



The Gluten-Free Trading Co. Customer Update

SPRUE'S NEWS™

November 2006



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Gluten-Free Stuffing Cubes Make Thanksgiving Easier

This year we are offering two great brands of stuffing cubes. Both are pre-seasoned for easy preparation—just add chicken stock or turkey broth to make great gluten-free stuffing. We can ship them anywhere. *Last year we sold out of these cubes before Thanksgiving. Please order early or call ahead to confirm availability.*



El-Peto Stuffing Cubes

Ingredients: Gluten-free flour mix (corn starch, white rice flour), water, sunflower oil, guar gum, salt, gluten-free seasoning, dried onions, gluten-free yeast.

WF GF 10 oz Box **\$6.69**

Celiac Specialties Stuffing Cubes

Ingredients: Bread (flour blend [rice flour, potato starch, tapioca starch], navy bean flour, tapioca starch, corn starch, water, eggs, canola oil, modified tapioca starch, honey, corn syrup, apple cider vinegar, guar gum, yeast, egg whites, baking powder, gluten-free monoglycerides, potassium sorbate [mold inhibitor], salt), seasoning mix (organic brown rice flour, organic tapioca starch, organic tamari powder, unrefined sea salt, organic onion powder, organic garlic powder, nutritional yeast), parsley, onion powder, garlic powder, sage.

WF GF 9 oz bag **\$7.89**

Cybro's White Rice Bread Just \$3.19!



Cybro's White Bread works well in traditional stuffing recipes—simply dice the bread (no need to dry it) and add chopped onions, celery, sage, pepper, salt, and turkey broth or chicken stock (plus chopped giblets if you like them). Now that the weather is cool, this all-natural honey-sweetened bread is shippable within a 2-day radius of Milwaukee.

Ingredients: Rice flour, water, honey, soybean oil, natural gum, salt, yeast. Note: This bread is produced in a bakery that also makes wheat products.

WF GF 16 oz Loaf **\$3.69 SALE \$3.19**

Seasonal Frosted Cookies From Roh & Jo

Based in the Chicago area, Roh & Jo are bakers of elegant gluten-free treats. These large cookies are exquisitely hand-decorated with fun seasonal designs that are almost too pretty to eat. The Thanksgiving designs include pumpkins and turkeys. In mid November, Santas, Christmas trees, snowmen, and dreidels will begin arriving.



WF GF Aprox 3" diameter cookies **\$3.39**

Shop online at www.food4celiacs.com

It's Pie Time: Prepare A Perfect Crust

Pumpkin, apple, cherry, blueberry, peach, chocolate cream... it's so hard to decide which pies to make for Thanksgiving! Whatever you decide, it's easy to make a pie crust with these mixes: simply drop the dough into a pie plate, cover it with a sheet of plastic wrap, and press it into place with your fingers. Another hint: for fruit pies, tapioca makes an excellent thickener!



We offer several different pie crust mixes as well as Gluten-Free Pantry's Crisp & Crumble Topping Mix, which is also suitable for fruit crisp. For local customers, ready-made pie shells will probably be available in our freezer (at press time we were trying to firm up arrangements with the supplier).

Authentic Foods Pie Crust Mix

Ingredients: Rice flour, natural almond meal, evaporated cane juice, tapioca flour, corn starch, cinnamon, potato starch, vanilla, salt.

WF GF Milk-Free 11 ounce bag **\$5.69**

Breads From Anna Pie Crust Mix

This piecrust fools even the fussiest pie expert. The crust is flaky and holds together. It is easy to mix and can be pressed in or rolled out. Perfect for sweet or savory recipes. Makes 2 crusts.

Ingredients: Tapioca flour, arrowroot, millet, maple sugar, potato starch, Montina (perennial bunch grass, achnatherum hymnodies), chick pea flour, navy bean flour, pinto bean flour, salt, xanthan gum, cream of tartar, baking soda.

WF GF Corn, Dairy, Soy & Rice Free 9.35 oz bag **\$5.69**

Cause You're Special Homestyle Pie Crust Mix

A flaky, melt-in-your mouth crust mix. Makes two bottoms or one bottom and one top.

Ingredients: White rice flour, potato starch, corn starch, sugar, salt, xanthan gum.

WF GF Milk-Free 13 oz bag **\$4.69**

Gluten-Free Pantry Pie Crust Mix

Each bag makes four 8" bottoms (or two bottoms and two tops). Ingredients: Rice flour, potato starch, cornstarch, guar gum, granulated honey, salt.

