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Banana Cream Layer Cake

Makes: 12 servings

Active time: 45 minutes | **Total:** 2½ hours

To make ahead: Prepare through Step 3. Wrap the cooled layers in plastic and store at room temperature for up to 1 day.

 Heart Health  Diabetes  Weight Loss  Gluten Free

Here we layer delicate banana-buttermilk cake with a fluffy Bavarian-style cream that's made low-fat by combining nonfat milk with a reasonable amount of whipping cream. The rich taste makes it hard to believe that this cake has only 300 calories and 3 grams of saturated fat per slice.

Cake

- 2 large eggs**
- 1 cup sugar**
- ⅓ cup canola oil**
- 1½ cups mashed very ripe bananas (about 3), plus 2 whole bananas, divided**
- ½ cup nonfat buttermilk (see *Tips*, page 3)**
- 1 teaspoon vanilla extract**
- 1 cup whole-wheat pastry flour (see *Tips*, page 3)**
- 1 cup all-purpose flour**
- 1 teaspoon baking powder**
- ½ teaspoon baking soda**
- ½ teaspoon salt**

Bavarian Cream

- ¾ cup low-fat milk**
- 1 teaspoon unflavored gelatin**
- 2 tablespoons sugar**
- ½ teaspoon vanilla extract**
- ½ cup whipping cream**

1. To prepare cake: Preheat oven to 375°F. Coat two 9-inch round cake pans with cooking spray and line the bottoms with wax paper or parchment paper.

2. Whisk eggs, 1 cup sugar and oil in a large bowl. Stir in mashed bananas, buttermilk and 1 teaspoon vanilla. Stir whole-wheat flour, all-purpose flour, baking powder, baking soda and salt in a medium bowl. Add to the banana mixture and fold in just until blended. Divide the batter between the pans.

3. Bake the cake until the tops spring back

when touched lightly, 20 to 25 minutes. Let cool for 5 minutes, then turn out onto a wire rack and let cool completely.

4. To prepare Bavarian cream: Place milk in a small saucepan, sprinkle gelatin over the milk and let stand for 1 minute to soften. Stir in 2 tablespoons sugar and heat over medium heat, stirring to dissolve the gelatin. Stir in ½ teaspoon vanilla and transfer to a medium bowl. Refrigerate, stirring occasionally, until the mixture has thickened to the consistency of raw egg whites, 40 to 45 minutes.

5. Beat whipping cream until soft peaks form. Whisk one-third of the whipped cream into the milk mixture. Fold in the remaining cream. Refrigerate until set and thickened to the consistency of whipped cream again, about 1 hour.

6. To assemble cake: Shortly before serving, place 1 cake layer on a serving plate and spread half the Bavarian cream over it. Peel and slice the remaining bananas; arrange half the slices evenly over the cream. Top with the second cake layer. Spread the remaining cream over the cake and arrange the remaining banana slices decoratively over the top.

Per serving: 300 calories; 11 g fat (3 g sat, 5 g mono); 47 mg cholesterol; 47 g carbohydrate; 5 g protein; 3 g fiber; 229 mg sodium; 204 mg potassium.

Carbohydrate Servings: 3½

Exchanges: 1 starch, ½ fruit, 1½ other carbohydrate, 2 fat



One-Bowl Chocolate Cake

Makes: 12 servings

Active time: 25 minutes | **Total:** 1 hour 5 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

This easy-to-make chocolate cake is dark, moist, rich—and only dirties one bowl! Not quite as easy as boxed cake mixes, but those often contain trans fats. Our simple “from scratch” recipe gives you a home-baked cake with healthful canola oil and whole-wheat flour.

