

Gluten-Free Living™

Mix it up

NEWS, TIPS, REVIEWS, ADVICE AND MORE

Innovative products bridging the ‘dairy’ gap

THE PAST YEAR has been big for innovation in the gluten-free and dairy-free category, with new products appearing across multiple segments. Leave it to these innovators to find new ways to use nuts, pea protein and seeds to create products layered with flavor, rich in texture and loaded with nutrient-dense ingredients—all without any gluten or dairy.

Gone are the days of chalky and just plain weird textures made with a long list of artificial ingredients. The new products comprised of easy-to-digest, fiber-ful ingredients succeed in breaking the “dairy” craving and leave you feeling anything but left out.

Here are just some of the dairy- and gluten-free products making their way onto store shelves:

DESSERT

Rule Breaker (formerly Pure Genius) has taken dessert to a whole new level with its fudgy deep chocolate brownies and chocolate chunk blondies that taste sinful but are made with “good-for-you” ingredients. The main ingredient in these desserts is—wait for it—chickpeas. Packed with fiber, protein and just 11 grams of sugar, these desserts are a rich, satisfying and delicious way to add fiber to your daily calorie intake.

➔ puregeniusprovisions.com