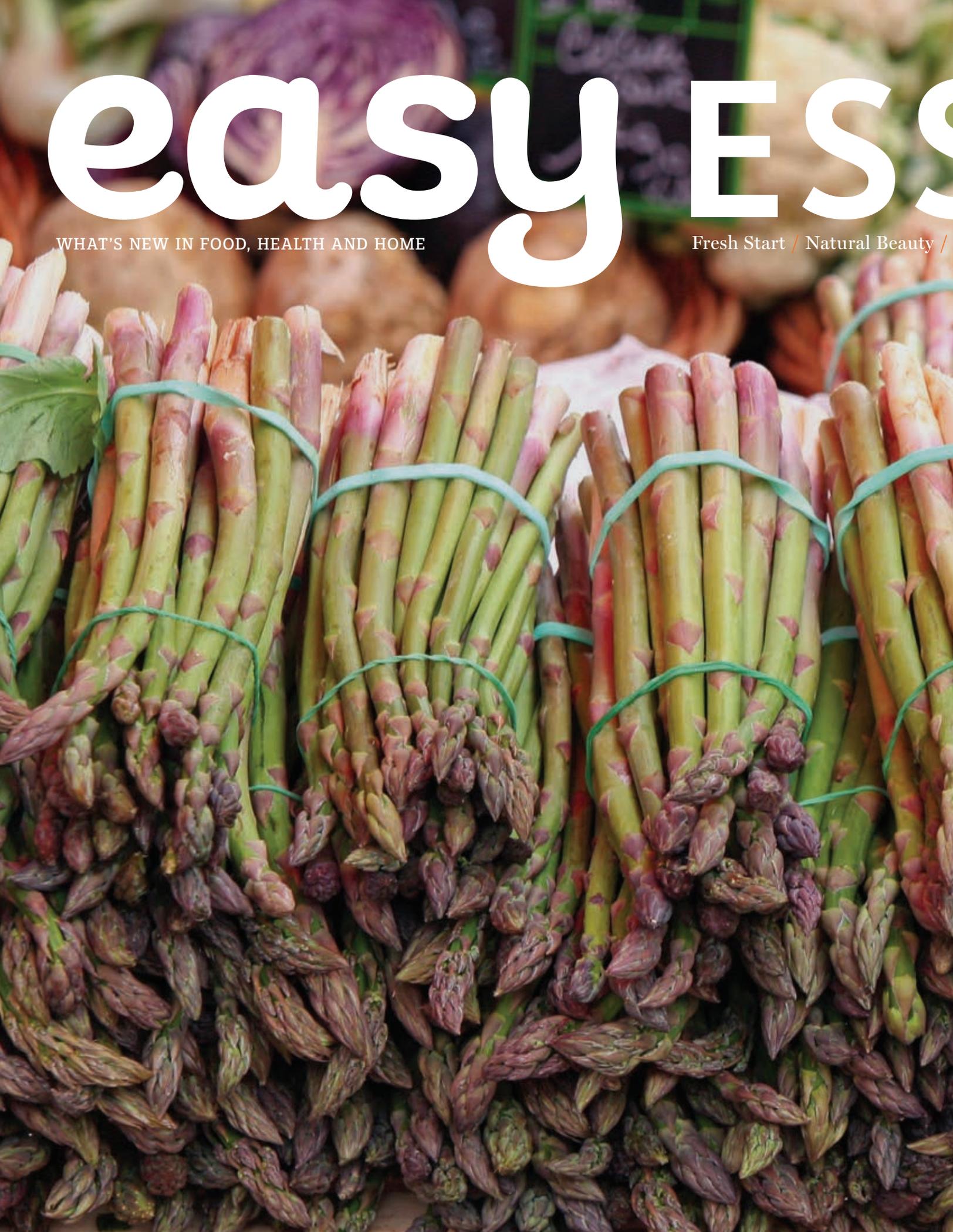


# easy ESS

WHAT'S NEW IN FOOD, HEALTH AND HOME

Fresh Start / Natural Beauty /



# SENTIALS

5-Minute Expert / Treat Yourself / Open Book / Added Value / Taste Test



FRESH START

## Stalk This Way

With its beautiful color and satisfying snap, asparagus delivers a taste of spring.

—AMY HOWARD

# Grilled Asparagus Salad with Lemon Parmesan Vinaigrette



**BUY** You might see asparagus in the supermarket year round, but it's really only in season during spring and summer. While there are over 300 kinds of asparagus, people are most familiar with the green or white varieties. No matter the color, choose spears and bunches that are roughly the same size to ensure even cooking. The tips should look clean and the stalks should be firm.

