

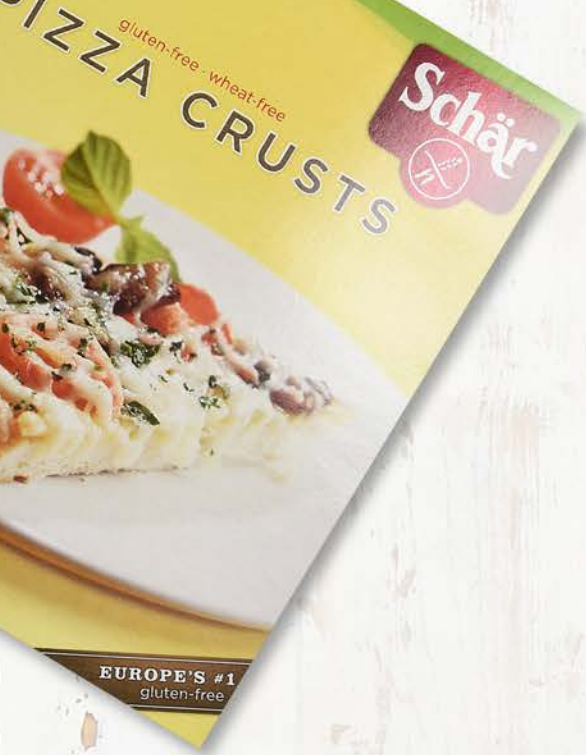


# 7 GLUTEN-FREE RECIPES

*to get cookin'*

Family-friendly meals for your week ahead!





Sprouts is excited to present seven recipes created by some of our favorite bloggers. As you'll learn, eating gluten free can be easy and delicious.

*Enjoy!*







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Jennifer Harris

GlutenFreeGoToGuide.com

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# 10 MUST-HAVE GLUTEN-FREE PRODUCTS

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*Sprouts Farmers Market has flipped the traditional grocery store concept by designing its stores like farmers markets. The company focuses on farm-fresh, organic produce and bulk foods, which occupy the center of each store. Gluten-free products are abundant across the store and there is also an aisle dedicated to gluten-free products.*

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## WITH SO MANY GLUTEN-FREE OPTIONS AVAILABLE, I CHOSE MY MUST-HAVE PRODUCTS:

1. Pick up Canyon Bakehouse's breads in the refrigerated bakery case. Made with whole grains, these breads deliver on taste, texture and nutrition. Choose from sliced sandwich bread, bagels, hamburger and hot dog buns, focaccia and brownie bites.
2. Look for Venice Bakery's gluten-free pizza crusts and calzones in the Deli's prepared food section. Top the crusts and pop them in the oven for a quick and tasty meal.
3. Simple Mills' almond flour crackers in sprouted and traditional are perfect for topping or munching right out of the box. Kids love the taste and parents appreciate the simple ingredients and added nutrition.
4. Spinato's Fine Foods has a line of authentic Italian pizzas that are restaurant quality. The crunchy crusts are loaded with toppings and stringy cheese.
5. Many Sprouts Brand items are gluten free including the organic riced cauliflower and diced broccoli - along with an array of organic frozen vegetables.
6. Sprouts carries both the regular and larger sizes of Pamela's Products baking and pancake mix and non-dairy all-purpose baking flour. Recipe conversions are a snap!
7. Fruit, nuts and seeds combined with whole grain gluten-free oats have modernized oatmeal, making it a tasty way to start the day. Modern Oats' oatmeal cups are nutrient, fiber and flavor rich.
8. Nada Moo's non-dairy ice creams are so creamy, you just might read the label twice. These inventive flavors combine gluten-free cake and cookies with creamy coconut milk ice cream for a chilly treat.
9. Hilary's Eat Well's new line of millet medley mixes offer a whole-grain twist on traditional pilaf. Loaded with vegetables, it makes the perfect side dish.
10. The So Delicious line of nut-based milks and creamers are perfect for drinking, adding to tea or coffee, and baking. These dairy-free milks are versatile and delicious.



