

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Tampa Store, Florida Region

Whole Foods Market is excited to bring you "Celebrating Your Choices," a series of shopping lists and information for those on special diets. We believe that food should bring pleasure along with good health, and these guides are intended as a resource to help everyone experience as many healthy, natural food choices as possible. Check out our website for more information about gluten and casein-free foods:

<http://www.wholefoodsmarket.com/specialdiets>

The information provided in this shoppers list is only a guide to help you identify products that may meet your dietary needs or preferences. It is not medical advice. We have included products on this list based only upon information provided by the manufacturer. In addition, while we are attempting to keep this information accurate and up to date, please be aware that ingredients in products may change from time to time. You should always read the actual product label before purchasing a product. Also note that there is no guarantee of the absence of cross-contamination in any product. If you have any questions, you may contact us at [WFMSpecialDiets@wholefoods.com](mailto:WFMSpecialDiets@wholefoods.com).

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### Baked Goods

#### WFM Gluten Free Bakehouse

- Almond Cookies
- Carrot Cake
- Molasses Ginger Cookies
- Morning Glory Muffins

### Baking Needs

#### Ancient Harvest

- Organic Quinoa Flour 18 oz

### Baking Needs (Cont'd)

#### Arrowhead Mills

- Blue Corn Meal
- Buckwheat Flour
- Gluten Free Brownie Mix
- Gluten Free Pancake & Baking Mix
- Long Grain Brown Rice Flour
- Soy Flour
- White Rice Flour
- Yellow Corn Meal

#### Bob's Red Mill

- Almond Flour
- Arrowroot Starch Flour
- Baking Soda
- Cornstarch
- Flaxseed Meal
- Flaxseeds
- Garbanzo Bean Flour
- Gluten Free All Purpose Baking Flour

## Baking Needs (Cont'd)

### Bob's Red Mill

- Gluten Free Biscuit & Baking Mix
- Gluten Free Brownie Mix
- Gluten Free Chocolate Chip Cookie Mix
- Gluten Free Cornbread Mix
- Gluten Free Cornmeal
- Gluten Free Garbanzo & Fava Bean Flour
- Gluten Free Hearty Whole Grain Bread Mix
- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Hazelnut Meal/Flour
- Hemp Protein Powder
- Millet Flour
- Organic Amaranth Flour
- Organic Coconut Flour
- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Potato Starch
- Tapioca Flour
- White Rice Flour
- Xanthan Gum

### Cherrybrook Kitchen

- Vanilla Frosting

### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Chip Cookie Mix
- Sugar Cookie Mix

### Enjoy Life

- Semi-Sweet Chocolate Chips

### Gluten Free Pantry

- Beth's All Purpose Flour Mix
- French Bread & Pizza Mix
- Muffins & Scone Mix
- Perfect Pie Crust Mix
- Spice Cake & Gingerbread Mix

### Hain

- Baking Powder

### Namaste

- Blondie Mix
- Bread Mix
- Brownie Mix

## Baking Needs (Cont'd)

### Namaste

- Chocolate Cake Mix
- Muffin Mix
- Pizza Crust Mix
- Vanilla Cake Mix
- Waffle & Pancake Mix

### Pamela's Products

- Chocolate Cake Mix
- Classic Vanilla Cake Mix
- Confetti Frosting Mix
- Cornbread & Muffin Mix
- Dark Chocolate Frosting Mix
- Vanilla Frosting Mix

## Beverages

### Celestial Seasonings

- Authentic Green Tea, 40 Ct
- Bengal Spice Tea, 20 Ct
- Chamomile Tea, 20 Ct
- Chamomile Tea, 40 Ct
- Decaf Honey Chamomile Green Tea, 20 Ct
- Decaf Mint Green Tea, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Madagascar Vanilla Red Tea, 20 Ct
- Moroccan Pomegranate Red Tea, 20 Ct
- Peppermint Tea, 20 Ct
- Raspberry Zinger Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Sleepytime Tea, 40 Ct
- Tension Tamer Tea, 20 Ct
- True Blueberry, 20 Ct
- Wild Berry Tea, 20 Ct

### So Delicious

- Original (Plain) Coconut Milk Beverage
- Unsweetened Coconut Milk Beverage
- Vanilla Coconut Milk Beverage