- ¾ cup plus 2 tablespoons whole-wheat pastry flour (see *Tips*)**
- ½ cup granulated sugar**
- ⅓ cup unsweetened cocoa powder**
- 1 teaspoon baking powder**
- 1 teaspoon baking soda**
- ¼ teaspoon salt**
- ½ cup nonfat buttermilk (see *Tips*)**
- ½ cup packed light brown sugar**
- 1 large egg, lightly beaten**
- 2 tablespoons canola oil**
- 1 teaspoon vanilla extract**
- ½ cup hot strong black coffee**
- Confectioners’ sugar for dusting**

1. Preheat oven to 350°F. Coat a 9-inch round cake pan with cooking spray. Line the pan with a circle of wax paper.
2. Whisk flour, granulated sugar, cocoa, baking powder, baking soda and salt in a large bowl. Add buttermilk, brown sugar, egg, oil and vanilla. Beat with an electric mixer on medium speed for 2 minutes. Add hot coffee and beat to blend. (The batter will be quite thin.) Pour the batter into the prepared pan.
3. Bake the cake until a skewer inserted in the

center comes out clean, 30 to 35 minutes. Cool in the pan on a wire rack for 10 minutes; remove from the pan, peel off the wax paper and let cool completely. Dust the top with confectioners’ sugar before slicing.

Per serving: 139 calories; 3 g fat (1 g sat, 2 g mono); 18 mg cholesterol; 26 g carbohydrate; 18 g added sugars; 2 g protein; 2 g fiber; 212 mg sodium; 60 mg potassium.

Carbohydrate Servings: 1½

Exchanges: 1½ other carbohydrate

Tips:

Whole-wheat pastry flour is milled from soft wheat. It contains less gluten than regular whole-wheat flour and helps ensure a tender result in delicate baked goods while providing the nutritional benefits of whole grains. Available in large supermarkets and in natural-foods stores. Store in the freezer.

No buttermilk? You can use buttermilk powder prepared according to package directions. Or make “sour milk”: Mix 1 tablespoon lemon juice or vinegar to 1 cup milk.



Carrot Cake

Makes: 16 servings

Active time: 30 minutes | **Total:** 1 hour 10 minutes (plus 1 hour cooling time)

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Carrots give carrot cake a health-halo effect—people think it's health food, but it's usually very high in fat and calories. But our version has about 40 percent less calories and 50 percent less fat than most. First, we use less oil in our batter. Then we skip the butter in the frosting (don't worry, it's still light and smooth). To ensure the cake is moist, we add nonfat buttermilk and crushed pineapple.

Cake

- 1 20-ounce can crushed pineapple
- 2 cups whole-wheat pastry flour (see *Tips, page 3*)
- 2 teaspoons baking soda
- $\frac{1}{2}$ teaspoon salt
- 2 teaspoons ground cinnamon
- 3 large eggs
- $1\frac{1}{2}$ cups granulated sugar
- $\frac{3}{4}$ cup nonfat buttermilk (see *Tips, page 3*)
- $\frac{1}{2}$ cup canola oil
- 1 teaspoon vanilla extract
- 2 cups grated carrots (4-6 medium)
- $\frac{1}{4}$ cup unsweetened flaked coconut
- $\frac{1}{2}$ cup chopped walnuts, toasted (see *Tip*)

Frosting

- 12 ounces reduced-fat cream cheese (Neufchâtel), softened
- $\frac{1}{2}$ cup confectioners' sugar, sifted
- $1\frac{1}{2}$ teaspoons vanilla extract
- 2 tablespoons coconut chips (see *Tip*) or flaked coconut, toasted

carrots and $\frac{1}{4}$ cup coconut. Add the dry ingredients and mix with a rubber spatula just until blended. Stir in the nuts. Scrape the batter into the prepared pan, spreading evenly.

4. Bake the cake until the top springs back when touched lightly and a skewer inserted in the center comes out clean, 40 to 45 minutes. Let cool completely on a wire rack.

5. **To prepare frosting and finish cake:** Beat cream cheese, confectioners' sugar and vanilla in a mixing bowl with an electric mixer until smooth and creamy. Spread the frosting over the cooled cake. Sprinkle with toasted coconut.

Per serving: 342 calories; 17 g fat (5 g sat, 7 g mono); 56 mg cholesterol; 43 g carbohydrate; 6 g protein; 3 g fiber; 349 mg sodium; 150 mg potassium. **Nutrition bonus:** Vitamin A (40% daily value), Fiber (12% dv).

