



Justin's Nut Butter highlighted as a *Gluten-Free Must-Have* in

Clean Eating
Improving your life one meal at a time.

These creamy, gluten- and dairy-free nut butters, devoid of additives, use sustainable palm fruit oil. Must-try: Chocolate Hazelnut!



Clean Eating, March 2012

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B Breakfast Rice "Pudding" Bowls

Breakfast Rice "Pudding" Bowls

Serves 4. Hands-on time: 5 minutes. Total time: 20 minutes.

Infused with sweet maple syrup and aromatic cinnamon, this bowl is packed with wholesome ingredients and is a cinch to make.

INGREDIENTS:

- 1 cup brown rice
- 2 tsp ground cinnamon
- 1 tbsp safflower oil
- 1/2 tsp finely grated orange zest
- 1/4 tsp sea salt
- 1/4 cup skim milk
- 4 tsp pure maple syrup
- 1/2 tsp pure vanilla extract

INSTRUCTIONS:

ONE: Cook rice according to package directions, in a medium bowl, combine rice, oil, cinnamon, orange zest and salt. Divide among serving bowls.

TWO: In a small saucepan, bring milk and maple syrup to a boil on medium heat. Remove from heat and stir in vanilla and stevia. Drizzle over top of rice mixture and top with cherries, dividing evenly.

Nutrients per 1-cup serving:
Calories: 213, Total Fat: 1 g, Sat. Fat: 0.5 g, Monounsaturated Fat: 0 g, Polyunsaturated Fat: 1 g, Carbs: 48 g, Fiber: 4 g, Sugar: 8 g, Protein: 8 g, Sodium: 136 mg, Cholesterol: 0 mg

Nutritional Bonus:
Switching from white rice to brown is a great way to up your fiber intake. That's because many nutri-

Your Gluten-Free MUST-HAVES

We scoured the market for the very best CE-approved gluten-free goods. Here's what passed our picky palate taste test.

BAKERY ON MAIN
Bakery On Main's gluten-free instant oatmeal boasts amaranth, flax, chia seeds and quinoa to up the nutritional ante with extra protein and fiber. \$6. bakeryonmain.com

LUNDBERG
For a super-satisfying snack, sans gluten, try these rice chips in Cracked Black Pepper flavor—a great dipper for clean salsa! \$3. lundberg.com for retail locations

JUSTIN'S NUT BUTTERS
These creamy, gluten- and dairy-free nut butters, devoid of additives, use sustainable palm fruit oil. Must-try: Chocolate Hazelnut. \$10. justinsnutbutter.com

BOB'S RED MILL
Our favorite white-bearded Bob has lots of GF options, such as combined mix, pizza crust mix and black bean flour. bobsredmill.com for prices and retail locations

MARY'S GONE CRACKERS
These vegan crackers owe their nutty flavor to a base of organic, non-GMO quinoa, brown rice, flax seeds and sesame seeds. Try Caraway flavor! \$5. shoporganic.com

NOGILI HIGH PROTEIN BAR
With 20 grams of protein and not a microgram of gluten, this peanut butter & chocolate-flavored bar is perfect for refueling on the go. \$40 (box of 12), nogili.com