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# GLUTEN-FREE SHOPPING TIPS

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*As someone with celiac disease, I know first-hand how difficult the transition to a gluten-free diet can be. The grocery store is an overwhelming place and you have to decode every product to determine if it's safe for you to eat.*

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*The good news is that Sprouts has made life easier for the gluten-free community. Here's how:*

## **HUGE GLUTEN-FREE SELECTION**

Sprouts carries more than 2,500 gluten-free products! Most gluten-free products are clearly labeled with an orange shelf tag that says "Gluten-free," making products easy to find as you peruse the aisles. You will find many of the brands you know and trust, such as Van's, Enjoy Life, Pamela's, Purely Elizabeth, Glutino and Bob's Red Mill, to name a few.

Not all gluten-free products contain the orange shelf tags so you must be a wise consumer. Read labels. If a product is labeled "gluten-free," it contains less than 20 parts per million (ppm) of gluten per FDA mandate. If a product is "certified gluten-free," it contains less than 10 ppm of gluten.

## **[NATURALLY] GLUTEN-FREE GALORE**

In addition to its large selection of gluten-free name brands, Sprouts has a huge selection of naturally gluten-free products, including fresh, organic and locally-sourced produce and fresh meats and fish. You can also find a great selection of beans, gluten-free grains, nuts and seeds.

## **GREAT PRICES, TOO**

There are so many ways to save money when shopping at Sprouts. Keep an eye out for the Gluten-Free Favorites Sale to stock up on hundreds of gluten-free products. Sprouts also carries many certified gluten-free and naturally gluten-free products in its Sprouts Brand line. Try Sprouts Brand kombucha, cold pressed juices, potato chips, olive and avocado oils, coconut water and more.

*Sprouts' commitment to caring for the needs of the gluten-free community shines through on each and every visit. Happy Shopping!*



*Jenny Finke*

GoodForYouGlutenFree.com





**GLUTEN-FREE**  
**GREEK YOGURT BAKED MACARONI AND CHEESE**





*My Gluten-Free Greek Yogurt Baked Macaroni and Cheese is a lightened-up, protein-packed version of a classic family favorite recipe! It's healthier, while still being irresistibly creamy and deliciously cheesy!*

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### INGREDIENTS:

1 18-oz. package Sprouts Brand Gluten-Free Corn & Quinoa Fusilli Pasta  
2 Tbsp. tapioca flour  
1 tsp. onion powder  
1 tsp. garlic powder  
1 tsp. sea salt  
1 tsp. freshly ground black pepper  
2 Tbsp. Sprouts Brand Butter  
1 cup 2 percent milk  
1 cup plain Greek yogurt  
2 cups shredded cheddar cheese

### TOPPING:

2 Tbsp. grated Parmesan cheese  
1 cup shredded cheddar cheese  
1 cup almond meal/flour  
1 tsp. garlic salt  
1 tsp. pepper

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### INSTRUCTIONS:

1. Preheat oven to 375 degrees Fahrenheit. Grease an 8x8" baking dish (or a two-quart casserole dish) and set aside.
2. Cook pasta according to package instructions.
3. Drain and rinse pasta with cold water, transfer to a large bowl and set aside.
4. Measure dry ingredients (tapioca flour, onion powder, garlic powder, salt and pepper) into a small bowl. Set aside.
5. Add butter to a medium saucepan. Heat over medium heat until melted.
6. Once butter is melted, add dry ingredients and whisk until combined.
7. Cook on medium-high heat for 30 seconds or until it forms a paste-like consistency and becomes light brown.
8. Add milk and whisk until ingredients are combined.
9. Add Greek yogurt and whisk until combined.
10. Cook the mixture over medium-high heat until it begins to thicken (but does not boil).
11. Once the mixture is thick, turn heat to low and add two cups of cheese.
12. Stir until the cheese is melted.
13. Add cheese sauce to the cooked and drained pasta and stir to combine.
14. Pour mixture into prepared baking dish.
15. In a small bowl, combine topping ingredients.
16. Sprinkle topping over pasta.
17. Bake in preheated oven for 15-20 minutes or until the cheese on top is melted and slightly browned.
18. Serve warm and enjoy!