Carbohydrate Servings: 3

Exchanges: $2\frac{1}{2}$ other carbohydrate, $\frac{1}{2}$ vegetable, 3 fat

Tip:

Large thin flakes of dried coconut called coconut chips make attractive garnishes. Find them in the produce section of large supermarkets or at melissas.com.

To toast chopped walnuts and coconut chips, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 5 minutes.

Pineapple-Coconut Layer Cake

Makes: 16 servings

Active time: 1¼ hours | **Total:** 2½ hours | **Equipment:** Two 9-inch round cake pans

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In this stunning dessert, two layers of coconut cake, made with white whole-wheat flour for extra nutrition, are filled with sweet pineapple curd and topped with creamy coconut frosting, chunks of fresh pineapple and toasted coconut.

Cake

- 1½ cups cake flour
- 1 cup whole-wheat flour, preferably white whole-wheat (see *Tip*, page 9)
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ¾ cup granulated sugar
- ½ cup honey
- ⅓ cup canola oil
- 3 tablespoons butter, melted
- ¾ cup nonfat buttermilk or milk
- 2 tablespoons coconut rum or dark rum
- 2 teaspoons coconut extract
- 3 large eggs, separated (reserve 2 yolks for pineapple curd)

Pineapple Curd

- 2 large egg yolks
- 1 6-ounce can pineapple juice (¾ cup)
- ¼ cup granulated sugar
- 5 teaspoons cornstarch

Frosting & Garnish

- 12 ounces reduced-fat cream cheese (Neufchâtel), at room temperature
- ⅓ cup confectioners' sugar, sifted
- 1 teaspoon coconut extract or rum
- Pinch of salt
- 1½ cups finely diced fresh pineapple, divided
- 2 tablespoons toasted coconut (see *Tip*)

1. To prepare cake: Preheat oven to 350°F. Coat two 9-inch cake pans with cooking spray.

2. Sift cake flour, whole-wheat flour, baking powder and ¼ teaspoon salt into a medium bowl. Beat ¾ cup sugar, honey, oil and melted butter in a large bowl with an electric mixer on medium speed until well blended. Whisk buttermilk (or milk), rum and coconut extract in a small bowl. With the mixer on low speed, alternately mix the dry ingredients and the wet ingredients into the sugar mixture, starting and ending with dry ingredients and scraping the sides of the bowl as needed, until just combined.

3. Clean and dry the beaters. Beat 3 egg whites in a medium bowl with the electric mixer on medium-high until soft peaks form. Gently fold the whites into the batter in two additions until just combined. Divide the batter between the prepared pans, spreading to the edges.

4. Bake the cake until a toothpick inserted in the center comes out clean, 26 to 30 minutes. Cool in the pans on a wire rack for 10 minutes. Turn out and let cool to room temperature, about 1 hour.

5. To prepare curd: Whisk 2 egg yolks, pineapple juice, ¼ cup sugar and cornstarch in a small saucepan. Cook over medium-low heat, whisking constantly, until thick and begin-

ning to bubble, 3 to 5 minutes. Let cool completely.

6. To prepare frosting & assemble cake: Beat cream cheese, confectioners' sugar, extract (or rum) and a pinch of salt in a medium bowl with an electric mixer until smooth and creamy.

7. Place one cake layer, top-side down, on a cake stand or plate. Spread evenly with the pineapple curd, stopping just short of the edge. Scatter ½ cup diced pineapple over the curd. Place the remaining layer, top-side up, on top. Spread the frosting over the top and sides. Decorate the top with the remaining 1 cup pineapple and toasted coconut.

Per serving: 318 calories; 13 g fat (5 g sat, 5 g mono); 45 mg cholesterol; 46 g carbohydrate; 24 g added sugars; 6 g protein; 1 g fiber; 203 mg sodium; 113 mg potassium. **Nutrition bonus:** Vitamin C (15% daily value).

Tip: Toast coconut in a small dry skillet over medium-low heat until golden, stirring often, about 5 minutes.





Tip: To toast whole almonds, spread on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes. To toast sliced almonds, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Flourless Honey-Almond Cake

Makes: 10 servings

Active time: 20 minutes | **Total:** 2 hours

To make ahead: Store the cooled cake airtight at room temperature for up to 1 day. Drizzle with honey and sprinkle with almonds just before serving.

