

ALLERGY SHOTS

Tasty Trends

Allergic Living reviews the best new 'friendly' food products to hit store shelves this summer. —Alisa Fleming

MODERNIZED MORSELS

The grains may be ancient, but these are novel, wholesome convenience foods.



- Get lost in the dreamy nutrition of **Quinoa Granola by Lotus Fine Foods**. Gluten-free oats come together with quinoa flakes, amaranth puffs and chia seeds in this dairy-, egg-, peanut- and nut-free nosh. New single-serve packages come in 2 flavours: Spiced Pumpkin and Dark Chocolate. Contains sesame and soy. \$5/8 single serves. See www.lotusfinefoods.com for stores.



- **Udi's Ancient Grain Crisps** aren't just another corny snack; the innovative recipe includes amaranth, quinoa, flax, sesame and millet. Plus, the Sea Salt, Aged Cheddar and Jalapeno Cheddar varieties are certified gluten-free and made in a peanut- and nut-free facility. Contains milk and soy. \$4.99/140 g. Sold nationwide; see www.udisglutenfree.com.



COOL REFRESHMENTS

Beat the heat with these all-natural, top allergen-free treats.

- Enjoy a cool brew with **DeeBee's Organic TeaPops**, available in Berries 'N' Cherries, Minty Mint, Southern Iced Tea, Toasted Coconut and Tropical Mango. Each frozen treat offers a sweet infusion with fair trade teas. Gluten-free certified, made in a facility free of top allergens and non-GMO verified. \$1.99/bar; \$6.99/box of 4. In grocers nationwide; see www.deebesorganics.com.



- **Screamin Brothers Frozen Dessert** turns up the volume on quality. Their coconut milk-based ice creams are made with Canadian-sourced, fair trade and organic ingredients in a facility free of the top 11 allergens. Flavours include Vanilla, Maple, Chocolate, Mint Chocolate, Mocha, Chocolate Banana, Orange Pineapple, Key Lime and new Blackberry. \$7-\$8.49/473 mL. In natural grocers; see www.screaminbrothers.com.

- We're wild about **KiKi Maple Sweet Water**, a hydrating, low calorie beverage made with 100% pure Canadian maple sap, a hint of vanilla, but not a drop of H₂O. The Original, Cranberry, Blueberry and Strawberry flavours contain naturally occurring prebiotics, organic acids and antioxidants, and are free of artificial ingredients. \$2.69/300 mL. Sold in natural food stores; see www.trollbridgecreek.ca.



FOOD WITH BENEFITS

Surprisingly delicious infusions for the next generation of functional food.



- Spice up summer fiestas while soothing stomachs with **Wildbrine Fermented Salsas**. The naturally probiotic-rich fresh dips include Salsa Rojo, Salsa Verde, Cortido and taco shop-style Escabeche and are vegan, top allergen-free, gluten-free and non-GMO. \$8.99/510 g. At natural grocers; see www.wildbrine.com.



- Forego the fish but not the essential fatty acids with **Be Bright Non-GMO Superfood Oil Blend** from Coromega. This delectably sweet vegan and top allergen-free emulsion of chia seed, coconut, avocado, hemp seed and black cummin seed oils can be savoured straight or swirled into smoothies. \$19.99/300 g at www.coromega.com.

CRAVING CRUSHERS

Free-from fare takes aim at classic indulgences, and hits the mark.

- Keep those dairy desires in check with ready-to-eat Vegan Aged White Cheddar and Buttery Flavour **Earth Balance Popcorn**. GMO-free and made without top allergens, each fresh-tasting kernel is popped in a nut-, peanut-, wheat-, egg- and soy-free facility. \$5.99/170-198 g. At Whole Foods Markets and select stores; see www.earthbalancenatural.com.



- Merging the best of two decadent worlds, **Chocolate Melt Organic Spread** brings new meaning to the term cocoa butter. Whether you bake, sauté or slather, each velvety pat is non-GMO verified and made in a dedicated Top 11-free facility with sustainably-sourced coconut, flaxseed, palm fruit, canola and sunflower oils. \$4.99/340 g. In stores nationwide; see www.meltorganic.com.

- We're loving legumes thanks to the new Ranch and BBQ flavoured **Beanfields Bean & Rice Chips**. Each savoury, seasoned bite packs an audible crunch and is certified gluten-free, free of top allergens, vegan and non-GMO verified. \$3.89-\$4.49/170 g. In natural food stores nationwide; see www.beanfieldssnacks.com.



- Say *Arrivederci!* to wheat and cheese with **Amy's Gluten-Free, Dairy-Free Italian Frozen Entrees**. New to Canada, the single-serve Rice Crust Roasted Vegetable Pizza (\$8.99/170 g) and Vegetable Lasagna (\$5.99/255 g) are certified vegan and made with organic ingredients in a peanut- and egg-free facility. Contains soy. See www.amys.com for a store locator.