



The Gluten-Free Trading Co. Customer Update

Sprue's News™

April 2009



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CheeCha Puffs: More Flavors, Lower Price



We're pleased to announce that Gluten-Free Trading Company now offers the full line of CheeCha Puffs snacks. Moreover, we've cut the price from \$3.89 to \$2.99! These tasty potato-based snacks (formerly known as CheeCha Krackles) are suitable for a wide range of diets.

CheeCha Puffs begin with wholesome potato flour and potato starch. They are then hot air puffed using a unique process to release the natural potato flavor. The Original flavor is fat-free. The other flavors are lightly misted with sunflower oil and sprinkled with high quality seasonings. All are five flavors are suitable for a wide range of diets: gluten-free, dairy/casein free, low fat, and more.

1 Original.

Ingredients: potato flour, potato starch, salt.

2 Luscious Lime. Authentic Mexican style lime flavor.

Ingredients: potato flour, potato starch, salt, sunflower oil, sugar, lime flavor.

3 Sea Salt & Spiced Pepper.

Ingredients: potato flour, potato starch, sunflower oil, sea salt, salt, sugar, spice, onion powder, garlic powder, vegetable oil.

4 Sea Salt & Vinegar. A tangy trio of flavors: potatoes, salt and vinegar. The favorite north of the border!

Ingredients: potato flour, potato starch, salt, sunflower oil, sea salt, white vinegar powder, dextrose, citric acid.

5 New! Mediterranean Ginger. Combines the flavors of ginger and lemon for an exotic Mediterranean flair.

Ingredients: potato flour, potato starch, olive oil, maltodextrin, salt, sea salt, lemon juice solids, spice, lemon oil.

**Free of Wheat, Gluten, Milk, Nuts, Cholesterol, and MSG.
Low Fat, Non-GMO. 2.5 oz Bags \$2.99**

Prices Cut on Glutano Products



New ownership and a stronger US Dollar have combined to allow price cuts of up to 40% on Glutano products! Check the Online Shopping section of our website at <http://www.food4celiacs.com> or stop by the store for all the details.

**For all of the latest news, please sign up for
the e-mail version of our newsletter at
www.food4celiacs.com**

Michigan Road Shows

Gluten-Free Trading Company will be on the road again this spring, attending two gluten free food fairs in Michigan. The dates and locations are as follows:

1 Farmington Hills (Detroit Area) - Saturday April 25, 2009.

This event is sponsored by the Tri-County Celiac Support Group (TCCSG) and will take place from 10:00 AM to 2:00 PM at the Farmington First Presbyterian Church at the corner of Farmington Road and 11 Mile Road in Farmington Hills.

2 Grand Rapids - Saturday May 2, 2009.

This event is sponsored by Anchor Baptist Church and will take place from 10:00 AM to 3:00 PM at Kuyper College, 3333 East Beltline NE, Grand Rapids.

To pre-order items for pick-up at either show, please contact us at least one week in advance. You can call us at 1-888-993-9933 or use our online shopping cart and indicate "Pick-Up at Detroit Food Fair" or "Pick-Up at Grand Rapids Food Fair" in the Special Instructions.

New! Breads From Anna Pancake & Muffin Mixes



These welcome additions to the popular Breads From Anna line can be used for either muffins or pancakes. Like all of Anna's mixes, the taste and texture are exceptional. Choose from three great flavors:

1 Maple. Sweetened with real maple sugar.

Ingredients: Tapioca starch, arrowroot powder, maple sugar, millet flour, granulated honey, potato starch, Montina™ (perennial bunch grass), pinto bean flour, navy bean flour, chickpea flour, cream of tartar, baking soda, xanthan gum, sea salt.

2 Cranberry. Intensified with bits of cranberries in every bite.

Ingredients: Tapioca starch, arrowroot powder, craisins, millet flour, granulated honey, potato starch, Montina™ (perennial bunch grass), pinto bean flour, navy bean flour, chickpea flour, cream of tartar, granulated orange peel, baking soda, apple fiber, xanthan gum, sea salt, freeze dried cranberries, natural lemon flavor.

3 Apple. Sweet apples and a hint of cinnamon.

Tapioca starch, arrowroot powder, maple sugar, millet flour, granulated honey, potato starch, Montina™ (perennial bunch grass), navy bean flour, chick pea flour, cream of tartar, baking soda, apple fiber, xanthan gum, sea salt, ground cinnamon.

