasses, butter (may contain annatto), egg whites, corn starch, baking soda, natural flavors, sea salt, soy lecithin (used as an emulsifier). Produced in a facility that processes milk, peanuts, tree nuts and wheat.

## **PAMELA'S PRODUCTS**

Pamela's Products are manufactured in a dedicated gluten free facility.

**1PA04071 Almond Anise Biscotti 4 oz. \$3.84** Ingredients: brown rice base (brown rice flour, white rice flour, tapioca starch, sweet rice flour, xanthan gum), molasses, honey, butter, egg whites, almonds, white rice flour, natural almond flavor, natural vanilla flavor, natural anise flavor, grainless & aluminum free baking powder (sodium bicarbonate, sodium acid pyrophosphate, potato starch), sea salt, baking soda, xanthan gum.

**1PA05081 Butter Shortbread Cookies 7.2 oz. \$4.27** Ingredients: flour base (brown rice flour, white rice flour, tapioca starch, sweet rice flour, xanthan gum), butter (salted), fruit juice concentrate (pineapple, peach, pear), natural almond meal (may appear as brown flecks), gluten-free natural flavor, grainless & aluminum free baking powder (sodium bicarbonate, sodium acid pyrophosphate, potato starch), baking soda, xanthan gum. Contains milk and tree nuts. Produced in a facility that makes products containing peanuts, tree nuts, milk eggs and soy.

**1PA03081 Chocolate Walnut Biscotti 4 oz. \$4.89** Ingredients: molasses and honey, brown rice base (brown rice flour, white rice flour, tapioca starch, sweet rice flour, xanthan gum), butter, egg whites, walnuts, natural process cocoa powder, white rice flour, potato starch, natural vanilla flavor, grainless & aluminum free baking powder (sodium bicarbonate, sodium acid pyrophosphate, potato starch), xanthan gum, sea salt, baking soda.

**1PA03001 Ginger Cookies 7.2 oz. \$4.29** Ingredients: molasses, flour base (brown rice flour, white rice flour, tapioca starch, sweet rice flour, xanthan gum), monosaturated safflower oil, sliced almonds, ginger, cinnamon, baking soda, nutmeg, allspice, cloves.

**1PA02091 Lemon Almond Biscotti 4 oz. \$4.89** Ingredients: brown rice base (brown rice flour, white rice flour, tapioca starch, sweet rice flour, xanthan gum), molasses, honey, butter, egg whites, almonds, white rice flour, natural lemon flavor, grainless & aluminum free baking powder, (sodium bicarbonate, sodium acid pyrophosphate, potato starch), baking soda, sea salt.

**1PA15051 Lemon Shortbread Cookies 7.2 oz. \$4.29** Ingredients: flour base (brown rice flour, white rice flour, tapioca starch, sweet rice flour, xanthan gum), butter (salted), organic natural evaporated cane sugar, tapioca starch, gluten free natural flavor (contains non-GMO soy oil), citric acid, lemon oil, xanthan gum.

**1PA04091 Peanut Butter Cookies 7.2 oz. \$4.29** Ingredients: peanut butter (peanuts and salt), molasses, eggs, rice syrup and grape juice, flour base (brown rice flour, white rice flour, tapioca starch, sweet rice flour, xanthan gum), dry roasted peanut pieces, gluten-free natural flavor, baking soda, sea salt. Contains peanuts and eggs. Produced in a facility that makes products containing peanuts, tree nuts, milk, eggs, and soy.

**1PA10001 Pecan Shortbread Cookies 7.2 oz. \$4.31** Ingredients: flour base (brown rice flour, white rice flour, tapioca starch, sweet rice flour, xanthan gum), butter (salted), organic natural evaporated cane sugar, pecans, xanthan gum, gluten free vanilla flavor.

**1PA13071 Shortbread Swirl Cookies 7.2 oz. \$4.29** Ingredients: flour base (brown rice flour, white rice flour, tapioca starch, sweet rice flour, xanthan gum), butter (salted), organic natural evaporated cane sugar, natural process cocoa powder, gluten free natural flavors, xanthan gum, sea salt.

## **PANDEROS DELIGHTS**

See Manufacturing Process Directory

**1PD00361 Chocolate Chip Cookies 8 oz. \$3.35** Ingredients: tapioca flour, sugar, clarified butter, milk, eggs, chocolate chips, salt, ascorbic acid (vitamin c), natural chocolate flavor.

**1PD00741 Lemon Cookies 8 oz. \$3.35** Ingredients: tapioca flour, sugar, clarified butter, milk, eggs, chocolate chips, salt, ascorbic acid (vitamin c), natural lemon flavor.

**1PD00121 Original Cookies 8 oz. \$3.35** Ingredients: tapioca flour, sugar, clarified butter, milk, eggs, salt, ascorbic acid (vitamin c).

## **CRACKERS – CHIPS**

### **BLUE DIAMOND**

**1BL42611 Almond Crackers 4.25oz \$3.26** Ingredients: rice flour, almonds, potato starch, salt, expeller pressed safflower oil, natural almond flavor, natural butter flavor (contains milk).

**1BL42781 Hazelnut Crackers 4.25oz \$3.26** Ingredients: rice flour, hazelnut meal, potato starch, expeller pressed safflower oil (with natural tocopherols), salt, natural butter flavor (contains milk).

1BL42851 Pecan Crackers 4.25oz \$3.26 Ingredients: rice flour, pecan meal, potato starch, expeller pressed safflower oil, salt, natural pecan flavor and natural butter flavor (contains milk).

## **EDWARD & SONS**

See Manufacturing Process Directory

1ED04311 Cheddar Brown Rice Snaps 3.5oz \$4.17 Ingredients: organic brown rice flour, organic white rice flour, organic sunflower oil, corn maltodextrin, whey solids, natural cheddar cheese flavor (from vegetarian cheese), salt, disodium phosphate. This product contains milk.

1ED03741 Onion Garlic Brown Rice Snaps 3.5oz \$3.78 Ingredients: brown rice, onion bits, onion powder, garlic powder, salt.

1ED04551 Salsa Brown Rice Snaps 3.5oz \$4.17 Ingredients: organic brown rice flour, organic white rice flour, organic expeller-pressed sunflower oil, tomato\*, evaporated cane juice, salt, green bell pepper\*, paprika, red bell pepper\*, citric acid, onion\*, jalapeno\*, cilantro extract, garlic\*, silicon dioxide, parsley, coconut oil, red pepper, cumin, black pepper, bay leaf\*. \*- dehydrated powders

1ED03431 Tamari Sesame Brown Rice Snaps 3.5oz \$3.78 Ingredients: brown rice, tamari (water, soybeans, salt), sesame seeds.

