

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Lake Calhoun Store, Midwest 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).

..  
..  
--  
--

### Baked Goods

#### WFM Gluten Free Bakehouse

Molasses Ginger Cookies

### Baking Needs

#### Ancient Harvest

Organic Quinoa Flour 18 oz

#### Arrowhead Mills

Buckwheat Flour  
Gluten Free Pancake & Baking Mix  
Gluten Free Vanilla Cake Mix  
Long Grain Brown Rice Flour

### Baking Needs (Cont'd)

#### Arrowhead Mills

White Rice Flour  
Yellow Corn Meal

#### Bob's Red Mill

Almond Flour  
Arrowroot Starch Flour  
Baking Powder  
Baking Soda  
Brown Rice Flour  
Flaxseed Meal  
Garbanzo Bean Flour  
Gluten Free All Purpose Baking Flour  
Gluten Free Biscuit & Baking Mix  
Gluten Free Brownie Mix  
Gluten Free Chocolate Cake Mix  
Gluten Free Chocolate Chip Cookie Mix  
Gluten Free Cinnamon Raisin Bread  
Gluten Free Cornmeal

## Baking Needs (Cont'd)

### Bob's Red Mill

- Gluten Free Garbanzo & Fava Bean Flour
- Gluten Free Homemade Wonderful Bread Mix
- Gluten Free Pancake Mix
- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Hazelnut Meal/Flour
- Organic Brown Flaxseeds
- Organic Brown Rice Flour
- Organic Coconut Flour
- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Organic Golden Flaxseeds
- Teff Flour
- White Rice Flour
- Xanthan Gum

### Cherrybrook Kitchen

- Vanilla Frosting

### Earth Balance

- Shortening

### Enjoy Life

- Semi-Sweet Chocolate Chips

### Hain

- Baking Powder

### Namaste

- Brownie Mix
- Cookie Mix
- Pizza Crust Mix
- Spice Cake Mix
- Vanilla Cake Mix
- Waffle & Pancake Mix

### Pamela's Products

- Chocolate Cake Mix
- Gluten-Free Bread Mix

## Beverages

### Celestial Seasonings

- Acai Mango Zinger Tea, 20 Ct
- Authentic Green Tea, 20 Ct
- Bengal Spice Tea, 20 Ct

## Beverages (Cont'd)

### Celestial Seasonings

- Candy Cane Lane Decaf Tea, 20 Ct
- Chamomile Tea, 20 Ct
- China Pearl White Tea, 20 Ct
- Cinnamon Apple Spice Tea, 20 Ct
- Country Peach Passion
- Decaf Mint Green Tea, 20 Ct
- Goji Berry Pomegranate Green Tea, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Imperial Peach White Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Mint Magic Tea, 20 Ct
- Moroccan Pomegranate Red Tea, 20 Ct
- Nutcracker Sweet Herbal Tea
- Peppermint Tea, 20 Ct
- Red Zinger Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Sleepytime Tea, 40 Ct
- Tension Tamer Tea, 20 Ct
- True Blueberry, 20 Ct

### So Delicious

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

## Bread

### Enjoy Life

- Cinnamon Raisin Bagels
- Original Bagels

### Glutino

- Premium Brown Rice Bread with Inulin
- Premium Brown Rice Bread, Homestyle
- Premium Cinnamon & Raisin Bread
- Premium Fiber Bread

## 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 Vegetarian Baked Beans

## Cereal

### Ancient Harvest

- Organic Quinoa Flakes 12 oz

### Arrowhead Mills

- Maple Buckwheat Organic Flakes
- Organic Rice & Shine Hot Cereal

### Bob's Red Mill

- Gluten Free Mighty Tasty Hot Cereal
- GlutenFree Rolled Oats
- Organic Creamy Buckwheat Hot Cereal

### Enjoy Life

- Cinnamon Crunch Granola
- Very Berry Crunch Granola

### EnviroKidz

- Amazon Frosted Flakes Organic Cereal
- Gorilla Munch Organic Cereal
- Gorilla Munch Organic Cereal, 23 oz
- Koala Crisp Organic Cereal
- Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal
- Peanut Butter Panda Puffs Organic Cereal
- Peanut Butter Panda Puffs Organic Cereal, 25 oz

