

**Gluten-Free & Dairy-Free**

# LIVING WITHOUT®

The magazine  
for people with allergies  
and food sensitivities

**ROAD TRIP**  
How To's

Fresh, Delicious  
**SUMMER RECIPES**  
Without Dairy & Wheat

**Pack a Picnic!**

**Gluten  
and Sugar  
Sensitivity**

Quick,  
Wholesome  
Breakfasts

Hiking with  
**Food Allergies**



LivingWithout.com

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## Meal in Minutes

Those of us with gluten sensitivities don't expect to find a safe meal in a box but here's a surprise: CookSimple. These handy helpers not only contain nutritious, high quality, organic ingredients (nothing artificial, no preservatives and no gluten), they also get high marks for taste and convenience. From Skillet Lasagna (our tasters claimed "awesome") and Tibetan Dal to Cajun, Southwest and Far East selections, each CookSimple product serves 4 to 5 people with choice cuisine. Make mealtime easy—think inside the box.

[cooksimplemeals.com](http://cooksimplemeals.com), 877-972-6879



## So Cool

Zoku Quick Pop Maker lets you make delicious frozen treats right on your kitchen counter—with no electricity. No BPA or phthalates either. Use your own pure, nutritious ingredients to create amazing juice pops, veggie pops, yogurt pops, chocolate fudge pops—flavor choices abound. These nourishing cold treats are super-fun to make and a delight to eat. A wonderful summertime pastime and an entertaining project for kids. Just seven minutes to your child's favorite treat. Available as a single, duo or triple Quick Pop Maker.

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

## A Lovely Loaf

We have a shortlist of favorite bread mixes and T.G.I.G.F! Baking and Bread Mix is on it. Simply said, the folks at T.G.I.G.F! (Thank God It's Gluten Free) produce a superb loaf. This bread has a rich, slightly yeasty flavor and a moist, cake-like texture with slices that hold together. Heaven. Manufactured in a certified gluten-free, kosher facility that's free of the top 8 allergens, this bread is sorghum flour-based, made with all natural, non-GMO ingredients and no preservatives. In addition to delicious bread, the mix makes great waffles, cookies, pizza crust, pie crust, quick breads and more. With a 12-month shelf life, you can keep it on hand to enjoy now or later. Unanimous rave reviews from our tasters.

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



## Cookie Jar

Cookbook author Cybele Pascal has turned her considerable talents to creating Cybele's Free-to-Eat, a new line of chewy, tasty allergy-friendly cookies—and the world is a better place. As an experiment, we set out a plate of these cookies at a group meeting. They were quickly devoured—down to the last crumb. No one suspected the cookies were completely free of all top 8 allergens (gluten-free, too). Available in three delicious varieties—Oatmeal Raisin, Chocolate Chip and Chocolate Chunk Brownie, it's hard to choose. Do yourself a favor and try them all.

[cybelesfreetoeat.com](http://cybelesfreetoeat.com), 877-895-3729

Product ingredients are subject to change. Read labels carefully. When in doubt, confirm ingredients directly with the manufacturer.