



Gluten-Free Trading Co.

Customer Update

August 2004



Gluten-Free Trading Co. • 604A W Lincoln Ave • Milwaukee WI 53215 • 1-888-993-9933 • 414-385-9950 • info@gluten-free.net

Try These New Products

Introducing LäraBars!

LäraBar is a delicious blend of unsweetened fruits, nuts and spices. They are chewy, nutty, rich, and tasty. The bars are perfect for a wholesome snack on the run. Made from 100% whole raw food, each flavor contains no more than six ingredients. Pure and simple just as nature intended.

LäraBars have no added sugars or sweeteners. They are loaded with fiber, Omega 3 and 6 heart healthy fats, Antioxidants (Vitamins E & A), and naturally occurring vitamins and minerals.



They come in five flavors:

- ① **Cherry Pie** (Staff Favorite)
Loaded with tart, chewy cherries.
Ingredients: Dates, almonds, unsweetened cherries.
- ② **Apple Pie**
As inviting as a slice of apple pie.
Ingredients: Dates, walnuts, unsweetened apples, almonds, raisins, cinnamon.
- ③ **Banana Cookie Dough**
Smooth and tropical.
Ingredients: Almonds, dates, unsweetened bananas.
- ④ **Cashew Cookie**
For the nut lover.
Ingredients: Cashews, dates.
- ④ **Chocolate Coconut Chew**
Like a candy bar -- only good for you.
Ingredients: Dates, almonds, walnuts, unsweetened coconut, unsweetened cocoa powder.

GF Dairy-Free Soy-Free Vegan Kosher! 1.6 oz Bar ~~\$1.89~~ Sale **\$1.59**

Manna From Anna



Manna From Anna is an exceptional new bread mix created by chef Anna Sobaski out of several distinctive gluten-free grains.

It looks like a traditional loaf of whole grain bread. It is smooth, non-grainy and best of all, does not crumble! The flavor is rich, and intensified by the high quality of the ingredients.

The bread machine method produces a more "whole grain" texture, making delicious sandwiches or toast. The oven method will produce two 4-1/2" x 8-1/2" loaves which are lighter in texture. Manna From Anna is also easily adapted as a pizza crust, hamburger and hotdog buns, dinner rolls--almost any bread product you can imagine!

Each bag of Manna From Anna makes a large loaf in a bread machine (16-20 slices).

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, and gluten-free yeast.

WF GF 20.75 oz Bag **\$8.59**

'CAUSE YOU'RE SPECIAL!

- ① **Spice Cake.**
This Mix makes a moist, rich spice cake just like Grandma used to bake! There is only gourmet quality, fresh ground spices and all natural ingredients in this moist cakes.
Ingredients: Sugar, white rice flour, potato starch, corn starch, gluten-free baking powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), xanthan gum, cinnamon, nutmeg, ginger, cloves, and salt.
WF GF Casein-Free 15 oz Bag **\$4.99**
- ② **Sweet Corn Muffins.**
Just imagine moist, sweet corn muffins on your breakfast, lunch or dinner table. Look no further! These muffins are sure to become a household favorite. They contain milled whole kernel corn to give you more flavor and nutrition and are made with gourmet ingredients selected to provide an especially moist and tender muffin.
Makes 12 regular or 9 jumbo muffins. Can also be made in an 8x8x2" pan.
Ingredients: White rice flour, potato starch, whole kernel milled corn, sugar, gluten-free baking powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), xanthan gum, salt.
WF GF Casein-Free 14 oz Bag **\$4.89**

New Items! From The Gluten-Free Pantry

Two New mixes from the Gluten-Free Pantry

1 Orange Almond Biscotti Mix.

This mix makes 24 delicious not-too-sweet biscotti (twice baked Italian cookies). Great for traveling and dunking, baked biscotti may be stored at room temperature for 7-10 days, if they last that long.

Ingredients: White rice flour, sugar, sweet rice flour, almond flour, cornstarch, gluten-free baking powder, salt, xanthan gum, dried orange peel.

15 oz. Bag **\$4.49**

2 Our Favorite Coffee Cake Mix.

A to-die-for coffee cake that's sure to wow your tastebuds. Easy to prepare, this treat will become a favorite with friends and family alike.

Ingredients: Cake – Rice flour, potato starch, sugar, gluten-free baking powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), baking soda, xanthan gum, salt. Topping – Sugar, white rice flour, brown rice flour, spices (cinnamon and nutmeg), xanthan gum.

21 oz Bag **\$4.99**

Roberts American Gourmet Tings

These are crunchy corn sticks – like Cheetos™ without the cheese. All of their products are gluten-free so there is no danger of cross-contamination.