Equipment: 9-inch springform pan, parchment paper

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

Honey and almonds flavor this simple (and gluten-free) cake. It's lovely for afternoon tea or a spring holiday dessert. Be careful not to overbeat the egg whites—they should be white and very foamy, but not at all stiff or able to hold peaks. If you beat them too much, the cake may sink in the middle as it cools.

Cake

- 1½ cups whole almonds, toasted (see Tip)**
- 4 large eggs, at room temperature (see Note), separated**
- ½ cup honey**
- 1 teaspoon vanilla extract**
- ½ teaspoon baking soda**
- ½ teaspoon salt**

Topping

- 2 tablespoons honey**
- ¼ cup sliced almonds, toasted (see Tip)**

1. Preheat oven to 350°F. Coat a 9-inch springform pan with cooking spray. Line the bottom with parchment paper and spray the paper.
2. Process whole almonds in a food processor or blender until finely ground (you will have about 1¼ cups ground). Beat 4 egg yolks, ½ cup honey, vanilla, baking soda and salt in a large mixing bowl with an electric mixer (or use a paddle attachment on a stand mixer) on medium speed until well combined. Add the ground almonds and beat on low until combined.
3. Beat 4 egg whites in another large bowl with the electric mixer (use clean beaters on a hand-held mixer or the whisk attachment on a stand mixer) on medium speed until very foamy, white and doubled in volume, but not stiff enough to hold peaks, 1 to 2 minutes (de-

pending on the type of mixer). Using a rubber spatula, gently fold the egg whites into the nut mixture until just combined. Scrape the batter into the prepared pan.

4. Bake the cake until golden brown and a skewer inserted into the center comes out clean, about 28 minutes. Let cool in the pan for 10 minutes. Run a knife around the edge of the pan and gently remove the side ring. Let cool completely.

5. If desired, remove the cake from the pan bottom by gently sliding a large, wide spatula between the cake and the parchment paper. Carefully transfer the cake to a serving platter. To serve, drizzle the top of the cake with honey and sprinkle with sliced almonds.

Per serving: 234 calories; 14 g fat (1 g sat, 8 g mono); 85 mg cholesterol; 22 g carbohydrate; 16 g added sugars; 8 g protein; 3 g fiber; 208 mg sodium; 54 mg potassium.

Carbohydrate Servings: 1½

Exchanges: 1½ carbohydrates (other), 3 fat

Note: Eggs must be at room temperature for the proteins to unwind enough to support the cake's crumb. Either set the eggs out on the counter for 15 minutes or submerge them in their shells in a bowl of lukewarm (not hot) water for 5 minutes before using.

Tip: Look for instant espresso powder near the other instant coffee in well-stocked supermarkets.

Coffee-Streusel Bundt Cake

Makes: 16 servings

Active time: 35 minutes | **Total:** 3½ hours (including 2 hours cooling time)

To make ahead: Loosely wrap the cooled cake and store at room temperature for up to 1 day. Glaze just before serving. | **Equipment:** 10-cup Bundt pan or tube pan

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Can you really have too much of a good thing when it comes to the combination of coffee and cake? Here, we've created a lighter but still moist and rich Bundt cake, added a ribbon of hazelnut-coffee streusel inside and a drizzle of coffee glaze on top. To say it tastes great with a good cup of coffee is an understatement. (Recipe by Joyce Hendley for EatingWell.)

Streusel Filling

- 3 tablespoons all-purpose flour
- 3 tablespoons dark brown sugar
- 3 tablespoons chopped hazelnuts
- 2 tablespoons instant espresso powder (see Tip)
- 1 tablespoon butter, melted

Cake

- 1½ cups white whole-wheat flour (see Tip, page 9)
- 1½ cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 1½ cups reduced-fat sour cream or low-fat plain yogurt
- 1 teaspoon vanilla extract
- 4 tablespoons unsalted butter, softened
- ¼ cup canola oil
- 2 cups granulated sugar
- 2 large eggs
- 2 large egg whites

Glaze

- ½ cup packed confectioners' sugar
- 1 teaspoon instant espresso powder mixed with 2 tablespoons hot water or 2 tablespoons brewed coffee
- 1 tablespoon chopped hazelnuts for garnish

1. Preheat oven to 350°F. Coat a 10-cup Bundt pan or tube pan with cooking spray.

2. **To prepare streusel:** Combine 3 tablespoons each all-purpose flour, brown sugar and hazelnuts, 2 table-

spoons espresso powder and melted butter in a small bowl.