### Nature's Path

- Organic Crispy Rice Cereal
- Organic Fruit Juice Sweetened Corn Flakes
- Organic Fruit Juice Sweetened Corn Flakes, 26.4 oz
- Organic Honey'd Cornflakes
- Organic Mesa Sunrise Cereal, 26.4 oz
- Organic Whole O's Cereal

## Cheese

### Follow Your Heart

- Vegan Gourmet Cheddar
- Vegan Gourmet Monterey Jack
- Vegan Gourmet Mozzarella Cheese
- Vegan Gourmet Nacho Cheese

## Chips, Pretzels and Snacks

### Arico

- Cassava Chips, Barbecue Bliss
- Cassava Chips, Ginger on Fire
- Cassava Chips, Sea Salt Mist

### Food Should Taste Good

- Buffalo Tortilla Chips 6 oz
- Lime Tortilla Chips 5.5 oz
- Multigrain Tortilla Chips 12 oz
- Potato & Chive Tortilla Chips 5.5 oz
- Sweet Potato Tortilla Chips 6 oz
- The Works! Tortilla Chips 6 oz

### Food Should Taste Good

- Chocolate Tortilla Chips 6 oz
- Jalapeno Tortilla Chips 6 oz
- Multigrain Tortilla Chips 6 oz
- Olive Tortilla Chips 6 oz

### Lundberg Farms

- Organic Brown Rice Cakes
- Organic Koku Seaweed Rice Cakes
- Organic Sea Salt Rice Chips
- Organic Unsalted Brown Rice Cakes
- Organic Wild Rice Cakes
- Pico de Gallo Rice Chips

### Mary's Gone Crackers

- Sticks & Twigs, Sea Salt

### Mr. Krispers

- Baked Rice Krisps, Sea Salt & Pepper

## Condiments

### Follow Your Heart

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

## Condiments (Cont'd)

### Organicville

- Organic Dressing, French
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Ketchup
- Organic Original BBQ Sauce

### Spectrum

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

## Cookies and Snack Bars

### Arico

- Almond Cranberry 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 Happy Apple Cookies
- Soft Baked Lively Lemon Cookies
- 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
- Panda Organic Crispy Rice Bars, Peanut Butter
- Penguin Organic Crispy Rice Bars, Fruity Burst

## Cookies and Snack Bars (Cont'd)

### Glutino

- Breakfast Bars, Apple
- Breakfast Bars, Blueberry

### Jennie's

- Coconut Macaroons

### Pamela's Products

- Peanut Butter Cookies
- Simplebites Ginger Mini Snapz

### WFM Gluten Free Bakehouse

- Molasses Ginger Cookies

## Crackers

### Health Valley

- Rice Bran 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 Monterey Jack
- Vegan Gourmet Mozzarella Cheese
- Vegan Gourmet Nacho Cheese

### So Delicious

- Blueberry Agave Sweetened Soy Yogurt
- Blueberry Cultured Coconut Milk Yogurt
- Chocolate Cultured Coconut Milk Yogurt

## Dairy Alternatives (Cont'd)

### So Delicious

- French Vanilla Coconut Milk Creamer
- Hazelnut Coconut Milk Creamer
- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Creamer
- Original (Plain) Coconut Milk Kefir
- Passionate Mango Cultured Coconut Milk Yogurt
- Pina Colada Cultured Coconut Milk Yogurt
- Plain Agave Sweetened Soy Yogurt
- Plain Cultured Coconut Milk Yogurt
- Raspberry Cultured Coconut Milk Yogurt
- Strawberry Banna Cultured Coconut Milk Yogurt
- Strawberry Coconut Milk Kefir
- Strawberry Cultured Coconut Milk Yogurt
- Unsweetened Coconut Milk Beverage
- Vanilla Agave Sweetened Soy Yogurt
- Vanilla Coconut Milk Beverage
- Vanilla Coconut Milk Kefir
- Vanilla Cultured Coconut Milk Yogurt

### WestSoy

- Organic Soy Beverage, Unsweetened Original 64 oz
- Plus Soy Beverage, Plain 32 oz
- Plus Soy Beverage, Plain 64 oz
- Plus Soy Beverage, Vanilla 32 oz
- Plus Soy Beverage, Vanilla 64 oz