## Meet Laura

JoyFoodSunshine.com

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*Food Blogger, Recipe Developer, Mom of Four, and Peanut Butter and Nap Enthusiast!*

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### WHAT DO YOU WISH SOMEONE HAD TOLD YOU WHEN YOU BEGAN YOUR GLUTEN-FREE LIFESTYLE?

*It's easy to live a gluten-free lifestyle without feeling deprived, especially now that there are so many companies that make great gluten-free alternatives of everyone's favorite foods (pasta, pizza, etc.) which you can always find at Sprouts!*

### CAN YOU SHARE YOUR FAVORITE TIP FOR GLUTEN-FREE GROCERY SHOPPING AT SPROUTS?

*Shop the fresh sections! Produce, meat and dairy are all naturally gluten free! Plus, you will find the very best prices and quality on these items at Sprouts!*





**GLUTEN-FREE**  
**THREE CHEESE SUN-DRIED TOMATO PIZZA WITH PESTO**





*This Gluten-Free Three Cheese Sun-Dried Tomato Pizza with Pesto is a healthy remake of one of my favorite restaurant pizzas. It's loaded with veggies and full of flavor!*

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## INGREDIENTS:

2 Schär gluten-free crusts  
1/3-1/2 cup homemade  
pizza sauce {recipe below}  
1/4 cup sun-dried tomatoes, sliced  
1/2 cup fresh spinach

4-5 oz. fresh mozzarella cheese,  
thinly sliced  
1 Roma tomato, thinly sliced  
1/3 cup feta cheese  
1/2 cup homemade pesto {recipe below}

## HOMEMADE PIZZA SAUCE

*{this makes more than you'll need}*

1 15 oz. can Sprouts Brand  
Tomato Sauce, no salt added  
1 6 oz. can tomato paste  
1 garlic clove, minced  
1 Tbsp. parsley  
1 tsp. Italian seasoning  
1 tsp. smoked paprika  
1 tsp. coconut sugar  
1/2 tsp. salt  
1/4 tsp. black pepper

## HOMEMADE PESTO:

1 cup packed basil  
1 cup packed spinach  
1/4 cup pecans  
1/2 cup freshly grated Parmesan cheese  
1-2 garlic cloves  
2 tsp. fresh lemon juice  
1/2 tsp. salt  
1/4 tsp. black pepper  
1 Tbsp. coconut oil, melted  
1/2 small avocado  
3 Tbsp. water

## INSTRUCTIONS:

1. Preheat oven to 410 degrees Fahrenheit.
2. While oven heats, add ingredients for pizza sauce to medium bowl and stir. Set aside.
3. Add ingredients for homemade pesto to a food processor, process 10-20 seconds or until smooth consistency is reached.
4. Place crusts on a baking sheet.
5. To assemble pizzas, add homemade pizza sauce to both crusts, followed by a single layer of fresh spinach and sliced sun-dried tomatoes, then top with fresh mozzarella cheese and Roma tomatoes.
6. Bake for 10 minutes.
7. Remove from oven, drizzle with pesto, sprinkle with feta cheese and bake an additional two minutes.
8. Serve warm and enjoy!