## Bread

### Enjoy Life

- Original Bagels

## Bread (Cont'd)

### Glutino

Premium Pizza Crusts

## Candy and Chocolate

### Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

## Canned Goods

### Amy's

Organic Refried Beans with Green Chiles

Organic Refried Black Beans

Organic Refried Black Beans, Low in Sodium

Organic Traditional Refried Beans

Organic Traditional Refried Beans, Light in Sodium

## Cereal

### Amy's

Organic Cream of Rice Hot Cereal Bowl

### Ancient Harvest

Organic Quinoa Flakes 12 oz

### Arrowhead Mills

Maple Buckwheat Organic Flakes

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

### Bakery On Main

Apple Raisin Walnut Gluten Free Granola

Cranberry Orange Cashew Gluten Free Granola

Extreme Fruit & Nut Gluten Free Granola

Nutty Cranberry Gluten Free Granola

Rainforest Gluten Free Granola

### Bob's Red Mill

GlutenFree Rolled Oats

Organic Brown Rice Farina Creamy Rice Hot Cereal

Organic Creamy Buckwheat Hot Cereal

## Cereal (Cont'd)

### Enjoy Life

Cinnamon Crunch Granola

Cranapple Crunch Granola

Very Berry Crunch Granola

### EnviroKidz

Amazon Frosted Flakes Organic Cereal

Gorilla Munch Organic Cereal

Koala Crisp Organic Cereal

Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal

Peanut Butter Panda Puffs Organic Cereal

### Nature's Path

Organic Fruit Juice Sweetened Corn Flakes

Organic Honey'd Cornflakes

Organic Mesa Sunrise Cereal

Organic Mesa Sunrise Cereal, 26.4 oz

Organic Whole O's Cereal

## Cheese

### Follow Your Heart

Vegan Gourmet Cheddar

Vegan Gourmet Cream Cheese

Vegan Gourmet Monterey Jack

Vegan Gourmet Mozzarella Cheese

Vegan Gourmet Nacho Cheese

Vegan Gourmet Sour Cream

## Chips, Pretzels and Snacks

### Arico

Cassava Chips, Original

Cassava Chips, Sea Salt Mist

### Food Should Taste Good

Buffalo Tortilla Chips 6 oz

Cinnamon Tortilla Chips 5.5 oz

Potato & Chive Tortilla Chips 5.5 oz

Sweet Potato Tortilla Chips 6 oz

The Works! Tortilla Chips 6 oz

### Food Should Taste Good

Jalapeno Tortilla Chips 6 oz

Multigrain Tortilla Chips 6 oz

Olive Tortilla Chips 6 oz

## **Chips, Pretzels and Snacks (Cont'd)**

### **Glutino**

Pretzels, Sesame Rings  
Pretzels, Twists  
Pretzels, Unsalted

### **Hain Pure Food**

Mini Munch Rice Snacks, Lightly Salted

### **Lundberg Farms**

Brown Rice Cakes  
Honey Nut Rice Cakes  
Organic Brown Rice Cakes  
Organic Mochi Sweet Rice Cakes  
Organic Popcorn Rice Cakes  
Organic Sea Salt Rice Chips  
Organic Sesame Tamari Rice Cakes  
Organic Tamari Seaweed Rice Cakes  
Organic Unsalted Brown Rice Cakes  
Organic Wild Rice Cakes  
Pico de Gallo Rice Chips  
Sante Fe BBQ Rice Chips  
Unsalted Brown Rice Cakes

### **Mr. Krispers**

Baked Rice Krisps, Barbecue  
Baked Rice Krisps, Sea Salt & Pepper

## **Condiments**

### **Follow Your Heart**

Vegenaise, Grapeseed Oil  
Vegenaise, High Omega-3 w/ Expeller-Pressed  
Canola Oil  
Vegenaise, Original

### **Organicville**

Organic Dressing, Herbs de Provence Vinaigrette  
Organic Dressing, Miso Ginger Vinaigrette  
Organic Dressing, Non Dairy Ranch  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Sundried Tomato & Garlic  
Vinaigrette  
Organic Ketchup  
Organic Original BBQ Sauce

