

THE HUFFINGTON POST

9 Gluten-Free Foods To Satisfy Your Bread Addiction



I am addicted to bread. Always have been, always will be. I managed to cut it out completely for three weeks when I did the [food cleanse from the Akasha Center](#). A few months after the cleanse, I started missing the taste and texture of eating bread so I had to incorporate it back into my diet. My body did not like this very much. I soon gained back the few pounds I lost from eating clean and felt more tired during the day. Eating too much gluten can cause inflammation and bloating for some people.

With more and more people finding out they are gluten intolerant, the gluten-free market has exponentially grown and improved over the past few years. Say good-bye to bread alternatives that taste like cardboard! After trying many of the “best” gluten-free products on the market, I thought I would share my favorites that help satiate a craving for bread!

1.) Birch Bender Gluten Free Pancake Mix



These light and fluffy pancakes are so delicious that it's hard to believe they are gluten-free! You can eat them plain but I topped my stack with some powdered sugar and berries for the photo op :) They are so easy to make—just add water to the mix and pour into a heated pan. All-natural, organic, kosher, GMO-free, low fat, soy-free, and a good source of calcium makes this mix perfect for anyone looking for a tasty and healthy breakfast or snack. You can order the mix on their website and on Amazon—or purchase at Target, Whole Foods, and many other grocery stores.