1ED04241 Toasted Onion Brown Rice Snaps 3.5oz \$4.17 Ingredients: organic brown rice flour, organic white rice flour, toasted minced onion, organic expeller-pressed sunflower oil, garlic powder, salt.

1ED04171 Unsalted Plain Brown Rice Snaps 3.5oz \$4.17 Ingredients: organic brown rice flour, organic white rice flour.

1ED03671 Unsalted Sesame Brown Rice Snaps 3.5oz \$4.37 Ingredients: brown rice, sesame seeds.

## **ENER-G FOODS**

Ener-G products are manufactured in a dedicated gluten free facility.

1EG08271 Cinnamon Crackers 5.9 oz. \$6.18 Ingredients: filtered water, hi maize corn starch, high oleic safflower oil or sunflower oil, organic tapioca syrup, yellow corn flour, xanthan gum, methylcellulose, cinnamon powder, salt, evaporated cane juice, sugar.

1EG72121 Gourmet Crackers 7 oz. \$4.41 Ingredients: corn starch, palm oil, soy flour, salt, sugar, leavening (ammonium bicarbonate, sodium bicarbonate, sodium acid pyrophosphate), sodium carboxymethylcellulose, yeast, soy lecithin (emulsifier). Kosher (circle u). Free of: milk, lactose, and eggs.

## **GLUTINO**

Glutino products are manufactured in a dedicated gluten free facility.

1GI84441 Cheddar Crackers 4.4 oz. \$4.83 Ingredients: corn starch, white rice flour, organic palm oil, modified corn starch, cheese preparation (cheddar powder, maltodextrine, yeast, salt, sunflower oil), dextrose, liquid whole egg, olive oil, yeast, salt, guar gum, ammonium bicarbonate, sodium bicarbonate, mono and diglycerides, natural flavor.

1GI84681 Multigrain Crackers 4.4 oz. \$4.83 Ingredients: corn starch, white rice flour, organic palm oil, modified corn starch, dextrose, liquid whole eggs, yeast, salt, fennel seeds, poppy seeds, guar gum, ammonium bicarbonate, sodium bicarbonate, mono diglycerides, natural flavor.

1GI85051 Original Crackers 4.4 oz. \$4.83 Ingredients: corn starch, white rice flour, organic palm oil, modified corn starch, dextrose, liquid whole eggs, yeast, salt, guar gum, sodium bicarbonate, ammonium bicarbonate, mono and diglycerides, natural flavor.

1GI83521 Pizza Flavored Breadsticks 5.3 oz. \$6.32 Ingredients: corn starch, potato flour, rice starch, concentrated tomato paste (tomatoes, salt), cocoa oil, yeast, dextrose, carob seed flour, dehydrated oregano. May contain sesame seeds.

1GI83691 Sesame Breadsticks 5.3 oz. \$6.32 Ingredients: corn starch, potato flour, rice starch, cocoa oil, sesame seeds, yeast, dextrose, carob seed flour, salt.

1GI84821 Vegetable Crackers 4.4 oz. \$4.83 Ingredients: corn starch, white rice flour, organic palm oil, modified corn starch, dextrose, liquid whole egg, yeast, tomato powder, salt, oregano, garlic, guar gum, ammonium bicarbonate, sodium bicarbonate, mono and diglycerides, natural flavor.

## HOL-GRAIN

Hol-Grain products are manufactured in a dedicated gluten free facility.

1HG40551 Brown Rice Crackers - Low Salt 4.5 oz. \$3.95 Ingredients: brown rice, salt.

1HG40001 Brown Rice Crackers - No Salt 4.5 oz. \$3.95 Ingredients: brown rice.

1HG42081 Brown Rice Onion & Garlic Crackers 4.5 oz. \$3.95 Ingredients: brown rice, salt, onion and garlic.

## LUNDBERG

See Manufacturing Process Directory

1LU53481 Fiesta Lime Rice Chips 6 oz. \$3.18 Ingredients: brown rice, brown rice flour, organic masa corn flour, white rice flour, high oleic expeller-pressed safflower or sunflower oil, organic sesame seeds, seasonings (rice flour, organic buttermilk powder, salt, organic evaporated cane juice, organic nonfat milk, tartaric acid, citric acid, dried parsley, safflower oil, organic lime oil, and less than 2% tricalcium phosphate (anti-caking agent)).

1LU53551 Honey Dijon Rice Chips 6 oz. \$3.18 Ingredients: brown rice, brown rice flour, organic masa corn flour, white rice flour, high oleic expeller-pressed safflower or sunflower oil, organic sesame seeds, cane syrup and honey, salt, evaporated cane juice, rice flour, spices (mustard, black pepper, red pepper), garlic powder, onion powder, sunflower oil, gum Arabic, vinegar powder, citric acid, tartaric acid, turmeric (color), less than 2% tricalcium phosphate (anti-caking agent) and tarragon oil.

1LU53621 Nacho Cheese Rice Chips 6 oz. \$3.18 Ingredients: brown rice, brown rice flour, organic masa corn flour, white rice flour, high oleic expeller-pressed safflower or sunflower oil, organic sesame seeds, sea salt, organic cheddar cheese (organic cultured pasteurized milk, salt, enzymes), organic whey, organic butter powder (organic butter, organic nonfat milk, mixed tocopherols), onion powder, organic nonfat dry milk, natural caramel color, lactic acid powder (lactic acid, calcium lactate), tomato powder, green bell pepper powder, autolyzed yeast extract, garlic powder, spices, jalapeno powder, natural flavors, citric acid, organic blue cheese paste (organic blue cheese {milk, cheese cultures, salt, enzymes, calcium chloride}, water), paprika extract (color), and less than 2% silicon dioxide (anti-caking agent). Contains milk.

1LU53171 Pico De Gallo Rice Chips 6 oz. \$3.18 Ingredients: brown rice, brown rice flour, organic masa corn flour, white rice flour, high oleic expeller-pressed safflower or sunflower oil, dried black beans, organic sesame seeds, dehydrated vegetables (tomato powder, green bell pepper, onion, garlic, jalapeno pepper), sea salt, paprika and other spices, torula yeast, citric acid, lemon powder, natural smoke flavor, natural caramel color.