## **Condiments (Cont'd)**

### **Spectrum**

Light Canola Eggless Mayonnaise 16 oz  
Light Canola Eggless Mayonnaise, Squeeze Bottle  
Organic Omega-3 Mayonnaise with Flax 16 oz  
Organic Soy Mayonnaise, Squeeze Bottle

## **Cookies and Snack Bars**

### **Arico**

Almond Cranberry Cookies  
Lemon Ginger Cookies  
Peanut Butter Cookies

### **Cherrybrook Kitchen Gluten Free Dreams**

Chocolate Chip Mini Cookies  
Vanilla Graham Mini Cookies

### **Enjoy Life**

Caramel Apple Snack Bars  
Cocoa Loco Snack Bars  
Soft Baked Chewy Chocolate Chip Cookies  
Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Gingerbread Spice Cookie  
Soft Baked Happy Apple Cookies  
Soft Baked Lively Lemon Cookies  
Soft Baked No-Oats "Oatmeal" Cookie  
Soft Baked Snickerdoodle Cookies  
Sunbutter Crunch Snack Bars  
Very Berry Snack Bars

### **EnviroKidz**

Cheetah Organic Crispy Rice Bars, Berry  
Koala Organic Crispy Rice Bars, Chocolate  
Lemur Organic Crispy Rice Bars, Peanut Choco  
Drizzle  
Organic Vanilla Animal Cookies  
Panda Organic Crispy Rice Bars, Peanut Butter

### **Glutino**

Breakfast Bars, Blueberry

### **Jennie's**

Coconut Macaroons

## **Cookies and Snack Bars (Cont'd)**

### **Pamela's Products**

Ginger Cookies with Sliced Almonds  
Peanut Butter Cookies

### **WFM Gluten Free Bakehouse**

Almond Cookies  
Molasses Ginger Cookies

## **Crackers**

### **Mary's Gone Crackers**

Crackers, Black Pepper  
Crackers, Caraway  
Crackers, Herb  
Crackers, Onion  
Crackers, Original

## **Dairy**

### **Earth Balance**

Buttery Spread with Olive Oil  
Buttery Sticks  
Organic Whipped Buttery Spread  
Original Buttery Spread  
Soy Free Buttery Spread  
Soy Garden Buttery Spread

## **Dairy Alternatives**

### **Follow Your Heart**

Vegan Gourmet Cheddar  
Vegan Gourmet Cream Cheese  
Vegan Gourmet Monterey Jack  
Vegan Gourmet Mozzarella Cheese  
Vegan Gourmet Nacho Cheese  
Vegan Gourmet Sour Cream

### **So Delicious**

Blueberry Agave Sweetened Soy Yogurt  
Blueberry Cultured Coconut Milk Yogurt  
Chocolate Cultured Coconut Milk Yogurt  
French Vanilla Coconut Milk Creamer  
Hazelnut Coconut Milk Creamer  
Key Lime Dairy Free Yogurt  
Original (Plain) Coconut Milk Beverage  
Original (Plain) Coconut Milk Creamer  
Original (Plain) Coconut Milk Kefir

## **Dairy Alternatives (Cont'd)**

### **So Delicious**

Passionate Mango Cultured Coconut Milk Yogurt  
Pina Colada Cultured Coconut Milk Yogurt  
Plain Cultured Coconut Milk Yogurt  
Raspberry Cultured Coconut Milk Yogurt  
Raspberry Dairy Free Yogurt  
Strawberry Coconut Milk Kefir  
Strawberry Cultured Coconut Milk Yogurt  
Unsweetened Coconut Milk Beverage  
Vanilla Coconut Milk Beverage  
Vanilla Coconut Milk Kefir  
Vanilla Cultured Coconut Milk Yogurt

### **WestSoy**

Longevity Soy Beverage, Vanilla 32 oz  
Plus Soy Beverage, Plain 32 oz  
Plus Soy Beverage, Vanilla 32 oz  
Plus Soy Beverage, Vanilla 64 oz  
Soy Beverage, Unsweetened Chocolate 32 oz