## Deli Style Meats and Cheeses

### Applegate Farms

- Organic Sliced Oven Roasted Chicken
- Sliced Black Forest Ham
- Sliced Honey Maple Turkey
- Sliced Organic Genoa Salami
- Sliced Organic Herb Turkey
- Sliced Organic Oven Roasted Turkey
- Sliced Organic Roast Beef
- Sliced Organic Smoked Chicken
- Sliced Organic Smoked Turkey
- Sliced Organic Uncured Ham
- Sliced Pepperoni
- Sliced Turkey Bologna

## Deli Style Meats and Cheeses (Cont'd)

### Applegate Farms

- Sliced Turkey Salami

## Desserts

### French Meadow Bakery

- Gluten Free Fudge Brownie

## Energy and Nutrition Bars/Drinks

### Bumble Bar

- Chocolate Crisp
- Original with Cashew
- Original with Mixed Nuts
- Original with Peanut

## Entrees and Mixes

### Bob's Red Mill

- Gluten Free Chocolate Cake Mix
- Gluten Free Chocolate Chip Cookie Mix

### Lundberg Farms

- Organic Florentine Risotto
- Organic Tuscan Risotto

### Namaste

- Brownie Mix
- Cookie Mix
- Pizza Crust Mix
- Spice Cake Mix
- Vanilla Cake Mix
- Waffle & Pancake 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

## Ethnic Foods (Cont'd)

### Amy's

- Organic Teriyaki Bowl
- Organic Thai Stir-Fry

### Food Merchants

- Organic Polenta, Traditional
- Organic Quinoa Polenta, Heirloom Red & Black

### Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

## Frozen Foods

### Amy's

- 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 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, Light in Sodium
- Organic Single Serve Non-Dairy Rice Crust Cheeze Pizza
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry
- Organic Tofu Scramble

### Applegate Farms

- Maple Breakfast Sausage
- Organic Turkey Burgers
- Sage Breakfast Sausage

## Frozen Foods (Cont'd)

### French Meadow Bakery

- Gluten Free Chocolate Chip Cookie Dough
- Gluten Free Fudge Brownie

### Gluten Free Cafe

- Asian Noodles

### Ian's Natural Foods

- Chicken Fingers, Allergen Free
- Chicken Patties, Wheat Free Gluten Free
- Ian's Chicken Nuggets, Allergen Free
- Ian's Fish Sticks, Allergen Free
- Lightly Battered Fish, Wheat Free Gluten Free
- Soy Cheesy French Bread Pizza, Wheat Free Gluten Free
- Wafflewich, Egg & Maple Sausage, Wheat Free Gluten Free

### It's Soy Delicious

- Almond Pecan Non-Dairy Frozen Dessert
- Awesome Chocolate Non-Dairy Frozen Dessert
- Chocolate Almond Non-Dairy Frozen Dessert
- Chocolate Peanut Butter Non-Dairy Frozen Dessert
- Raspberry Non-Dairy Frozen Dessert

### Nature's Path

- Organic Buckwheat Wildberry Waffles
- Organic Homestyle Waffles

### Organic So Delicious

- Chocolate Velvet Non-Dairy Frozen Dessert
- Creamy Vanilla Non-Dairy Frozen Dessert
- Mocha Fudge Non-Dairy Frozen Dessert
- Neopolitan Non-Dairy Frozen Dessert

### Purely Decadent

- 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 (Gluten Free) Non-Dairy Frozen Dessert

## Frozen Foods (Cont'd)

### Purely Decadent

Cookie Dough Non-Dairy Frozen Coconut Milk Dessert  
Dulce De Leche Non-Dairy Frozen Dessert  
Mint Chip Non-Dairy Frozen Coconut Milk Dessert  
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  
Purely Vanilla Non-Dairy Frozen Dessert  
Snickerdoodle Non-Dairy Frozen Dessert  
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

### So Delicious

Coconut Almond Bar, Made with Coconut Milk  
Kidz Assorted Fruit Pops  
Orange Passion Fruit Agave Sweetened Fruit Bar  
Strawberry Agave Sweetened Fruit Bar  
Vanilla Bar, Made with Coconut Milk