1LU53311 Santa Fe Barbecue Rice Chips 6 oz. \$3.18 Ingredients: brown rice, brown rice flour, organic masa corn flour, white rice flour, high oleic expeller-pressed safflower or sunflower oil, organic sesame seeds, evaporated cane juice, sea salt, dehydrated vegetables (onion, tomato, garlic), paprika, ginger, cayenne pepper, torula yeast, honey, yeast extract, citric acid, tricalcium phosphate (anti-caking agent), natural hickory smoke flavor, natural caramel flavor.

1LU53001 Sea Salt Rice Chips 6 oz. \$3.18 Ingredients: brown rice, brown rice flour, organic masa corn flour, white rice flour, high oleic expeller-pressed safflower or sunflower oil, organic sesame seeds, sea salt, natural caramel color.

1LU53241 Sesame & Seaweed Rice Chips 6 oz. \$3.18 Ingredients: brown rice, brown rice flour, organic masa corn flour, white rice flour, high oleic expeller-pressed safflower or sunflower oil, organic sesame seeds, dried seaweed flakes, evaporated cane juice, salt, tortula yeast, dehydrated garlic, yeast extract, sesame oil, dehydrated onion, honey powder, cultured whey (contains milk), paprika, ginger, cayenne pepper, citric acid, tricalcium phosphate (anti-caking agent), steam distilled oil of ginger, natural caramel color.

1LU53791 Wasabi Rice Chips 6 oz. \$3.18 Ingredients: brown rice, brown rice flour, organic masa corn flour, white rice flour, high oleic expeller-pressed safflower or sunflower oil, organic sesame seeds, evaporated cane juice, onion powder, natural caramel color, dried parsley, torula yeast, horseradish powder, mustard flour, autolyzed yeast extract, garlic powder, dried vinegar, citric acid, spice extracts, natural flavors, spices, and less than 2% silicon dioxide (anti-caking agent).

## MARY'S GONE CRACKERS

Mary's Gone Crackers products are manufactured in a dedicated gluten free facility.

1MG01511 Black Pepper Crackers 6.5 oz. \$4.59 Ingredients: organic short grain brown rice, organic whole quinoa, organic brown flax seeds, organic brown sesame seeds, filtered water, organic wheat-free low sodium tamari (water, whole organic soybeans, salt, organic alcohol), sea salt, organic black pepper.

1MG01131 Caraway Crackers 6.5 oz. \$4.59 Ingredients: short grain brown rice, organic whole quinoa, filtered water, organic brown sesame seeds, organic brown flax seeds, organic whole caraway seeds, organic wheat-free low sodium tamari (water, whole organic soybeans, salt, organic alcohol), sea salt.

1MG01371 Herb Crackers 6.5 oz. \$4.59 Ingredients: organic short grain brown rice, organic whole quinoa, organic brown flax seeds, organic brown sesame seeds, filtered water, organic garlic, organic herbs, organic wheat-free low sodium tamari (water, whole organic soybeans, salt, organic alcohol), sea salt.

1MG01201 Onion Crackers 6.5 oz. \$4.59 Ingredients: organic short grain brown rice, organic whole quinoa, organic brown flax seeds, organic brown sesame seeds, filtered water, organic onions, organic wheat - free low sodium tamari (water, whole organic soybeans, salt, organic alcohol), organic minced dried onions, sea salt.

1MG01061 Original Crackers 6.5 oz. \$4.59 Ingredients: organic short grain brown rice, organic whole quinoa, organic brown flax seeds, organic brown sesame seeds, filtered water, organic wheat free low sodium tamari (water, whole organic soybeans, salt, alcohol), sea salt.

## PACKAGED MEALS

### AMYS

See Manufacturing Process Directory

1AY55121 Refried Black Beans – Vegetarian - Organic 15.4 oz. \$2.93 Ingredients: (vegan): organic black beans, filtered water, organic onions, organic bell peppers, organic tomatoes, organic high oleic safflower and / or sunflower oil, sea salt, organic garlic, organic green chiles, spices. Individuals with food allergies: This product is manufactured in a facility that produces foods containing wheat, milk, soy, tree nuts and seeds. Amy's Kitchen does not use any peanuts, fish, shellfish or eggs.

1AY55051 Traditional Refried Beans – Vegetarian - Organic 15.4 oz. \$2.93 Ingredients: (vegan): organic pinto beans, filtered water, organic onions, organic high oleic safflower and / or sunflower oil, sea salt, organic garlic, spices. Individuals with food allergies: This product is manufactured in a facility that produces foods containing wheat, milk, soy, tree nuts and seeds. Amy's Kitchen does not use any peanuts, fish, shellfish or eggs.

### ANCIENT HARVEST

1AH00031 Quinoa Inca Red 12 oz. \$4.29 Ingredients: organic whole grain quinoa (pasankalla variety).

1AH00082 Quinoa Whole Grain 12 oz. \$4.13 Ingredients: organic whole grain quinoa.

### DEBOLES

See Manufacturing Process Directory

1DL89271 Rice Pasta & Cheese - Elbow Style 7.3 oz. \$2.62 Ingredients: elbow style pasta (rice flour and rice bran extract), and cheese sauce mix (Wisconsin cheddar cheese [milk, salt, and enzymes], and dry buttermilk).

1DL89411 Rice Shells & Cheddar 7.3 oz. \$2.73 Ingredients: shell rice pasta (rice flour and bran rice extract), and cheese sauce mix (Wisconsin cheddar cheese [milk, salt, and enzymes], and dry buttermilk).

### LUNDBERG

See Manufacturing Process Directory

1LU03371 Alfredo Risotto 5.8 oz. \$3.45 Ingredients: organic California Arborio rice, organic parmesan cheese powder (milk, salt, culture, enzyme), organic nonfat dry milk, sea salt, organic buttermilk powder, organic dehydrated vegetables (garlic, onion), organic evaporated cane juice, yeast extract, organic spices (turmeric, black pepper, nutmeg, parsley), citric acid, and organic sunflower oil.

1LU00541 Butternut Squash Risotto 5.8 oz. \$2.84 Ingredients: eco-farmed California Arborio rice, dried butternut squash, evaporated cane juice, sea salt, rice flour, dried onion, yeast extract, spices (black pepper, ginger, nutmeg, sage), dried garlic, organic maltodextrin, natural butter flavor (contains milk), dried parsley, citric acid, turmeric, paprika extract (color).