## **Deli Style Meats and Cheeses**

### **Applegate Farms**

Organic Sliced Oven Roasted Chicken  
Sliced Authentic Prosciutto  
Sliced Black Forest Ham  
Sliced Coppa  
Sliced Honey Ham  
Sliced Honey Maple Turkey  
Sliced Hot Genoa Salami  
Sliced Hot Soppressata  
Sliced Organic Genoa Salami  
Sliced Organic Herb Turkey  
Sliced Organic Roast Beef  
Sliced Organic Smoked Chicken  
Sliced Organic Smoked Turkey  
Sliced Organic Uncured Ham  
Sliced Oven Roasted Sliced Turkey  
Sliced Pancetta  
Sliced Pepperoni  
Sliced Slow Cooked Ham  
Sliced Smoked Turkey  
Sliced Soppressata  
Sliced Turkey Bologna  
Sliced Turkey Salami

## Desserts

### French Meadow Bakery

Gluten Free Fudge Brownie

### WFM Gluten Free Bakehouse

Carrot Cake

## Energy and Nutrition Bars/Drinks

### Bumble Bar

Lushus Lemon

Original with Cashew

Original with Mixed Nuts

Original with Peanut

## Entrees and Mixes

### Arrowhead Mills

Gluten Free Brownie Mix

### Bob's Red Mill

Gluten Free Chocolate Chip Cookie Mix

### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix

Chocolate Chip Cookie Mix

Sugar Cookie Mix

### Lundberg Farms

Organic Florentine Risotto

Organic Tuscan Risotto

### Namaste

Blondie Mix

Bread Mix

Brownie Mix

Chocolate Cake Mix

Muffin Mix

Pizza Crust Mix

Vanilla Cake Mix

Waffle & Pancake Mix

### Pamela's Products

Confetti Frosting Mix

Dark Chocolate Frosting Mix

Vanilla Frosting Mix

## Ethnic Foods

### Amy's

Organic Asian Noodle Stir-Fry

Organic Black Bean Enchilada Whole Meal

Organic Black Bean Tamale Verde Whole Meal

Organic Black Bean Vegetable Enchilada

Organic Indian Mattar Tofu

Organic Indian Vegetable Korma

Organic Mexican Tamale Pie

Organic Roasted Vegetable Tamale Whole Meal

Organic Teriyaki Bowl

Organic Thai Stir-Fry

### Food Merchants

Organic Polenta, Basil & Garlic

Organic Polenta, Sundried Tomato & Garlic

Organic Polenta, Traditional

## Frozen Foods

### Amy's

Kids Baked Ziti Meal

Organic Asian Noodle Stir-Fry

Organic Baked Ziti Bowl

Organic Bistro Veggie Burger

Organic Black Bean Enchilada Whole Meal

Organic Black Bean Tamale Verde Whole Meal

Organic Black Bean Vegetable Enchilada

Organic Brown Rice & Vegetables Bowl

Organic Brown Rice & Vegetables Bowl, Light in Sodium

Organic Brown Rice, Black-Eyed Peas & Veggies Bowl

Organic Cream of Rice Hot Cereal Bowl

Organic Indian Mattar Tofu

Organic Indian Vegetable Korma

Organic Mexican Tamale Pie

Organic Rice Crust Spinach Pizza

Organic Roasted Vegetable Tamale Whole Meal

Organic Shepherd's Pie

Organic Shepherd's Pie, Light in Sodium

Organic Single Serve Non-Dairy Rice Crust Cheeze Pizza

Organic Teriyaki Bowl

Organic Thai Stir-Fry

Organic Tofu Scramble

## Frozen Foods (Cont'd)

### Applegate Farms

Organic Turkey Burgers

### French Meadow Bakery

Gluten Free Fudge Brownie

### Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

Ian's Chicken Nuggets, Allergen Free

Ian's Fish Sticks, Allergen Free

Popcorn Turkey Corn Dogs

Soy Cheesy French Bread Pizza, Wheat Free  
Gluten Free

Wafflewich, Egg & Maple Sausage, Wheat Free  
Gluten Free

### It's Soy Delicious

Raspberry Non-Dairy Frozen Dessert

Vanilla Non-Dairy Frozen Dessert

