GLUTEN FREE

Much of the products on the market that are gluten free are combinations of potato starch, tapioca, cornstarch, potato flour. These are not the best foods for your body to consume for good health. In addition, if you read the labels, the foods that you get in packages are highly processed and usually loaded with sugars and oils. Even the tetrapaks for oatmilk, rice milk, soy milk etc. can have extra chemicals and stabilizers in them that you don't need, so read the labels and make good choices.

If you are gluten sensitive, which is becoming more and more common, then you can make your own breads using healthier choices like almond flour, buckwheat flour, brown rice flour, teff flour, sorghum flour, chickpea flour, oat flour, amaranth, millet, cornmeal, and use xanthan gum to help the foods to stick together.