1LU00611 Cheddar Broccoli Risotto 5.8 oz. \$2.84 Ingredients: eco-farmed California Arborio rice, sea salt, evaporated cane juice, organic cheddar cheese, organic buttermilk powder, dried broccoli, dried onion, dried garlic, organic cheddar and parmesan cheese blend, yeast extract, lactic acid, paprika extract (color) natural butter flavor, turmeric, black pepper. Contains milk.

**1LU00161 Creamy Parmesan Risotto 5.5 oz. \$2.84** Ingredients: eco-farmed California Arborio rice, parmesan and cheddar cheese blend, salt, natural flavors, buttermilk powder, onion and garlic powder, cane juice powder, butter powder, whey powder, rice flour, dehydrated parsley, autolyzed yeast extract, black pepper, turmeric, expeller-pressed safflower oil (less than 2% added as a processing aid). Contains milk.

**1LU00471 Garlic Primavera Risotto 5.5 oz. \$2.84** Ingredients: eco-farmed California Arborio rice, dehydrated vegetables (onion, garlic, zucchini, carrots, red and green bell peppers), parley, salt, rice flour, cane juice powder, nonfat dry milk, natural flavors, parmesan cheese blend, whey, black pepper, garlic extract, turmeric, expeller-pressed safflower oil (less than 2% added as a processing aid). Contains milk.

**1LU00301 Italian Herb Risotto 5.5 oz. \$2.84** Ingredients: eco-farmed California Arborio rice, salt, rice flour, onion and garlic powder, cane juice powder, dehydrated tomato, buttermilk powder, spices (rosemary, fennel, thyme, black pepper, oregano, basil), natural flavors, parmesan cheese blend, whey powder, dehydrated parsley, turmeric, expeller-pressed safflower oil (less than 2% added as a processing aid). Contains milk.

**1LU03511 Porcini Mushroom Risotto 5.9 oz. \$3.45** Ingredients: organic Arborio rice, organic rice flour, sea salt, organic evaporated cane juice, organic wild porcini mushrooms, organic onion powder, torula yeast, yeast extract, organic garlic powder, organic and natural butter flavors (contains milk), organic black pepper.

**1LU03441 Spinach Mushroom Florentine Risotto 5.8 oz. \$3.45** Ingredients: organic Arborio rice, organic dehydrated vegetables (spinach, mushroom, garlic, onion), sea salt, organic evaporated cane juice, yeast extract, organic spices (turmeric, basil, black pepper, oregano, parsley, rosemary, sage), organic sunflower oil, citric acid, natural garlic flavors.

**1LU03201 Tuscan Risotto 5.7 oz. \$3.45** Ingredients: eco-farmed California Arborio rice, organic dehydrated vegetables (tomato, garlic, onion), sea salt, organic evaporated cane juice, organic brown rice flour, organic spices (turmeric, basil, oregano, parsley), yeast extract, citric acid, organic sunflower oil.

### **MRS. LEEPERS**

**1ML10271 Beef Lasagna Pasta & Sauce Mix 6.4 oz. \$4.24** Ingredients: corn pasta (organic corn flour), lasagna seasoning: tomato powder, sugar, salt, potato starch, whey, autolyzed yeast extract, onion and garlic powder, hydrolyzed soy protein, citric acid, spices, beet powder, extractives of turmeric and paprika, natural flavor, lactic acid, xanthan gum, caramel color. Contains soy and milk ingredients.

**1ML10031 Beef Stroganoff Pasta & Sauce Mix 7.4 oz. \$4.24** Ingredients: rice pasta (organic brown rice flour, organic white rice flour), stroganoff seasoning: sour cream powder [sour cream (cream, cultures, lactic acid), nonfat milk, citric acid, disodium phosphate, natural flavor], potato starch, salt, rice flour, onion and garlic powder, whey, sugar, corn syrup solids, dextrose, whey protein concentrate, dehydrated parsley, caramel color, autolyzed yeast. Contains milk ingredients

**1ML10101 Cheeseburger Mac Pasta & Sauce Mix 8.3 oz. \$4.24** Ingredients: rice pasta (organic brown rice flour, organic white rice flour), cheeseburger seasoning: whey, modified corn starch, salt, tomato powder, nonfat dry milk, onion powder, sugar, rice flour, autolyzed yeast and dried yeast, natural butter flavor, natural flavor, garlic powder, citric acid, extractives of turmeric, annatto, and paprika, caramel color. Contains milk ingredients.

**1ML10341 Chicken Alfredo Pasta & Sauce Mix 7 oz. \$4.24** Ingredients: rice pasta (organic brown rice flour, organic white rice flour), alfredo seasoning: whey, corn starch, cream, salt, cheddar/romano/parmesan cheeses (pasteurized milk, cheese cultures, salt enzymes), nonfat milk, sodium phosphate, garlic powder, soybean oil, natural flavors, vitamin A palmitate, dried parsley, milk protein concentrate, skim milk cheese (pasteurized skim milk, cheese cultures salt, enzymes), dipotassium phosphate, spice, citric acid, soy lecithin, ascorbyl palmitate, tocopherols (to protect flavor). Contains soy and milk ingredients.

**1ML10411 Creamy Tuna Pasta & Sauce Mix 7.4 oz. \$4.24** Ingredients: corn pasta (organic corn flour), creamy tuna seasoning: cream corn starch, salt, onion powder, nonfat milk, sugar, vitamin A palmitate, soybean oil, sodium phosphate, dried parsley, soy lecithin, guar gum, spice, turmeric extract (color), ascorbyl palmitate, spice extract, tocopherols (to help protect flavor). Contains soy and milk ingredients.

### **PASTARISO**

**1PS00001 Mac-A-Riz Rice Mac & Cheese - Rennet Free 6.8 oz. \$2.90** Ingredients: rice pasta, rice, rice bran, cheese sauce mix- cheddar cheese (milk, bacterial cultures, salt, microbial enzymes), salt, disodium phosphate (natural emulsifier), xanthan gum, citric acid.

### **PASTATO**

**1PS00351 Potato Mac & Cheese 6.8 oz. \$2.90** Ingredients: potato pasta – (potato flour & rice) cheese sauce mix (cheddar cheese – milk, bacterial culture, salt, microbial enzymes), salt, disodium phosphate (a natural emulsifier), xanthan gum, citric acid.