### Nature's Path

Organic Buckwheat Wildberry Waffles

Organic Homestyle Waffles

Organic Mesa Sunrise Waffles

### Organic So Delicious

Chocolate Velvet Non-Dairy Frozen Dessert

Creamy Vanilla Non-Dairy Frozen Dessert

Neopolitan Non-Dairy Frozen Dessert

### Purely Decadent

Cherry Nirvana Non-Dairy Frozen Dessert

Chocolate Non-Dairy Frozen Coconut Milk Dessert

Chocolate Obsession Non-Dairy Frozen Dessert

Chocolate Peanut Butter Swirl Non-Dairy Frozen  
Coconut Milk Dessert

Coconut Non-Dairy Frozen Coconut Milk Dessert

Cookie Dough Non-Dairy Frozen Coconut Milk  
Dessert

Dulce De Leche Non-Dairy Frozen Dessert

Mint Chip Non-Dairy Frozen Coconut Milk Dessert

Mint Chocolate Chip Non-Dairy Frozen Dessert

## Frozen Foods (Cont'd)

### Purely Decadent

Mocha Almond Fudge Non-Dairy Frozen Coconut  
Milk Dessert

Mocha Almond Fudge Non-Dairy Frozen Dessert

Passionate Mango Non-Dairy Frozen Coconut Milk  
Dessert

Peanut Butter Zig Zag Non-Dairy Frozen Dessert

Pomegranate Chip Non-Dairy Frozen Dessert

Praline Pecan Non-Dairy Frozen Dessert

Turtle Trails Non-Dairy Frozen Dessert

Vanilla Bean Non-Dairy Frozen Coconut Milk  
Dessert

### So Delicious

Coconut Almond Bar, Made with Coconut Milk

Creamy Raspberry Bar

Fudge Bar, Sugar Free

Kidz Assorted Fruit Pops

Orange Passion Fruit Agave Sweetened Fruit Bar

### Starfish

Crispy Battered Gluten Free Cod

Crispy Battered Gluten Free Haddock

Crispy Battered Gluten Free Halibut

### Van's

Wheat Free Blueberry Waffles

Wheat Free Buckwheat Waffles

Wheat Free Flax Waffles

Wheat Free French Toast Sticks Cinnamon

Wheat Free Homestyle Pancakes

Wheat Free Homestyle Waffles

Wheat Free Mini Homestyle Waffles

## Grains and Rice

### Ancient Harvest

Inca Red Organic Quinoa 12 oz

Traditional Organic Quinoa 12 oz

### Lundberg Farms

Eco-Farmed California Brown Basmati Rice

Eco-Farmed California White Arborio Rice

Eco-Farmed California White Basmati Rice

Eco-Farmed California White Jasmine Rice

## Grains and Rice (Cont'd)

### Lundberg Farms

- Eco-Farmed Countrywild Gourmet Blend Rice
- Eco-Farmed Jubilee Gourmet Blend Rice
- Eco-Farmed Long Grain Brown Rice
- Eco-Farmed Short Grain Brown Rice
- Eco-Farmed Wehani Gourmet Brown Rice
- Eco-Farmed Wild Blend Gourmet Blend Rice
- Organic California Brown Basmati Rice
- Organic California Brown Jasmine Rice, 25 lb
- Organic California White Basmati Rice
- Organic California White Jasmine Rice
- Organic Golden Rose Medium Grain Brown Rice
- Organic Long Grain Brown Rice
- Organic Short Grain Brown Rice
- Organic White Long Grain Rice
- Organic Wild & Wehani Rice
- Organic Wild Rice

## Jams and Nut Butters

### Arrowhead Mills

- Creamy Peanut Butter, 26 oz
- Crunchy Peanut Butter, 26 oz
- Organic Creamy Peanut Butter, 16 oz

### Earth Balance

- Creamy Natural Peanut Butter
- Crunchy Natural Peanut Butter

## Meat and Poultry

### Applegate Farms

- Beef Hot Dogs
- Big Apple Hot Dogs
- Chicken Apple Breakfast Sausage
- Organic Beef Hot Dogs
- Organic Chicken & Apple Sausage
- Organic Chicken Hot Dogs
- Organic Hot Dogs
- Organic Sliced Sunday Bacon
- Organic Turkey Burgers
- Organic Turkey Hot Dogs
- Sliced Organic Turkey Bacon