WF GF Kosher Parve 16 oz Bag **\$3.99**

Gluten-Free Pantry Crisp & Crumble Topping Mix

Ingredients: Sugar, brown rice flour, white rice flour, tapioca starch, cinnamon, nutmeg, salt. May contain traces of soy.

WF GF Kosher Parve 8 oz Bag **\$4.29**

Farmer's Market Organic Pumpkin Pie Filling Mix

It's quick and easy to bake a pumpkin pie with this filling mix—all the seasonings have already been added. Just add evaporated milk and eggs.



Ingredients: Pumpkin puree*, evaporated cane juice*, cinnamon*, nutmeg*, ginger*, cloves*, allspice*. *Organic ingredients.

WF GF Organic 15 oz Can **\$3.39**

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Maxwell's Kitchen Gravy Mixes

Maxwell's Kitchen is a new company from Michigan, featuring four flavors of quick and easy gravy mixes—just add water, heat and serve. All varieties contain meat.



1 Brown Gravy Mix

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.

2 Chicken Gravy Mix

Ingredients: Modified corn starch and rice flour, maltodextrin (from corn), chicken flavor (hydrolyzed corn protein, yeast extract, cooked chicken), dextrose (from corn), salt, caramelized sugar, onion powder, spices, turmeric.

3 Pork Gravy Mix

Ingredients: Modified corn starch and rice flour, pork flavor (hydrolyzed corn and soy protein, yeast extract, cooked pork), maltodextrin (from corn), dextrose (from corn), salt, caramelized sugar, onion powder, spices.

4 Turkey Gravy Mix

Modified corn starch and rice flour, maltodextrin (from corn), turkey flavor (hydrolyzed corn protein, yeast extract, cooked turkey), dextrose (from corn), salt, caramelized sugar, onion powder, spices.

WF, GF, Nut Free 1.2 Ounce Packets **\$1.79**

Roads End Organics Gravy Mixes

Roads End Organics offers cholesterol-free vegan gravy mixes in three varieties:



1 Golden Gravy Mix.

Ingredients: Brown rice flour*, tapioca starch*, tamar (soy sauce) powder*, sea salt, onion powder*, garlic powder*, nutritional yeast. *Organic.

2 Savory Herb Gravy Mix.

Ingredients: Brown rice flour*, tapioca starch*, tamar (soy sauce) powder*, sea salt, onion powder*, garlic powder*, nutritional yeast, thyme*, parsley*, rosemary*. *Organic.

3 Shiitake Mushroom Gravy Mix.

Ingredients: Brown rice flour, tapioca starch, tamar (soy sauce) powder, sea salt, onion powder, shiitake mushrooms, garlic powder, nutritional yeast.

WF, GF, Milk-Free, Vegan, Kosher Parve 1 oz Packet **\$1.09**

Myacama's Gravy Mixes

Mayacamas has been making seasoning mixes for over 30 years. The company is based in Sonoma, California. All mixes are vegetarian.

1 Brown Gravy Mix.

Ingredients: Potato starch, whey*, hydrolyzed soy protein, onion powder, salt, gaur gum, spices. *Dehydrated.

2 Chicken Gravy Mix.

Ingredients: Potato starch, whey*, hydrolyzed soy protein, autolyzed yeast*, onion*, guar gum, celery*, spices. *Dehydrated.

3 Turkey Gravy Mix.

Ingredients: Potato starch, whey*, hydrolyzed soy protein, autolyzed yeast*, onion*, guar gum, celery*, caramel color, spices. *Dehydrated.

WF, GF, Low Fat, No Trans Fats, Vegetarian ... 0.7 oz Packet **\$1.19**

New! Orgran Gravy Mix

Orgran Gravy Mix is produced entirely from vegetable-based ingredients. This flavorful smooth sauce is naturally wheat free and gluten free with no added yeast extracts, cane sugar, dairy, or MSG. It is also free of artificial colors, flavors, and preservatives and is 98% fat free.

Ingredients: Corn starch, salt, vegetable protein extract (corn and/or soy), onion, natural caramel color, vegetable derived monoglycerides (emulsifier).

WF GF Low Fat, Vegan 7 oz Packet **\$4.89**

Glutino Gravy Mix—New Recipe

Glutino Brown Gravy is an easy and delicious mix that is perfect for home cooking. It has recently been reformulated.

Ingredients: Dehydrated vegetables (potatoes [mono and diglycerides, sodium phosphate, sodium disulfite, BHT], tomatoes [silicone dioxide], onions), corn starch, corn flour, sea salt, hydrolyzed plant protein (soy and corn), color, xanthan gum, autolyzed yeast extract, sulphites. Contains soy and sulphites. May contain traces of milk, egg, sesame, and fish.