## Meet Kaylee

LemonsAndBasil.com

*Full-time Mommy and Wife,  
Part-time Designer and  
Food Blogger*

## WHAT IS ONE SIMPLE TIP THAT SOMEONE WHO IS NEW TO A GLUTEN-FREE LIFESTYLE SHOULD KNOW?

*There are so many gluten-free products available, you don't have to give up your favorites! If you enjoy cooking and experimenting, there is an endless variety of gluten-free recipes for pie crusts, pizza, brownies, cookies and more. But for those who need something quicker, Sprouts offers many gluten-free products ready to grab and go!*

## WHAT DO YOU WISH SOMEONE HAD TOLD YOU WHEN YOU BEGAN YOUR GLUTEN-FREE LIFESTYLE?

*While I don't eat an exclusively gluten-free diet and my body can handle wheat products, I love the nutritional benefits that can be found in many of the alternatives. I especially enjoy using nut-meals in places of flour, which can add protein and healthy fats to fuel my body.*





## GLUTEN-FREE CHICKEN TENDERS





*A family favorite—crispy crunchy coating, tender chicken and NO gluten! This is a great use for the ends of your loaves of bread, or any bread that has started to dry out.*

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## INGREDIENTS:

5 slices Canyon Bakehouse Gluten Free Bread  
1 lb. chicken tenders (or chicken breasts, sliced into strips)  
1 egg  
2 Tbsp. mayonnaise  
1 Tbsp. Sprouts Brand Dijon mustard  
2 Tbsp. Bob's Red Mill 1-to-1 Gluten Free Baking Mix  
1/2 tsp. salt  
1/4 tsp. pepper  
1/4 tsp. garlic powder  
1/4 tsp. onion powder  
Oil spray or cooking spray (I like coconut oil spray)

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## INSTRUCTIONS:

1. Preheat oven to 350 degrees Fahrenheit.
2. Pulse bread in a food processor until you have fine crumbs. Spread the crumbs on a baking sheet and spray lightly with cooking spray or oil.
3. Bake crumbs for 10-12 minutes, stirring every three to four minutes for even browning. Remove from oven and transfer to a shallow bowl or plate.
4. Increase oven temperature to 400 degrees Fahrenheit.
5. Make batter by whisking egg, mayonnaise, mustard, gluten-free flour, salt, pepper, garlic powder and onion powder. Whisk until smooth and place in a shallow bowl.
6. If possible, place a metal cooling/baking rack on top of a baking sheet. This will promote even browning and crisping. If you don't have a rack, spray your baking sheet with cooking spray or oil.
7. Prepare your chicken one piece at a time by first dipping the chicken strips into the batter and coating well, then rolling in the breadcrumbs. Place on the rack.
8. Repeat with remaining chicken until all pieces are coated. Lightly spray the top of the chicken with another round of cooking spray or oil.
9. Bake 12-15 minutes or until chicken is completely cooked through.
10. Serve with your favorite dipping sauce such as honey mustard, ranch, barbecue sauce or ketchup.



## Meet Emily

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OneLovelyLife.com

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Healthy Living Blogger and  
Recipe Developer

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## WHAT IS ONE SIMPLE TIP THAT SOMEONE WHO IS NEW TO A GLUTEN-FREE LIFESTYLE SHOULD KNOW?

*There are a lot of foods that are naturally gluten free including fruits and veggies, meats, beans, eggs, dairy, rice, oatmeal and corn. It is easy to feel like you have to give up a lot when you transition to a gluten-free lifestyle, but there are so many great choices available.*

## CAN YOU SHARE YOUR FAVORITE TIP FOR GLUTEN FREE GROCERY SHOPPING AT SPROUTS?

*Stock up during sales! Sprouts is my favorite place to shop for gluten-free products because they run regular sales. I might pick up extra pasta or oatmeal during one of the "line drive" sales, or grab a few extra bags of flour during the holidays when baking supplies are affordable.*





## GLUTEN-FREE BARBECUE TURKEY AND MUSHROOM MEATLOAF





*This meatloaf gets a major nutrient boost from baby bella mushrooms (though you'll never know they're in there!). Even better—it's gluten free thanks to swapping traditional flour for Simple Mills Smoky BBQ Cheddar crackers, which also add a delicious smoky, savory flavor to this cleaned-up classic.*