## ROAD'S END

1RE66301 Brown Rice Penne & Chreese - Cheddar Style 6 oz. \$3.60 Ingredients: organic brown rice penne (organic brown rice and water), organic brown rice flour, organic tapioca starch, nutritional yeast, organic green lentil flour, unrefined salt, organic garlic powder, organic ground yellow mustard seed, organic onion powder, and annatto.

1RE25441 Macaroni & Chreese - Alfredo Style 6 oz. \$3.60 Ingredients: organic brown rice macaroni (organic brown rice and water), organic brown rice flour, organic tapioca starch, nutritional yeast, organic green lentil flour, unrefined salt, organic garlic powder, organic oregano, organic onion powder, organic basil.

## PASTA

### ANCIENT HARVEST

1AH00051 Quinoa Elbows Pasta 8 oz. \$2.98 Ingredients: A natural blend of corn flours and quinoa flour.

1AH00091 Quinoa Garden Pagodas Pasta 8 oz. \$2.98 Ingredients: A natural blend of corn flours, quinoa flour, dried red bell pepper, dried spinach.

1AH00041 Quinoa Linguine Pasta 8 oz. \$2.98 Ingredients: A natural blend of corn flours and quinoa flour.

1AH00011 Quinoa Rotlle Pasta 8 oz. \$2.98 Ingredients: A natural blend of corn flours and quinoa flour.

1AH00001 Quinoa Shells Pasta 8 oz. \$2.98 Ingredients: A natural blend of corn flours and quinoa flour.

1AH00021 Quinoa Spaghetti Pasta 8 oz. \$2.98 Ingredients: A natural blend of corn flours and quinoa flour.

1AH00081 Quinoa Vegi Curls Pasta 8 oz. \$2.98 Ingredients: A natural blend of corn flours, quinoa flour, dried red bell pepper, dried spinach.

### BIONATURAE

1BN40251 Fusili Pasta 12 oz. \$4.66 Ingredients: organic rice flour, organic rice starch, organic potato starch, organic soy flour. Contains soy.

1BN40321 Penne Rigate Pasta 12 oz. \$4.66 Ingredients: organic rice flour, organic rice starch, organic potato starch, organic soy flour. Contains soy.

1BN40181 Spaghetti Pasta 12 oz. \$4.66 Ingredients: organic rice flour, organic rice starch, organic potato starch, organic soy flour. Contains soy.

### DEBOLES

See Manufacturing Process Directory

1DL81521 Corn Elbow Pasta 12 oz. \$3.53 Ingredients: yellow corn meal and yellow corn flour.

1DL80221 Corn Spaghetti Pasta 8 oz. \$2.77 Ingredients: yellow corn meal and yellow corn flour.

1DL89721 Rice Lasagna Pasta - No Boil 10 oz. \$3.05 Ingredients: rice flour and rice bran extract.

1DL81491 White Rice Angel Hair Pasta 8 oz. \$2.61 Ingredients: rice flour and rice bran extract.

1DL84531 White Rice Fettuccine Pasta 8 oz. \$2.77 Ingredients: rice flour and rice bran extract.

1DL87121 White Rice Penne Pasta 8 oz. \$2.77 Ingredients: rice flour and rice bran extract.

1DL88351 White Rice Spaghetti Pasta 8 oz. \$2.77 Ingredients: rice flour and rice bran extract.

1DL88971 White Rice Spirals Pasta 8 oz. \$2.61 Ingredients: rice flour and rice bran extract.

### ENER-G FOODS

Ener-G products are manufactured in a dedicated gluten free facility.

1EG16011 White Rice Lasagna Pasta 16 oz. \$4.29 Ingredients: white rice flour, water. Free of: wheat, casein, gluten, dairy, egg, corn, soy, sugar, yeast, salt.

1EG18541 White Rice Macaroni Pasta 16 oz. \$3.08 Ingredients: white rice flour, water. Free of: wheat, casein, gluten, dairy, egg, corn, soy, sugar, yeast, salt.

1EG17001 White Rice Shells Pasta – Small 16 oz. \$3.08 Ingredients: white rice flour, water. Free of: wheat, casein, gluten, dairy, egg, corn, soy, sugar, yeast, salt.

1EG18091 White Rice Spaghetti Pasta 15.7 oz. \$3.08 Ingredients: white rice flour, water. Free of: wheat, casein, gluten, dairy, egg, corn, soy, sugar, yeast, salt.

1EG15021 White Rice Vermicelli Pasta 10.5 oz. \$3.08 Ingredients: white rice flour, water. Free of: wheat, casein, gluten, dairy, egg, corn, soy, sugar, yeast, salt.

### GLUTINO

Glutino products are manufactured in a dedicated gluten free facility.

1GI81301 Brown Rice Macaroni Pasta 10 oz. \$3.21 Ingredients: stone ground brown rice, rice bran and water.

1GI80311 Brown Rice Penne Pasta 10 oz. \$3.00 Ingredients: ground brown rice, rice bran and water.

1GI82531 Brown Rice Spaghetti Pasta 10 oz. \$3.21 Ingredients: ground brown rice, rice bran and water.

### MRS. LEEPERS

1ML20371 Brown Rice Spaghetti Pasta 12 oz. \$3.60 Ingredients: brown rice flour, organic white rice flour.

1ML20511 Brown Rice Vegetable Twist Pasta 12 oz. \$3.60 Ingredients: organic brown rice flour, spinach powder, beet powder.

1ML13991 Corn Elbow Pasta 12 oz. \$3.60 Ingredients: organic corn flour.

1ML18561 Corn Rotelli Pasta 12 oz. \$3.60 Ingredients: organic corn flour.

1ML11391 Corn Spaghetti Pasta 12 oz. \$3.60 Ingredients: organic corn flour.

1ML18181 Corn Vegetable Radiatore Pasta 12 oz. \$3.60 Ingredients: organic corn flour, spinach powder, beet powder, dehydrated red bell pepper.

### PASTARISO

1PS03631 Brown Rice Angel Hair Pasta 8 oz. \$2.90 Ingredients: organic brown rice flour.

1PS05541 Brown Rice Elbows Pasta 10 oz. \$2.90 Ingredients: organic brown rice flour.

1PS02571 Brown Rice Fettucine Pasta 8 oz. \$2.90 Ingredients: organic brown rice flour.

1PS04791 Brown Rice Lasagna Pasta 8 oz. \$2.90 Ingredients: 100% organic brown rice flour.

1PS01581 Brown Rice Spaghetti Pasta 10 oz. \$2.90 Ingredients: brown rice flour.

