

Download Beat Wheat Delicious Wheat Free Allergies

You can rest assured it's Gluten Free. All of our products are made on premise in a Gluten Free and Nut-free facility. Beat the Wheat manufactures food products that celiac, autism, I.B.S., wheat allergies and gluten-free individuals can enjoy safely. A couple of years ago, I posted a Soft Gluten Free Sandwich Bread Recipe that still gets a lot of attention. I hear from hundreds of people every month who love it & at least as many begging me to create a Vegan (egg free) version of it. Moist cinnamon apple bread made with homemade applesauce, small chunks of fresh apples and walnuts in every bite. It's so moist and delicious, you won't believe it's low fat! One common lament about those deciding to go on the Paleo diet is having to give up bread. But just because you can't eat what and grains anymore doesn't mean you can't enjoy nice slice of bread or two, just as long as it conforms to the Paleo dietary recommendations. - Beat Wheat Delicious Wheat Free Allergies