

## **Cardin's recommendations for allergy-free eating.**

**Cardin Chiropractic & Acupuncture, PA**

**9159 W. 133<sup>rd</sup> Street**

**Overland Park, Kansas 66213**

**913-239-8501**

**Cardchiro@aol.com**

### **Best Pastas:**

Tinkyada (wheat free and organic) lots of types [www.tinkyada.com](http://www.tinkyada.com)

DeBoles (quinoa, corn and rice)

Orghams (rice)

### **Breads: ready made**

Kinnikinnick [www.kinnikinnicki.com](http://www.kinnikinnicki.com) 877-503-4466

De Lands (rye, Millet and potato) [www.delandbakery.com](http://www.delandbakery.com) 386-734-7553

### **Best Mixes:**

Gluten Free Pantry [www.glutenfree.com](http://www.glutenfree.com) all wheat free and gluten free

\* Brown rice pancake and waffle mix

\* Spice Cake and ginger bread mix

\* Cake and cookie (makes great snicker doodles and cupcakes)

\* Chocolate chip cookie mix ( great cake recipe also)

Bob's Red Mill [www.bobsredmill.com](http://www.bobsredmill.com) (commonly stocked item in health food stores) Wheat, Gluten and Dairy Free

\* GF Pancake mix. (I use it for coating on chicken to fry, just add spices)

\*Brownie mix (rice, tapioca flour)

\*Might Tasty GF Hot Cereal (rice, corn and buckwheat)

1-2-3 Gluten Free [www.123glutenfree.com](http://www.123glutenfree.com)

\*Pan Bars

\* Biscuits

Namaste Foods [www.namastefoods.com](http://www.namastefoods.com) 866-256-9493

(gluten, wheat, potato, soy, Corn, dairy and casein FREE)

\*Spice cake mix makes a great carrot cake

\*Muffin mix

\*sugar cookie, good for cookie cutters shapes

**"Cuz You're Special 866-No Wheat**

**\*Chocolate Chips. Dairy/casein Free and melts great**

**\*Pizza dough mix great for pop-overs or pig-in -the blankets**

**Easy Snack Ideas that are gluten and casein free**

**\*Ener G Pretzels [www.ener-g.com](http://www.ener-g.com) 800-331-5222**

**\*Pamela's Cookie come in a variety of flavors and styles They also have mixes. [www.allergygrocer.com](http://www.allergygrocer.com)**

**\*Midels cookies, animal, chocolate chip**

**\*Blue Diamond Crackers (pecan, almond, hazelnut all Gluten Free)**

**[www.bluediamond.com](http://www.bluediamond.com)**

**\*Robert's Tings corn or broccoli stick (like a cheeto but gluten/casein free)**

#### **DELAND'S BAKERY PRODUCTS**

**[www.delandbakery.com](http://www.delandbakery.com) 386-734-7553 will deliver to you office**

**Millet yeast free bread**

**Oatmeal Bread**

**Potato Bread**

**Millet hamburger & hotdog buns**

**Millet dinner rolls**

**Garlic and Onion bagels**

**Apple/cinnamon/raisin Buns**

#### **KINNIKINNICKI PRODUCTS**

**[www.kinnikinnicki.com](http://www.kinnikinnicki.com) 877-503-4466 can order right on line**

**(all are wheat/gluten and casein free)**

**donuts**

**Pizza crust (the best that we have found)**

**Muffins and brownie bars**

**Dinner rolls and breads**

**Pancake mix is pretty good**

## **Cracker Substitute**

Cut Gluten Free Tortillas into pieces/triangles

Brush lightly

Brush both sides with allowable oil, per your plan

Sprinkle with your preference of herbs/seasonings

Bake @ 400 degrees for 3-5 minutes

## **Websites**

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

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

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