1PS01591 Brown Rice Spinach Spaghetti Pasta 8 oz. \$2.90 Ingredients: organic rice flour, spinach powder.

1PS07521 Brown Rice Spirals Pasta 7 oz. \$2.90 Ingredients: organic brown rice flour.

1PS08751 Brown Rice Vermicelli Pasta 8 oz. \$2.90 Ingredients: organic brown rice flour.

### PASTATO

1PS00111 Potato Elbow Macaroni Pasta 10 oz. \$3.18 Ingredients: potato flour, rice flour, quinoa flour, ground flax, psyllium husks, fructooligosaccharides, (FOS, prebiotic), vitamin B-1, vitamin B-2, niacin, folic acid, pantothenic acid, vitamin B-6, iron, magnesium.

1PS00281 Potato Shells Pasta 10 oz. \$3.18 Ingredients: potato flour, organic rice, lecithin (antioxidant and emulsifier from soy beans).

1PS00041 Potato Spaghetti Pasta 10 oz. \$3.18 Ingredients: potato flour, rice flour, quinoa flour, ground flax, psyllium husks, fructooligosaccharides (FOS, a prebiotic), vit B-1, vit B-2, niacin, folic acid, pantothenic acid, vit B-6, iron, magnesium.

## TINKYADA

Tinkyada products are manufactured in a dedicated gluten free facility.

- 1TI05551 Brown Rice Elbows Pasta 16 oz. \$3.46 Ingredients: stone ground brown rice, rice bran and water.
- 1TI02581 Brown Rice Fettucini Pasta 14 oz. \$3.46 Ingredients: stone ground brown rice, rice bran and water.
- 1TI06541 Brown Rice Fusilli Pasta 16 oz. \$3.46 Ingredients: stone ground brown rice, rice bran, water.
- 1TI11561 Brown Rice Penne Pasta 16 oz. \$3.46 Ingredients: stone ground brown rice, rice bran and water.
- 1TI07531 Brown Rice Shells Pasta 16 oz. \$3.46 Ingredients: stone ground brown rice, rice bran and water.
- 1TI01591 Brown Rice Spaghetti Pasta 16 oz. \$3.46 Ingredients: stone ground brown rice, rice bran and water.
- 1TI01581 Brown Rice Spinach Pasta 12 oz. \$3.84 Ingredients: stone ground brown rice, spinach powder, water.
- 1TI12551 Brown Rice Spirals Pasta 16 oz. \$3.46 Ingredients: stone ground brown rice, rice bran and water.

## SALAD DRESSINGS

### WALDEN FARMS

- 1WF11291 Asian Dressing 12 oz. \$3.85 Ingredients: purified triple filtered water, apple cider vinegar, soy sauce, salt, garlic powder, ginger, onion powder, natural flavoring, Worcestershire sauce, lemon juice, sucralose, xanthan gum.
- 1WF11051 Bacon Ranch Dressing 12 oz. \$3.85 Ingredients: purified triple filtered water, distilled white vinegar, cellulose gel, onion powder, garlic powder, buttermilk flavoring (nondairy), sour cream flavoring (nondairy), salt, artificial bacon bits, lemon juice, xanthan gum, propylene glycol alginate and sodium benzoate (to preserve freshness), sucralose, food color.
- 1WF10821 Balsamic Dressing 12 oz. \$3.85 Ingredients: purified triple filtered water, balsamic vinegar, white vinegar, salt, cellulose gel, Dijon mustard, lemon juice, onion powder, garlic powder, white pepper, natural flavors, natural spices, caramel color, xanthan gum, propyleneglycol alginate, sodium benzoate (to preserve freshness) and sucralose.
- 1WF10371 Bleu Cheese Dressing 12 oz. \$3.85 Ingredients: purified triple filtered water, white vinegar, cellulose gel, sour cream flavoring (nondairy), salt, lemon juice, natural flavors, natural spices, bleu cheese flavor (nondairy), garlic powder, onion powder, white pepper, lactic acid, xanthan gum, propylene glycol alginate, sodium benzoate (to preserve freshness), food color, sucralose.
- 1WF10751 Caesar Dressing 12 oz. \$3.85 Ingredients: purified triple filtered water, white vinegar, cellulose gel, salt, buttermilk powder, anchovies, parmesan cheese flavor, romano cheese flavor, garlic, onion, black pepper, natural spices, natural flavors, lactic acid, xanthan gum, propylene glycol alginate, sodium benzoate (to preserve freshness), food color, sucralose.
- 1WF10681 Creamy Bacon Dressing 12 oz. \$3.85 Ingredients: purified triple filtered water, white vinegar, Dijon mustard, cellulose gel, salt, imitation bacon bits, natural spices, smoke flavor, titanium dioxide, xanthan gum, propylene glycol, alginate, sucralose, sodium benzoate (to preserve freshness).
- 1WF10511 Honey Dijon Dressing 12 oz. \$3.85 Ingredients: purified triple filtered water, apple cider vinegar, white vinegar, Dijon mustard, cellulose gel, white pepper, salt, natural spices, natural flavors, onion, garlic, beta carotene, cayenne pepper, xanthan gum, propylene glycol alginate, food color, sucralose.
- 1WF10131 Italian Dressing 12 oz. \$3.85 Ingredients: purified triple filtered water, cider vinegar, white vinegar, salt, minced garlic, minced onion, cellulose gel, oregano, natural spices, natural flavors, lemon juice, red bell pepper, black pepper, xanthan gum, propylene glycol, alginate, sodium benzoate (to preserve freshness) sucralose, food color.
- 1WF10991 Italian W/Sun Dried Tomatoes Dressing 12 oz. \$3.85 Ingredients: purified triple filtered water, white vinegar, apple cider vinegar, balsamic vinegar, sundried tomatoes, cellulose gel, salt, lemon juice, garlic powder, onion powder, red bell peppers, white pepper, black pepper, natural spices, xanthan gum, propylene glycol, alginate, sodium benzoate (to preserve freshness), sucralose.
- 1WF11361 Raspberry Dressing 12 oz. \$3.85 Ingredients: purified triple filtered water, apple cider vinegar, white vinegar, salt, natural raspberry flavor, garlic powder, onion powder, lemon juice, xanthan gum, propylene glycol alginate, sodium benzoate (to preserve freshness), food color, sucralose.