### Starfish

Crispy Battered Gluten Free Cod  
Crispy Battered Gluten Free Haddock  
Crispy Battered Gluten Free Halibut

### Sweet Nothings

Non-Dairy Fudge Bar

### 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 Countrywild Gourmet Blend Rice  
Eco-Farmed Long Grain 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 Rice

## Jams and Nut Butters

### Arrowhead Mills

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

### Earth Balance

Creamy Natural Almond Butter  
Creamy Natural Peanut Butter  
Crunchy Natural Peanut Butter

## Meat Alternatives

### WestSoy

Firm Tofu, Water-Pack 14 oz  
Soft Tofu, Water-Pack 14 oz

## Meat and Poultry

### Applegate Farms

Chicken Apple Breakfast Sausage  
Maple Breakfast Sausage  
Organic Beef Hot Dogs  
Organic Chicken & Apple Sausage  
Organic Chicken Hot Dogs

## Meat and Poultry (Cont'd)

### Applegate Farms

- Organic Fire Roasted Red Pepper Sausage
- Organic Hot Dogs
- Organic Sliced Sunday Bacon
- Organic Sweet Italian Sausage
- Organic Turkey Burgers
- Organic Turkey Hot Dogs
- Sage Breakfast Sausage
- Sliced Organic Turkey Bacon

### Sausages by Amylu

- Andouille Chicken Sausage
- Apple & Maple Chicken Mini Links
- Breakfast Club Chicken Sausage
- Chicken Weiner
- Chorizo Chicken Sausage
- Cranberry & Cognac Chicken Sausage
- Farmer's Market Breakfast Chicken Sausage
- Harvest Apple Breakfast Chicken Sausage
- Sugarhouse Maple Breakfast Chicken Sausage
- Sun Dried Tomato & Basil Chicken Sausage

## Nuts, Seeds and Dried Fruits

### Bob's Red Mill

- Hulled Hemp Seeds
- Organic Brown Flaxseeds
- Organic Golden Flaxseeds

### Enjoy Life

- Not Nuts! Beach Bash Trail Mix
- Not Nuts! Mountain Mambo Trail Mix

## Pasta

### Ancient Harvest

- Quinoa Supergrain Pasta, Elbows 8 oz
- Quinoa Supergrain Pasta, Garden Pagodas 8 oz
- Quinoa Supergrain Pasta, Rotelle 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 Linguine

## Pasta (Cont'd)

### Bionaturae

- Organic Gluten Free Penne Rigate
- Organic Gluten Free Rigatoni
- Organic Gluten Free Spaghetti

### DeBoles Foods

- Corn Spaghetti
- Multi-Grain Penne
- Multi-Grain Spaghetti
- Rice Fettuccine
- Rice Lasagna
- Rice Spaghetti

### Lundberg Farms

- Organic Brown Rice Penne Pasta
- 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, Light in Sodium

## Prepared Foods

### Food Merchants

- Organic Polenta, Traditional
- Organic Quinoa Polenta, Heirloom Red & Black

## Sauces, Salsas and Dips

### Amy's

- Organic Black Bean & Corn Salsa
- Organic Medium Salsa
- Organic Mild Salsa
- Organic Spicy Chipotle Salsa

### Organicville

- Organic Island Teriyaki
- Organic Medium Salsa
- Organic Mild Salsa
- Organic Sesame Teriyaki

## 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 Southwestern Black Bean Chili
- Organic Spicy Chili
- Organic Spicy Chili, Light in Sodium
- Organic Split Pea Soup
- Organic Split Pea Soup, Light in Sodium
- Organic Thai Coconut Soup (Tom Kha Phak)
- Organic Tuscan Bean & Rice Soup

### Imagine Foods

- Broccoli Soup 32 oz
- Butternut Squash Soup 16 oz
- Butternut Squash Soup 32 oz
- Chicken Broth 16 oz
- Creamy Tomato Soup 16 oz
- Free Range Chicken Broth 32 oz
- No Chicken Broth 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 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

## Soups (Cont'd)

### Imagine Foods

- Tomato Basil Soup 32 oz
- Vegetable Broth 16 oz

## Sweeteners

### Lundberg Farms

- Brown Rice Syrup
- Organic Brown Rice Syrup