3. **To prepare cake:** Whisk white-whole wheat flour, all-purpose flour, baking powder, salt and baking soda in a medium bowl. Stir together sour cream (or yogurt) and vanilla in a small bowl.

4. Beat butter, oil and granulated sugar in a large mixing bowl with an electric mixer on medium-high speed until well combined. Add eggs and egg whites, beating after each addition until just incorporated. Add the dry ingredients alternately with the sour cream (or yogurt) mixture, starting and ending with the dry ingredients and beating on low speed just until incorporated after each addition, scraping down the sides as necessary.

5. Spoon half the batter into the prepared pan and sprinkle evenly with the reserved streusel. Top with the remaining batter and smooth the top.

6. Bake the cake until a toothpick inserted in the center comes out clean, 50 minutes to 1 hour. Cool in the pan for 15 minutes, then turn out onto a wire rack to cool completely.

7. **To prepare glaze:** Place confectioners' sugar in a small bowl. Add 1 tablespoon espresso mixture (or coffee) and stir until smooth. Add up to 1 tablespoon more of the liquid to thin the glaze to desired consistency. Drizzle the glaze over the cooled cake. Garnish with chopped hazelnuts, if desired.

Per serving: 321 calories; 12 g fat (5 g sat, 5 g mono); 45 mg cholesterol; 51 g carbohydrate; 30 g added sugars; 5 g protein; 2 g fiber; 149 mg sodium; 105 mg potassium.



Tip: When we call for lemon zest, we are referring to the finely grated outer rind (not including the white pith) of the lemon. Use a microplane grater or the smallest holes of a box grater to grate the zest.

Lemon Pound Cake

Makes: 12 servings

Active time: 45 minutes | **Total:** 3½ hours (including cooling time)

To make ahead: Using toothpicks to hold the plastic wrap away from the glaze, loosely wrap the cake and store at room temperature for up to 1 day. | **Equipment:** Loaf pan

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

This wonderful rich, sweet lemon pound cake is downright zingy and the candied lemon slices are a beautiful bittersweet topping that's better than frosting. The best part, though: when you taste it you won't miss all the butter we cut out compared with a traditional pound cake recipe.

- 1 cup whole-wheat pastry flour or white whole-wheat flour (see Tips, page 3 & 9)**
- ¾ cup all-purpose flour**
- 2 teaspoons baking powder**
- ¼ teaspoon salt**
- 3 large lemons, divided**
- 1¼ cups sugar, divided**
- 3 ounces reduced-fat cream cheese (Neufchâtel), at room temperature**
- 2 tablespoons butter, at room temperature**
- 3 large egg whites, at room temperature (see Note, page 6)**
- 1 large egg, at room temperature**
- ½ cup reduced-fat milk**

1. Preheat oven to 350°F. Coat a 9-by-5-inch (or similar-size) loaf pan with cooking spray; dust with flour and tap out any excess.
2. Sift whole-wheat flour, all-purpose flour, baking powder and salt together into a medium bowl.
3. Finely grate 2 tablespoons zest from 2 of the lemons (see Tip, left); set the lemons aside. Beat ¾ cup sugar, cream cheese, butter and the zest in a large bowl with an electric mixer on medium-high speed until light and fluffy, about 2 minutes. Beat in egg whites, one at a time, beating well after each addition. Add the egg and beat well. Reduce speed to medium and beat in milk; the mixture will look curdled.
4. Reduce the mixer speed to low and add the flour mixture in 2 batches, beating just until combined and scraping down the sides of the

bowl as necessary. Transfer the batter to the prepared pan and smooth the top with a rubber spatula.