1WF1121 Russian Dressing 12 oz. \$4.85 Ingredients: purified triple filtered water, white vinegar, tomato paste, cellulose gel, salt, garlic powder, onion powder, sugarless pickle relish, titanium dioxide, lemon juice, xanthan gum, propylene glycol, alginate, sodium benzoate (to preserve freshness).

1WF10201 Thousand Island Dressing 12 oz. \$3.85 Ingredients: purified triple filtered water, white vinegar, tomato paste, cellulose gel, natural spices, natural flavors, salt, garlic powder, onion powder, pickle relish, lemon juice, white pepper, xanthan gum, propylene glycol alginate, sodium benzoate (to preserve freshness), food color, sucralose.

## **SAUCES – GRAVY MIXES**

### **FULL FLAVOR FOODS**

See Manufacturing Process Directory

1FF10941 Alfredo Sauce Mix 1.3 oz. \$3.65 Ingredients: parmesan cheese (pasteurized milk, salt, cheese culture, enzymes), non-fat dry milk, modified tapioca starch, salt, hydrolyzed corn protein, spices, yeast extract, citric acid, caramelized sugar.

1FF10181 Beef Gravy Mix 1 oz. \$2.14 Ingredients: food starch-modified (from corn), rice flour, hydrolyzed soy protein, beef broth, beef extract, yeast extract, salt, onion dried, caramel color.

1FF10871 Cheese Sauce Mix 2 oz. \$3.65 Ingredients: cheese blend (cheddar and dry blue cheese [milk, cheese cultures, salt, enzymes], whey, partially hydrogenated soybean oil, lactose, maltodextrin (from corn), sodium phosphate, citric acid, lactic acid, yellow 5, yellow 6), food starch-modified (from corn), whey protein concentrate, salt, hydrolyzed corn protein.

1FF10011 Chicken Gravy Mix 1 oz. \$2.14 Ingredients: food starch-modified (from corn), rice flour, hydrolyzed corn protein, maltodextrin (from corn), chicken broth, yeast extract, sugar, salt, dried onion, turmeric, spices.

1FF10321 Pork Gravy Mix 1 oz. \$2.14 Ingredients: food starch-modified (from corn), rice flour, hydrolyzed corn protein, maltodextrin (from corn), pork broth, yeast extract, sugar, salt, dried onion, caramel color, spices.

1FF10251 Turkey Gravy Mix 1 oz. \$2.14 Ingredients: food starch-modified (from corn), rice flour, hydrolyzed corn protein, maltodextrin (from corn), turkey broth, yeast extract, sugar, salt, dried onion, caramel color, spices.

1FF10701 Vegetarian Mushroom Sauce Mix 2.7 oz. \$4.24 Ingredients: coconut oil, corn syrup solids, food starch-modified (from corn), salt, sodium caseinate (from milk), hydrolyzed corn protein, sugar, dried mushrooms, natural mushroom flavor, dried onion, xanthan gum, spice extracts, garlic dried, colored with yellow 5 and yellow 6.

### **MAXWELL'S KITCHEN**

1MX00161 Brown Beef Gravy Mix 1.2 oz. \$2.27 Ingredients: modified corn starch and rice flour, maltodextrin (from corn), dextrose (from corn), beef flavor (hydrolyzed corn and soy protein, yeast extract, beef stock), salt, caramelized sugar, onion powder, spices.

1MX00231 Chicken Gravy Mix 1.2 oz. \$2.27 Ingredients: modified corn starch and rice flour, maltodextrin (from corn), chicken flavor (hydrolyzed corn protein, yeast extract, cooked chicken), dextrose (from corn), salt, onion powder, spices, turmeric.

1MX00301 Pork Gravy Mix 1.2 oz. \$2.27 Ingredients: modified corn starch and rice flour, pork flavor (hydrolyzed corn and soy protein, yeast extract, cooked pork), organic maltodextrin (from tapioca), dextrose (from corn), salt, onion powder, caramelized sugar, spices.

1MX00471 Turkey Gravy Mix 1.2 oz. Packet \$2.27 Ingredients: modified corn starch and rice flour, organic maltodextrin (from tapioca), turkey flavor (hydrolyzed corn protein, yeast extract, cooked turkey), dextrose (from corn), salt, caramelized sugar, onion powder, spices, turmeric.

### **ROAD'S END**

1RE25341 Alfredo Style Cheese Mix 1.1 oz. Packet \$1.15 Ingredients: (vegan) organic brown rice flour, organic tapioca starch, nutritional yeast, organic green lentil flour, unrefined salt, organic garlic powder, organic oregano, organic onion powder and organic basil.

1RE28111 Golden Gravy Mix 1 oz. Packet \$1.15 Ingredients: organic brown rice flour, organic tapioca starch, organic tamari powder, unrefined sea salt, organic onion powder, organic garlic powder, nutritional yeast.

1RE28351 Savory Herb Gravy Mix 1 oz. Packet \$1.15 Ingredients: organic brown rice flour, organic tapioca starch, organic tamari powder, unrefined salt, organic onion powder, organic garlic powder, nutritional yeast, organic thyme, organic parsley, organic rosemary.

1RE28281 Shiitake Mushroom Gravy Mix 1 oz. \$1.15 Ingredients: organic brown rice flour, organic tapioca starch, organic tamari powder, unrefined sea salt, organic onion powder, organic shiitake mushrooms, organic garlic powder, nutritional yeast.

### **WALDEN FARMS**

1WF08871 Alfredo Sauce 15 oz. \$3.85 Ingredients: triple filtered purified water, cultured buttermilk powder, salt, garlic powder, natural flavors, natural herbs and spices, sodium benzoate, xanthan gum, sucralose.

1WF07711 Marinara Sauce 15 oz. \$3.85 Ingredients: triple filtered purified water, tomato paste, Worcestershire sauce, garlic powder, natural flavors, natural herbs and spices, soy protein, xanthan gum, citric acid, sodium benzoate, and sucralose (splenda brand).

# SUPPLEMENTARY

## These Are Some Of Our New Products That Didn't Make It In Time For The Catalog

### ALLERGAROO

1AL10041 Chili Mac 8 oz. \$3.63 (\$20.69 case of 6) Ingredients: water, tomato paste, pinto beans, rice pasta (white rice flour and water), Non Gmo corn maltodextrin, onion puree, evaporated cane juice, ground chicken, olive oil, chili powder, sea salt, spices, sweet rice flour, garlic powder.