**Free of Wheat, Gluten, Yeast, Corn, Soy, Nuts & Rice.....
..... 14 oz Bag \$6.79**

Mail Order & Retail Hours - Central Time

Monday 10:00 AM - 2:00 PM
Tuesday - Friday 10:00-1:00 & 2:00-7:00
Saturday 10:00 AM - 5:00 PM
Sunday 11:00 AM - 4:00 PM

Closed Memorial Day, Easter Sunday and Independence Day

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New! Toro Baking Mixes

Toro is a unique line of gluten-free baking mixes from Norway. The Toro White Bread mix is rapidly becoming a customer favorite and is naturally 100% gluten-free. Many customers also like the Sponge Cake Mix and the Waffle & Pancake mix, which are prepared with special de-glutenized wheat starch. This starch is made from wheat that has been highly processed to reduce the gluten content to less than 0.02%. When combined with the other ingredients, the overall gluten content is less than 0.002%, which is considered gluten free according to the European food standards (Codex Alimentarius). Some popular items in this line include:

- 1 Sponge Cake Mix.** Great for sponge cake; it can also be used to make poppy seed bread, cookies, and cupcakes. 12.9 oz bag.
Ingredients: de-glutenized wheat starch, glucose, potato starch, salt, vegetable fat (palm oil), raising agent (calcium phosphate, sodium hydrogen carbonate), thickening agent (xanthan gum). This mix is gluten free but NOT wheat-free.
- 2 Waffle & Pancake Mix.** A tasty start to the day. 8.67 oz bag.
Ingredients: Corn starch, de-glutenized wheat starch, sugar, potato flour, skim milk, eggs, potato starch, rice starch, vegetable fat (palm oil), raising agent (disodium diphosphate, sodium hydrogen carbonate), emulsifier (mono- and diglycerides), stabilizer (guar gum), salt, lactose, milk protein, color (beta carotene), vanilla. This mix is gluten free but NOT wheat free.
- 3 White Bread Mix.** A delicious white bread mix for baking bread, buns, and pizza crust. Naturally gluten-free. 13.29 oz bag.
Ingredients: Corn starch, buckwheat flour, pre-cooked rice flour, glucose, potato starch, vegetable fat (palm oil), rice starch, stabilizer (guar gum, E 464), salt. *This mix is NOT made with de-glutenized wheat starch.*

Gluten Free \$7.49

Cook's Bison Ranch Buffalo Jerky



We were introduced to Cook's Bison Ranch at a recent food fair in Indiana, where we discovered their excellent Buffalo Jerky. We decided to stock three flavors: Original, Barbeque and Sweet Pepper. They are made

from all-natural American Bison meat. Great for road trips or a quick snack. (In case you're wondering, almost all gas station jerky contains one or more wheat based ingredients).

WF GF 0.75 oz sticks \$1.59

Bread Pudding with Brandy Sauce

A Recipe Made with Garden Fields™ Bread Cubes

This old-fashioned bread pudding is easy to make. It's excellent as a breakfast or dessert. The brandy sauce adds to the rich flavor. Also great with maple syrup.

Bread Pudding

- 1 bag (8 ounces) Garden Fields™ Unseasoned Bread Cubes
- ¾ cup raisins
- 2 Tablespoons (1/8 cup) brandy or rum
- 1/3 cup brown sugar (packed)
- 1 cup milk, soy milk, rice milk, or water
- 4 eggs
- 1 Tablespoon vegetable oil (canola oil, sunflower oil, etc.)
- 1 teaspoon gluten-free vanilla extract
- Dash of cinnamon or nutmeg (optional)

Pour the brandy over the raisins, cover, and set aside to soak (preferably overnight). In a large mixing bowl, combine the brown sugar, milk or water, eggs, oil, and vanilla extract. Beat until frothy. Grease a 7½" x 4¼" x 3" bread loaf pan with a dab of butter, margarine, or shortening. Layer the bread cubes and raisins in the pan (put most of the raisins near the top—they tend to sink during baking). Pour egg mixture over the raisins. Cover lightly with foil and bake at 350°F until eggs are set (about 1 hour). Set aside to cool.

Brandy Sauce

- ¼ cup white sugar
- ¼ cup brandy
- 1 Tablespoons water

Combine the ingredients in a microwave-safe mixing bowl and mix thoroughly with a fork or wire whisk. Heat the mixture in the microwave for a total of approximately 4 minutes, stopping every 1 minute to stir thoroughly. Sauce is done when it begins to thicken and bubble (as with any sugar syrup, it will thicken as it cools).

After baking, slice the bread pudding about 3/8 inch thick and pour some of the brandy sauce on top. Cover and refrigerate the unused portion. It is easier to slice when it is cold. To reheat, place a slice on a plate and microwave about 30 seconds.