## Nutritional Supplements

### Bob's Red Mill

- Hemp Protein Powder

## Nuts, Seeds and Dried Fruits

### Bob's Red Mill

- Flaxseeds
- Hemp Protein Powder

### Enjoy Life

- Not Nuts! Mountain Mambo Trail Mix

## Pasta

### Ancient Harvest

- Quinoa Supergrain Pasta, Elbows 8 oz
- Quinoa Supergrain Pasta, Rotelle 8 oz
- Quinoa Supergrain Pasta, Shells 8 oz
- Quinoa Supergrain Pasta, Spaghetti 8 oz
- Quinoa Supergrain Pasta, Veggie Curls 8 oz

### Bionaturae

- Organic Gluten Free Elbows Pasta
- Organic Gluten Free Fusilli
- Organic Gluten Free Penne Rigate
- Organic Gluten Free Spaghetti

### DeBoles Foods

- Corn Elbow Pasta
- Corn Spaghetti
- Multi-Grain Penne
- Multi-Grain Spaghetti
- Rice Angel Hair Pasta
- Rice Fettuccine
- Rice Lasagna
- Rice Penne
- Rice Spaghetti

### Lundberg Farms

- Organic Brown Rice Rotini Pasta
- Organic Brown Rice Spaghetti Pasta

## Pasta Sauce

### Amy's

- Organic Family Marinara Pasta Sauce
- Organic Low Sodium Marinara Sauce
- Organic Tomato Basil Pasta Sauce

## Pasta Sauce (Cont'd)

### Amy's

Organic Tomato Basil Pasta Sauce, Light in Sodium

## Prepared Foods

### Food Merchants

Organic Polenta, Basil & Garlic

Organic Polenta, Sundried Tomato & Garlic

Organic Polenta, Traditional

## Sauces, Salsas and Dips

### Amy's

Organic Medium Salsa

## Seafood

### Starfish

Crispy Battered Gluten Free Cod

Crispy Battered Gluten Free Haddock

Crispy Battered Gluten Free Halibut

## Soups

### Amy's

Organic Black Bean Chili

Organic Black Bean Vegetable Soup

Organic Chunky Vegetable Soup

Organic Curried Lentil Soup

Organic Fire Roasted Southwestern Vegetable Soup

Organic Lentil Soup

Organic Lentil Soup, Light in Sodium

Organic Lentil Vegetable Soup

Organic Lentil Vegetable Soup, Light in Sodium

Organic Medium Chili

Organic Medium Chili with Vegetables

Organic Medium Chili, Light in Sodium

Organic Southwestern Black Bean Chili

Organic Spicy Chili

Organic Split Pea Soup

Organic Split Pea Soup, Light in Sodium

Organic Thai Coconut Soup (Tom Kha Phak)

Organic Tuscan Bean & Rice Soup

## Soups (Cont'd)

### Imagine Foods

Broccoli Soup 16 oz

Broccoli Soup 32 oz

Butternut Squash Soup 16 oz

Butternut Squash Soup 32 oz

Corn & Lemongrass Soup 16 oz

Corn & Lemongrass Soup 32 oz

Creamy Tomato Soup 16 oz

Free Range Chicken Broth 32 oz

No Chicken Broth 32 oz

Organic Acorn Squash & Mango Soup 32 oz

Organic Chicken Broth, Low Sodium 32 oz

Organic Corn Soup, Low Sodium 32 oz

Organic Portabello Mushroom Soup 32 oz

Organic Potato Soup, Low Sodium 32 oz

Organic Sweet Pea Soup 32 oz

Organic Tomato Soup 32 oz

Organic Tomato Soup, Low Sodium 32 oz

Organic Vegetable Broth, Low Sodium 32 oz

Portabello Mushroom Soup 16 oz

Potato Leek Soup 16 oz

Potato Leek Soup 32 oz

Sweet Potato Soup 32 oz

Tomato Basil Soup 32 oz

Vegetable Broth 32 oz

## Spices and Seasonings

### Bob's Red Mill

Cornstarch

## Sweeteners

### Lundberg Farms

Brown Rice Syrup

Organic Brown Rice Syrup