1AL10281 Spyglass Noodles 8 oz. \$3.63 (\$20.69 case of 6) Ingredients: water, tomato paste, rice pasta (white rice flour and water), Non-Gmo corn maltodextrin, onion puree, carrot puree, evaporated cane juice, ground chicken, olive oil, sea salt, garlic powder, spice.

1AL10351 Spaghetti 8 oz. \$3.63 (\$20.69 case of 6) Ingredients: water, tomato paste, rice pasta (white rice flour and water), Non-Gmo corn maltodextrin, onion puree, carrot puree, evaporated cane juice, olive oil, sea salt, garlic powder, spice.

### HOLLY'S OATMEAL

1HY03731 Au Natural Cranberry Oatmeal 16 oz. \$8.41 (\$47.94 case of 6) Ingredients: gluten-free oats, toasted soy flakes, flax, whole grain brown rice, corn, white sorghum, buckwheat, cranberries.

1HY03801 Au Natural Oatmeal 16 oz. \$8.41 (\$47.94 case of 6) Ingredients: gluten free oats, quinoa flakes, flax, whole grain brown rice, corn, white sorghum, buckwheat.

### ST.DALFOUR

1SD62241 Three Bean Salad With Sweetcorn 6.2 oz. \$3.54 (\$80.71 case of 24) Ingredients: diced carrots, sweetcorn, lentils, cannellini beans, kidney beans, onions, flageolet beans, sunflower oil, olive oil, salt, mustard, garlic, tarragon, thickener (xanthan and guar gums).

1SD62201 Wild Salmon With Vegetables 6.2 oz. \$3.54 (\$80.71 case of 24) Ingredients: salmon, potatoes, sliced carrots, flageolet beans, red peppers, green peppers, celery, sunflower oil, mustard, salt, dill, garlic, white pepper, paprika, thickeners (xanthan and guar gums).

### JO-SEF GLUTEN FREE

1JS00481 Coffee O's Sandwich Cookie 8.5 oz. \$4.75 (\$27.08 case of 6) Ingredients: Base: gluten free flour; Contains: brown rice flour, tapioca flour, soy flour, white rice flour, potato starch, non-hydrogenated shortening (palm oil), powdered sugar, sugar, water, coffee, baking powder, xanthan gum. Contains soy.

1JS04051 Double Chocolate O's Sandwich Cookie 8.5 oz. \$4.75 (\$27.08 case of 6) Ingredients: Base: gluten free flour; Contains: brown rice flour, tapioca flour, soy flour, white rice flour, potato starch, non-hydrogenated shortening (palm oil), powdered sugar, sugar, water, unsweetened cocoa powder, baking powder, xanthan gum. Contains soy.

1JS04431 Cinnamon Graham Cracker 8 oz. \$4.75 (\$27.08 case of 6) Ingredients: Base: gluten free flour; Contains: tapioca flour, soy flour, potato starch flour, white rice flour, sugar, non-hydrogenated shortening (palm oil), water, cinnamon, baking powder, xanthan gum. Contains soy. No Preservatives.

1JS04121 Chocolate Sandwich Cookie 8.5 oz. \$4.75 (\$27.08 case of 6) Ingredients: Contains: brown rice flour, tapioca flour, soy flour, white rice flour, potato starch, non-hydrogenated shortening (palm oil), powdered sugar, water, unsweetened cocoa powder, baking powder, vanilla, xanthan gum. Contains soy. No preservatives.

1JS04501 Chocolate Graham Cracker 8 oz. \$4.75 (\$27.08 case of 6) Ingredients: Base: gluten free flour, Contains: tapioca flour, soy flour, potato starch flour, white rice flour, sugar, non-hydrogenated shortening (palm oil), water, unsweetened cocoa powder, baking powder, vanilla, xanthan gum. Contains soy. No preservatives.

1JS04671 Coffee Graham Cracker 8 oz. \$4.75 (\$27.08 case of 6) Ingredients: Base: gluten free flour, Contains: tapioca flour, soy flour, potato starch flour, white rice flour, sugar, non-hydrogenated shortening (palm oil), water, baking powder, coffee, xanthan gum. Contains soy. No preservatives.

1JS04361 Cinnamon Sandwich Cookie 8.5 oz. \$4.75 (\$27.08 case of 6) Ingredients: Base: gluten free flour: contains: brown rice flour, soy flour, white rice flour, potato starch, non- hydrogenated shortening (palm oil), powdered sugar, sugar, water, cinnamon, baking powder, xanthan gum, nutmeg. Contains soy

### YUMMY EARTH

1YE10431 Organic Lollipops 6 oz. \$5.10 (\$48.45 case of 10) Ingredients: organic evaporated cane juice, organic tapioca syrup, and/or organic rice syrup, Non-GMO citric acid (from beet sugar), natural flavors, may contain organic black carrots, organic black currant, organic apple, organic carrot, organic pumpkin.

1YE14701 Organic Assorted Candy Drops 3.3 oz. \$2.49 (\$14.19 case of 6) Ingredients: organic evaporated cane juice, organic tapioca syrup, and/or organic rice syrup, citric acid (from beet sugar), natural flavors, may contain organic apple, organic pumpkin, organic black carrots, organic carrot, organic wheat grass, organic black current.

1YE14941 Organic Cheeky Lemon Drops 3.3 oz. \$2.49 (\$14.19 case of 6) Ingredients: organic evaporated cane juice, organic tapioca syrup, non-GMO citric acid, organic & natural flavors (may contain: mango, lemon oil, mint, pomegranate, watermelon), natural colors (may contain: purple carrots, red cabbage).

1YE15001 Organic Wild Peppermint Drops 3.3 oz. \$2.49 (\$14.19 case of 6) Ingredients: organic evaporated cane juice, organic tapioca syrup, non GMO citric acid, organic & Natural Flavors (may contain: mango, lemon oil, mint, pomegranate, watermelon), natural colors (may contain: purple carrots, red cabbage).

### I.M HEALTHY

1IM01041 Original Creamy Soynut Butter 15 oz. \$5.51 (\$31.41 case of 6) Ingredients: roasted soybeans (non-GMO), naturally pressed soy bean oil, maltodextrin (from corn), granulated cane juice, mono and diglycerides (derived from vegetable oil), salt.

1IM01011 Soynut Butter W/ Honey 15 oz. \$5.51 (\$31.41 case of 6) Ingredients: roasted soybeans (non-GMO), naturally pressed soy bean oil, maltodextrin (from corn), honey, granulated cane juice, mono and diglycerides (derived from vegetable oil), salt.

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