



## These are a few of our favorite things...

At Enjoy Life, our entire business is making smile-good foods that keep people's insides happy too. Like you, many of us are also following special diets due to a variety of health concerns. We know just how hard it is to find allergy-friendly, gluten-free foods that taste delicious...so, we started our own list of our personal favorites. We hope that you find this list helpful and that you discover some yummy new foods you can enjoy! As always, please read the ingredient statements carefully to make sure the products meet your individual allergy needs.

### Brita's Favorite Foods

Gluten, dairy and egg free

- **Enjoy Life Not Nuts! trail mix**--I can gobble up a bag in one sitting! Ha!
- **Mary's Gone Crackers**--I throw a little nut butter on them and I'm happy as a peach.
- **Enjoy Life cookies** are a sure fire way to satisfy my sweet tooth. Depending on my mood, my favorites are the Snickerdoodle, Double Chocolate Brownie and No Oats Oatmeal.
- **Soy Delicious fruit sweetened "ice cream"**--vanilla with pecans and almonds is my favorite (if your diet permits nuts). They also recently came out with a new gluten-free cookie dough "ice cream"--it's yummy though too sugary for my taste buds.
- **Vans gluten-free waffles** are great for breakfast. They're quick and easy to make, and smothered in nut butter they help keep my tummy full.
- Pancakes made with **Food Allergy Gourmet's pancake mix**--it makes the best gluten-free allergy-friendly pancakes I've eaten.
- **Food for Life's tortillas** are also nice. I make quesadillas or tacos, although they don't hold up very well. Shucks. Maybe we can work on that one day ☺

### Tina's Tasty Treats

Gluten and almond free

- **Trader Joe's rice penne and rotini pasta**—it cooks up perfectly
- **Mrs. Leeper's corn spaghetti** is really nice too—like polenta in a pasta shape
- **Enjoy Life Very Berry and Cocoa Loco snack bars**—I don't know what I would do without 'em!
- **LifeStream Buckwheat Wildberry** frozen waffles—perfect quick breakfast, grab and go
- **Enjoy Life Original bagels**—I always have one toasted and at the ready in my purse. Sandwich please...hold the bread ☺
- **Mary's Gone Crackers**—the black pepper flavor has just enough kick
- **Sharon's Raspberry sorbet**—cool and fruity
- **Thai Kitchen** lemongrass and chili noodle soup—a quick lunch or add chicken and veggies for a bigger meal