Roberts says, "It is our mission to find you nutrition in quirky ways. We've added nutritional yeast, a terrific food supplement for flavor and nutrition. Good Tings come to those who wait!"

Ingredients: Corn Meal, canola and/ or rice oil, nutritional yeast, salt.

WF GF **6oz Bag \$2.59**

Some Upcoming Events

Dylan's Run/Walk for Autism

September 12th, Milwaukee, WI 414-427-9345

Iowa Annual Fall State Meeting

September 18th, Waterloo, IA 319-352-4740

Diet Information Night for Autism

September 26th, St. Francis, WI 414-571-7023

STORE & CATALOG HOURS (CENTRAL TIME ZONE)

Monday	Closed
Tues-Fri	10-1 & 2-7
Saturday	10:00-5:00
Sunday	11:00-4:00

Skillet Meals from The Gluten-Free Pantry



New from the Gluten-Free Pantry - Skillet meals. They are fast, easy and convenient. Each bag makes a complete meal in minutes -- just add meat or other protein. For dinner, add shrimp to Sweet and Sour Noodles, chorizo to a Tex Mex

Skillet, smoky ham to Pasta Fagioli, or tofu to spicy Szechwan noodles.

1 Tex Mex Skillet meal.

A Southwest treat of rice, beans, and vegetables.

Ingredients: Long grain white rice; quick cook red kidney beans; sweet corn*; veg. base (maltodextrin from corn, sugar, salt, hydrolyzed corn protein, hydrolyzed soy protein, onion powder, autolyzed yeast extract, caramel color from corn, silicon dioxide [anti-caking agent], spices, spice extractives); red bell peppers*; tomatoes*; garlic powder; green bell peppers*; salt; ground cumin; onion*; paprika; onion powder; garlic; ground cayenne pepper; ground sweet red pepper; ground oregano.

* dehydrated

Contains Soy

5 oz. Bag **\$5.39**

2 Singapore Sweet & Sour Noodles.

A tangy noodle dish exploding with the flavors of the Orient.

Ingredients: Brown rice pasta (brown rice, rice bran, water); pineapple juice powder (pineapple juice, maltodextrin); sugar; veg. base (maltodextrin from corn, sugar, salt, hydrolyzed corn protein, hydrolyzed soy protein, onion powder, autolyzed yeast extract, caramel color from corn, silicon dioxide [anti-caking agent], spices, spice extractives); garlic*; shiitake mushrooms; green bell peppers*; red bell peppers*; cornstarch; carrots*; soy sauce flavor (salt, sugar, safflower oil lactic acid powder, torula yeast, caramel color from sugar, molasses, autolyzed yeast); green and white leeks*; green onion*; rice vinegar powder (sodium acetate, glacial acetic acid, maltodextrin, sugar, rice vinegar, salt); cayenne pepper.

* dehydrated

Contains Soy & Milk:

5.25 oz Bag **\$5.39**

3 Pasta Fagioli.

A hearty Italian pasta and bean dish.

Ingredients: Quick cook pinto beans, brown rice pasta (brown rice, rice bran, water), tomato powder, veg. base (maltodextrin from corn, sugar, salt, hydrolyzed corn protein, hydrolyzed soy protein, onion powder, autolyzed yeast extract, caramel color from corn, silicon dioxide [anti-caking agent], spices, spice extractives), minced onion*, carrots*, celery*, tomato flakes*, garlic*, oregano, basil, crushed red pepper, thyme.

* dehydrated

Contains Soy

5 oz Bag **\$5.39**

4 Szechwan Noodles.

An Asian dish with a little bit of heat.

Ingredients: Brown rice pasta (brown rice, rice bran, water); brown sugar; black bean sauce powder (maltodextrin, fermented black soy beans); red bell peppers*; broccoli beads*; veg. base (maltodextrin [corn], sugar, salt, hydrolyzed corn protein, hydrolyzed soy protein, onion powder, autolyzed yeast extract, caramel color [corn], silicon dioxide [anti-caking agent], spices, spice extractives); garlic*; green onion*; soy sauce flavor (salt, sugar, safflower oil lactic acid powder, torula yeast, caramel color from sugar, molasses, autolyzed yeast); sesame oil powder (sesame oil, dextrin, casein, salt); rice vinegar powder (sodium acetate, glacial acetic acid, maltodextrin, sugar, rice vinegar, salt); ground ginger; crushed red bell pepper*; cayenne pepper.

* dehydrated

Contains Soy & Milk

5.25 oz Bag **\$5.39**

Our new easy-to-remember web address:

www.food4celiacs.com