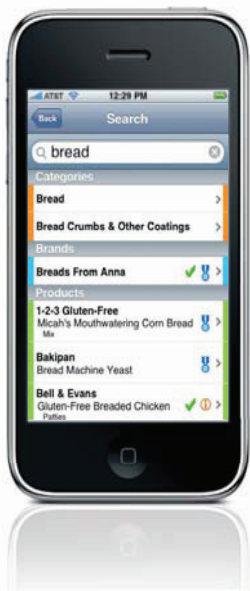


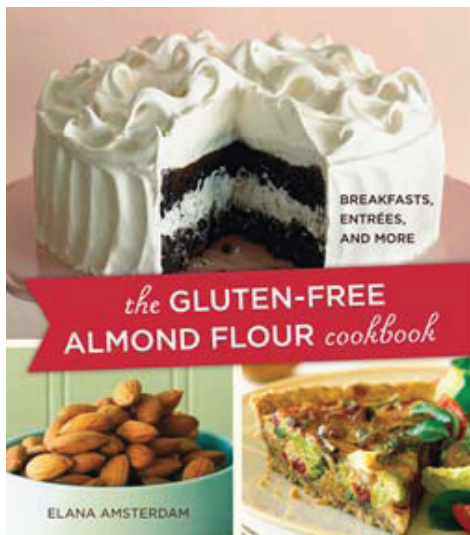
Favorite New Finds: A Few to Try



Triumph Dining is one of our favorite companies, so it's with great joy that we announce their latest success... their **Grocery Guide iPhone App**. The new application is an electronic version of their popular gluten-free grocery guide, which contains over 30,000 safe foods.

This portable version is almost a no brainer if you have an iPhone. A quick trip to Apple's iTunes store and \$18 will set you up. Just search for Triumph Dining and check out additional screen shots and features. Another big plus is the active search feature, which makes finding what you're looking for even easier. Triumph puts the largest gluten-free product listing available anywhere at your fingertips. Here's hoping that their restaurant guide is next...
(triumphdining.com)

Riega Foods imports a line of organic Cerealtvit cereals from Italy, including Corn Flakes, Coffee Flakes, and Benevit Multi Grain (which contains buckwheat and rice flakes). All meet the FDA and Codex standard for gluten-free products, are certified through the Italian Ministry of Health, and are routinely tested to insure they contain less than 20 parts per million of gluten. Our favorite was the original corn for its great texture and nice buttery taste. Look for these in Garden Spot Distributors in the Northeast and in additional stores in the near future.
(riegafafoods.com)



Elana Amsterdam began her love affair with almond flour after being diagnosed with celiac disease in 1998. **The Gluten-free Almond Flour Cookbook** presents her tips and techniques for working with this simplifying ingredient, which is also very nutritious. If some of the eye-popping photos can't convince you to try her recipes, perhaps the fact that many require just a handful of ingredients – some as few as six – will do the trick. Want a preview of the types of dishes Elana doles out? Check out her blog, Elana's Pantry, also featured in this issue's blog review (pg 12).
(elanaspantry.com)