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## **INGREDIENTS:**

- 1 8 oz. package organic baby bella mushrooms
  - 2 Tbsp. Sprouts Brand Organic Extra Virgin Olive Oil
  - 1 large yellow onion, diced
  - 2 cloves garlic, minced
  - 1 lb. organic ground turkey
  - 1 cup Simple Mills Smoky BBQ Cheddar Crackers
  - 1 organic, pasture raised egg
  - 3 Tbsp. Sprouts Brand Organic Ketchup
  - Salt and pepper, to taste
  - 3-4 Tbsp. gluten-free barbecue sauce (I recommend Tessemae's)
- 

## **INSTRUCTIONS:**

1. Preheat the oven to 350 degrees Fahrenheit.
2. In a food processor, add the mushrooms and pulse until roughly chopped—you don't want the mushrooms to be totally ground, but keep them small enough that they'll seamlessly blend with the ground turkey.
3. To a large skillet over medium-heat, add the olive oil. Add the mushrooms and diced onions and sauté until soft, about five to seven minutes.
4. Add the garlic and cook until aromatic, about two minutes.
5. Meanwhile, wipe out the food processor with a clean, wet paper towel. Add the crackers and pulse until finely ground, like a flour.
6. In a large glass bowl, combine the ground crackers with the ground turkey, egg and ketchup. Season with salt and pepper.
7. Add the cooked mushrooms and onions and allow mixture to cool enough to touch (about five to ten minutes). Once cooled, use your hands to mix the meatloaf together, being careful not to overmix (you want the ingredients just combined).
8. Add the meatloaf mixture to a baking sheet. You can make one large meatloaf, or split the mixture in half to make two smaller loaves. Bake for 45 minutes. Using a pastry brush, paint the barbecue sauce over the meatloaf. Bake for 15 more minutes, or until an internal meat thermometer reads 165 degrees Fahrenheit.
9. Serve and enjoy!



## *Meet Kate*

[RootAndRevel.com](http://RootAndRevel.com)

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*Food Writer and  
Recipe Developer*

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### **CAN YOU SHARE YOUR FAVORITE TIP FOR GLUTEN-FREE GROCERY SHOPPING AT SPROUTS?**

*I love shopping in the Bulk Department for naturally gluten-free flours (or Bob's Red Mill brand in the baking aisle), and the snack aisle is always stocked with clean gluten-free options from some of my favorite brands like Simple Mills and Mary's Gone Crackers. Sprouts also has the largest selection of gluten-free breads I've ever seen—my favorite is Canyon Bakehouse.*

### **WHAT DO YOU WISH SOMEONE HAD TOLD YOU WHEN YOU BEGAN YOUR GLUTEN-FREE LIFESTYLE?**

*While I don't eat 100 percent gluten-free all the time, I never eat gluten when I'm at home. I wish I had known years ago how easy this switch was going to be and how incredible the health benefits were. That said, I also wish someone told me that just because something is gluten-free doesn't mean it's healthy. It's so important to read your labels!*





**GLUTEN-FREE**  
**SLOW COOKER MANGO BARBECUE PULLED PORK**  
**SANDWICHES WITH CREAMY JALAPENO SLAW**





You'll love my addition of mango to this classic barbecue pulled pork recipe! If you don't want it overly sweet, choose a sauce with a savory or smoky flavor.