WF, GF, Cholesterol Free, No Trans Fatty Acids .. 5.6 oz Jar **\$3.69** ②

Breads from Anna Pumpkin Bread Mix

This is a deliciously spiced bread with a very moist and smooth, non-grainy, non-crumbling texture. It is very easy to prepare and stays fresh for days.



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, achatherium hymenoides), cinnamon, ginger, clove, nutmeg, xanthan gum, cream of tartar, baking soda, salt.

Wheat, Gluten, Corn, Dairy, Soy, & Rice Free 18 oz bag **\$6.59**

Shelton's Organic Turkey Broth

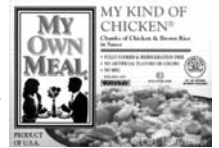
A versatile and flavorful both made from natural turkey.

Ingredients: Water, sea salt, natural turkey flavor*, onion powder*, celery seed powder*, turmeric*. *Organic. May contain traces of milk.

WF GF 14.25 Ounce Can **\$2.39**

New! My Own Meals

Tasty and convenient, these ready-to-eat meals can be microwaved in minutes and require no refrigeration. In addition to being wheat- and gluten-free, they meet the strictest Kosher standards. Choose from 5 varieties:



1 **My Kind of Chicken.** Chunks of chicken, vegetables, and brown rice in sauce.

Ingredients: Chicken broth (water, chicken base [cooked chicken meat including natural chicken juices, chicken fat, maltodextrin, flavoring, sugar, salt, turmeric, annatto]), cooked chicken meat, cooked brown rice, carrots, sweet peas, cornstarch, corn oil, celery, onion powder, salt, garlic powder, spices.

2 **Chicken Mediterranean.** Chunks of chicken, vegetables, potatoes, chickpeas, and black olives.

Ingredients: Chicken broth (water, chicken base [cooked chicken meat including natural chicken juices, chicken fat, maltodextrin, flavoring, sugar, salt, turmeric, annatto]), cooked chicken meat, tomatoes (tomatoes, juice from tomatoes, salt, citric acid, calcium chloride), chickpeas, potatoes, ripe olives (olives, water, salt, ferrous gluconate), onion, cornstarch, celery, tomato paste, lemon juice, corn oil, minced garlic, onion powder, sugar, salt, spices.

3 **Chicken with Black Beans.** Chunks of chicken, vegetables, beans & potatoes.

Ingredients: Chicken broth (water, chicken base [cooked chicken meat including natural chicken juices, chicken fat, maltodextrin, flavoring, sugar, salt, turmeric, annatto]), cooked chicken meat, black beans, tomatoes (tomatoes, juice from tomatoes, salt, citric acid, calcium chloride) red & green bell peppers, corn, potatoes, onion, celery, kidney beans, cornstarch, corn oil, salt, spices, lemon juice, garlic powder.

4 **Beef Stew.** Beef, vegetables, potatoes & chickpeas.

Ingredients: Water, cooked beef, potatoes, tomatoes (tomatoes, juice from tomatoes, salt, citric acid, calcium chloride), red & green bell peppers, cabbage, zucchini, chickpeas, carrots, onion, cornstarch, celery, corn oil, tomato paste, lemon juice, salt, onion powder, parsley flakes, paprika, spices.

5 **Old World Stew.** Beef, tomatoes, brown rice and vegetables.

Ingredients: Water, cooked beef, cooked brown rice, tomatoes (tomatoes, juice from tomatoes, salt, citric acid, calcium chloride), zucchini, pinto beans, cornstarch, corn oil, onion, lemon juice, tomato paste, celery, salt, onion powder, spices, minced garlic.

WF, GF, Milk (Dairy) Free, Soy Free, No Nut or Peanut Ingredients, No Egg Ingredients, Kosher. 10 ounces **\$4.99**



Heinz Cream of Tomato Soup

Heinz Cream of Tomato Soup from England has long been a customer favorite. Check our website for an upcoming promotion on this item.

November Store Hours

November 1st–19th and 25th–30th

Monday 10:00 AM–2:00 PM

Tuesday–Friday 10:00 AM–1:00 PM & 2:00 PM–7:00 PM

Saturday 10:00 AM–5:00 PM

Sunday 11:00 AM–4:00 PM

Thanksgiving Holiday Hours: November 20th–24th

Monday, Tuesday & Wednesday 10–1 & 2–7

Thursday & Friday CLOSED

Normal Hours Resume on Saturday, November 25th