5. Bake the cake until a wooden skewer inserted in the center comes out clean, 45 to 50 minutes. Cool in the pan on a wire rack for 15 minutes. Run a knife around the sides and turn the cake out onto the rack.

6. While the cake is cooling, squeeze 5 tablespoons juice from the zested lemons. Trim the ends off the remaining whole lemon and very thinly slice; discard any seeds. Heat the lemon juice and remaining ½ cup sugar in a small non-stick skillet over medium heat, stirring until the sugar is dissolved. Add the lemon slices and cook, stirring frequently, until softened, about 5 minutes. Reduce heat to maintain a simmer. Use a fork to transfer the lemon slices to a bowl. Continue simmering the syrup until slightly thickened and beginning to turn golden yellow, 2 to 4 minutes.

7. Set the rack over a rimmed baking sheet. Poke holes all over the top of the warm cake with a wooden skewer, 1½ to 2 inches deep. Spoon the glaze over the cake, poking more holes if the glaze does not sink in. Arrange the lemon slices on top. Let the cake cool completely before slicing.

Per serving: 197 calories; 4 g fat (2 g sat, 1 g mono); 25 mg cholesterol; 36 g carbohydrate, 21 g added sugars, 4 g protein; 1 g fiber; 199 mg sodium; 68 mg potassium.



Strawberry-Rhubarb Upside-Down Cake

Makes: 10 servings

Active time: 30 minutes | **Total:** 3 hours 20 minutes (including cooling time)

Equipment: 9-inch round cake pan

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This strawberry and rhubarb upside-down cake recipe highlights how delicious strawberries and rhubarb taste together. If you can't find rhubarb, substitute an equal amount of any kind of berry or even fresh figs. This upside-down cake still tastes great the next day when the juiciness of the fruit has had time to marry with the moist olive oil cake. Serve with a scoop of vanilla Greek yogurt or vanilla ice cream.

- 1 cup sliced fresh rhubarb
- $\frac{3}{4}$ cup orange juice, preferably fresh-squeezed, divided
- 3 tablespoons granulated sugar
- $2\frac{1}{2}$ cups sliced strawberries
- 3 large eggs
- $\frac{2}{3}$ cup extra-virgin olive oil
- $\frac{3}{4}$ cup packed light brown sugar
- 1 tablespoon freshly grated orange zest
- 2 teaspoons vanilla extract
- $1\frac{1}{2}$ cups white whole-wheat flour (see *Tip*) or all-purpose flour
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt

1. Preheat oven to 350°F. Generously coat a 9-inch round cake pan with olive oil.
2. Combine rhubarb, $\frac{1}{4}$ cup orange juice and granulated sugar in a medium bowl and let stand, mixing occasionally, for 20 minutes. Add strawberries; stir to combine. Spread the fruit mixture in the prepared pan.
3. Whisk eggs, oil, brown sugar, orange zest, vanilla and the remaining $\frac{1}{2}$ cup orange juice in a large bowl. Whisk flour, baking powder and salt in a medium bowl. Gradually stir the dry

ingredients into the wet ingredients. Do not overmix. Spoon the cake batter on top of the fruit mixture.

4. Bake until a toothpick inserted in the center of the cake layer comes out dry, 40 to 50 minutes.
5. Run a knife around the outside of the pan and shake it a bit to loosen the bottom. Invert the cake onto a serving plate and remove the pan. Let the cake cool to room temperature before serving, about 2 hours.

Per serving: 321 calories; 17 g fat (3 g sat, 12 g mono); 56 mg cholesterol; 40 g carbohydrate; 20 g added sugars; 5 g protein; 3 g fiber; 241 mg sodium; 205 mg potassium.

Nutrition bonus: Vitamin C (59% daily value), Iron (17% dv).

Tip: White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat flour. It is available at large supermarkets and natural-foods stores and online at bobsredmill.com or kingarthurfLOUR.com. Store it in the freezer.

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 **Diabetes** is low in calories and meets limits for Carbohydrate Servings.

 **Weight Loss** has reduced calories (and limited saturated fat).

 **Gluten Free** does not contain wheat, rye, barley or oats.
(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)

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