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### INGREDIENTS:

3-4 lb. Sprouts Butcher Shop Pork Shoulder Roast  
1 tsp. sea salt  
1 Tbsp. barbecue dry rub seasoning  
3 cups fresh or frozen mango chunks, divided  
8 oz. unsweetened pineapple juice  
1 1/2 cups smoky barbecue sauce, divided

### JALAPENO SLAW:

1 medium head of cabbage, shredded  
(red or green, or half of each)  
1/3 cup mayonnaise or plain, full-fat yogurt  
1 lime  
1 clove of garlic, minced  
1 large or 2 small jalapeños, diced  
1/4 tsp. sea salt

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### INSTRUCTIONS:

1. Place the roast fat side up in a four or six-quart slow cooker.
2. Rub salt and barbecue seasoning over the entire roast.
3. Add two cups of mango chunks on top of the roast and pour the pineapple juice down the sides of the cooker. Pour 1/2 cup of the barbecue sauce over the roast, too.
4. Cover the slow cooker and cook on low for eight to nine hours.
5. Meanwhile, prepare the slaw by putting the cabbage in a large serving bowl. Combine the mayonnaise, juice from 1/2 of the lime, garlic, diced jalapenos and salt. Chill until ready to use.
6. When the pork is finished it should be very tender and pull apart easily with a fork. Lift the roast out of the slow cooker and into a large serving bowl.
7. Shred the meat, discarding any fatty parts. Use a slotted spoon and transfer any mango pieces to the serving bowl with the pork.
8. Add the remaining cup of barbecue sauce to the shredded pork. If it's too thick, add more of the pot juices until you reach the preferred consistency.
9. Prepare the bread by buttering each slice and laying them buttered-side up on rimmed baking sheets. Bake at 425 degrees Fahrenheit for a few minutes until toasted, rotating pans halfway through baking.
10. Assemble the sandwiches, adding some jalapeno slaw in the sandwiches and alongside.

### SANDWICHES:

2 loaves of Udi's  
Gluten-Free Bread  
Butter



## Meet Natalie

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PerrysPlate.com

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Mom, Blogger,  
Photographer and Author

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### WHAT IS ONE SIMPLE TIP THAT SOMEONE WHO IS NEW TO A GLUTEN-FREE LIFESTYLE SHOULD KNOW?

*Starting out on a gluten-free diet can be overwhelming! In the beginning, you can start by replacing gluten-filled products with gluten-free versions, which makes the transition easier. Next, try replacing those with vegetables, which are more nutrient-dense, or choosing grains that are naturally gluten-free, like rice, quinoa and gluten-free oats.*

### CAN YOU SHARE YOUR FAVORITE TIP FOR GLUTEN-FREE GROCERY SHOPPING AT SPROUTS?

*When I'm shopping, I start with loads of vegetables, fruit and high-quality protein, and then I look for gluten-free products to accent our meals. I love that Sprouts has such a variety of gluten-free products that are clearly labeled.*





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## GLUTEN-FREE SPAGHETTI WITH BOLOGNESE

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*There's nothing like classic, comforting spaghetti with a hearty meat sauce. This easy meal comes together quickly, making it perfect for busy week nights.*

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## INGREDIENTS:

4 oz. organic bacon, diced  
1/4 cup healthy fat of choice  
(butter, melted ghee or avocado oil)  
1 yellow onion, diced  
8 oz. button or cremini mushrooms, sliced  
(optional)  
2 celery stalks, diced  
1 carrot, diced  
9 fresh garlic cloves, minced or grated  
(approx. 1 garlic bulb)  
2 lb. Sprouts Butcher Shop Grass-Fed  
Ground Beef

1 cup organic chicken or beef broth  
1 1/2 cup organic milk or non-dairy milk  
1 1/2 cup diced tomatoes - fresh or jar  
(with liquid)  
2 Tbsp. freshly chopped basil  
2 Tbsp. freshly chopped Italian parsley  
1 1/2 tsp sea salt  
Freshly cracked black pepper, to taste  
1 8 oz. Sprouts Brand Gluten-Free  
Spaghetti  
Freshly grated Parmigiano-Reggiano  
for garnish

## INSTRUCTIONS:

1. In a large saucepan or pot, cook the bacon over medium-high heat, stirring occasionally until crispy. Remove bacon from pan and set aside.
2. Using the same sauce pan or pot, discard bacon grease (a little leftover is fine) and add healthy fat of choice over medium heat.
3. Add the onion and mushrooms and cook for about five minutes, stirring occasionally until they start to soften.
4. Add the celery and carrots and stir occasionally for another seven minutes until the onions and mushrooms start to lightly caramelize.
5. Add the garlic, stirring occasionally and cook for one to two minutes.
6. Add the ground beef, breaking up with a wooden spoon and cook until browned, about five to seven minutes.
7. Add the reserved bacon, broth, milk of choice, tomatoes, basil, parsley, salt and pepper.
8. Increase the heat and bring to a low boil, then reduce the heat to a simmer and cook for about seven minutes, just until the flavors come together.
9. While your sauce is simmering, prepare your spaghetti according to package directions.
10. Toss the spaghetti and sauce together or add a small portion of the sauce on top of the cooked spaghetti.
11. Serve immediately topped with freshly grated Parmigiano-Reggiano.



## Meet Emily

RecipesToNourish.com

Blogger, Author and  
Recipe Developer

## WHAT DO YOU WISH SOMEONE HAD TOLD YOU WHEN YOU BEGAN YOUR GLUTEN-FREE LIFESTYLE?

*When I started eating gluten free close to 10 years ago, I wish someone had told me to not overthink it. A gluten-free diet doesn't have to be complicated or difficult.*

## CAN YOU SHARE YOUR FAVORITE TIP FOR GLUTEN-FREE GROCERY SHOPPING AT SPROUTS?

*I love to stock up on as much fresh produce as possible (which is naturally gluten free), then splurge on a few extras like gluten-free baking flours, mixes and pastas.*





**GLUTEN-FREE  
ALMOND-ENCRUSTED LEMON SALMON**





*This almond-encrusted salmon is packed with flavor! Serve with sautéed, caramelized lemon slices and a side of steamed broccoli for a light and delicious evening meal.*

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## **INGREDIENTS:**

- 2 Sprouts Fish Market Salmon Fillets  
(can leave skin on or remove)
  - 1 lemon, sliced
  - Juice of half a lemon
  - 1 Tbsp. Bob's Red Mill Almond Meal
  - Salt and pepper to taste
  - Steamed broccoli
  - Sprouts Brand Extra Virgin Olive Oil
- 

## **INSTRUCTIONS:**

1. Add olive oil to a cast iron skillet over a low-medium flame.
2. Add lemon slices to skillet and sauté a couple of minutes, flip and sauté on other side as well.
3. Meanwhile, squeeze the lemon juice over the salmon, season with salt and pepper.
4. Turn oven to broil and let preheat.
5. Place salmon fillets skin side down in skillet with lemon slices and sauté about three minutes.
6. Flip and sauté three more minutes. At this point, when the skin is facing up, you can easily peel it off if desired.
7. Flip the salmon fillets around again, sprinkle on the almond meal, season with a pinch of salt and pepper.
8. Place fillets on a baking sheet and broil for four to five minutes or until almond crust is golden.
9. Garnish with parsley and enjoy with steamed broccoli.



## *Meet Shashi*

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**SavorySpin.com**

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*Food Blogger and Mom*

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### **WHAT IS ONE SIMPLE TIP THAT SOMEONE WHO IS NEW TO A GLUTEN-FREE LIFESTYLE SHOULD KNOW?**

*You don't have to avoid all grains - just do your research!*

### **CAN YOU SHARE YOUR FAVORITE TIP FOR GLUTEN-FREE GROCERY SHOPPING AT SPROUTS?**

*To keep holiday celebrations and get togethers stress-free, I look for Gluten Free Bob's Red Mill Pancake and Pie mixes. At Christmas and Thanksgiving, Bob's Red Mill's Pie Crust Mix is a lifesaver and so tasty that even those without gluten-sensitivity or intolerance issues enjoy it!*