**STORE** Wrap the ends in a damp paper towel and store in the refrigerator for up to two days.

**PREPARE** Bend green asparagus at the base to snap off the woody ends. For especially thick stalks and white asparagus, peel the bottom inch of the end using a peeler.

**HISTORY** Asparagus was first cultivated in Greece about 2,000 years ago.

**FUN FACT** The German town of Schwetzingen claims to be the “Asparagus Capital of the World,” and holds an annual *Spargel* (Asparagus) Festival in May. The person who grows the heaviest stalk is named the Spargel King or Queen.

**GOOD TO KNOW** A ½ cup of asparagus contains 60 percent of the recommended daily intake of folic acid, which can prevent heart disease and aid in pregnancy.



## Instant Gratification

### 13 ways to enjoy asparagus now.

1. Swap the asparagus for the spinach in eggs Florentine or add to eggs Benedict.
2. Throw blanched asparagus into a cold antipasto platter.
3. Add chopped asparagus to cooked rice. Toss with lemon juice, olive oil, salt and pepper and serve as a side dish.
4. Top a gluten-free pizza crust with asparagus and speck.
5. Add asparagus to your stir-fry dishes during the last two minutes of cooking.
6. Sprinkle with olive oil, Parmesan, salt and pepper and roast at 350° for 10 minutes.
7. Make a frittata with asparagus, onions and peppers.
8. Blend asparagus into your carrot juice for an added diuretic.
9. Stuff pounded chicken breasts with trimmed asparagus stalks and cream cheese and bake at 350° for 25 minutes.
10. Wrap bacon strips around asparagus pieces and bake at 350° until bacon is crisp, about 10 minutes.
11. Toss chopped asparagus with your favorite gluten-free pasta with alfredo sauce.
12. Garnish deviled eggs with asparagus spears, then sprinkle with paprika.
13. Stir chopped, roasted asparagus into your favorite potato salad recipe.

## Nature's Pharmacy

The season's produce isn't just delicious — experts believe it can make you feel better, too.



### Apricots

This stone fruit contains antioxidant compounds that aid in heart health and are a good source of fiber.



### Arugula

Also known as rocket, this popular leafy salad green is a rich source of phytochemicals that may protect against some types of cancer.



### Chives

Chives are not just for topping baked potatoes. They offer the health benefits of Allicin and may improve cholesterol levels.



### Fava Beans

A 1 cup serving of these broad, oval beans contains 9 grams of dietary fiber and 13 grams of protein. Use them as a meat alternative.



### Fiddleheads

Their arrival is a sure sign of spring, plus they provide vitamin C, niacin and potassium. Snap them up while they're available.



### Jackfruit

One of the few fruits high in vitamin B., jackfruit is also an great source of fiber, and is high in vitamin C to help boost the immune system.



### Lemons

You know lemons help with colds and the flu, but did you know they can also aid in digestion and are high in heart-healthy potassium?



### Mango

One mango offers as much vitamin C as an orange and may contain up to 40 percent of your daily fiber requirement.



### Morels

An easy-to-spot mushroom, morels provide antioxidants that may prevent diseases. A 1 cup serving provides 2 grams of fiber.



### Parsley

Not just for garnishing, parsley can be added to salads and other dishes. It is rich in luteolin and vitamin C, which have anti-inflammatory properties.



### Pineapple

This fruit contains bromelain, a proteolytic enzyme that digests food by breaking down protein. It also has anti-inflammatory, anti-clotting and anti-cancer properties.



### Radish

Radishes can be eaten raw, pickled or cooked and are packed with vitamins and minerals. They are also a diuretic and may help with urinary and kidney disorders.



### Rhubarb

This vegetable is 95 percent water and high in fiber and Vitamin C. The whole plant is used in everything from tea to hair color.



### Ramps

This delicate spring onion is similar to leeks. It's high in Vitamins A and E, and minerals that help metabolise fats and carbohydrates.



### Spinach

Each serving is packed with vitamins, minerals and fiber, plus two anti-inflammatory carotenoids that can aid against arthritis.



### Watercress

The member of the cabbage family contains significant amounts of iron, calcium, and Vitamins A and C. It also has anti-cancer benefits.

# Introducing Udi's Gluten Free ANCIENT GRAIN BREADS

Packed with fiber, protein,  
anti-oxidants, and 375 mg  
of Omegas 3/6/9

At least 6g Fiber and 5g Protein  
per serving

Certified Gluten-Free, Soy-Free, Nut-Free  
No artificial flavors, colors,  
or synthetic additives

## MILLET CHIA BREAD OMEGA FLAX & FIBER BREAD

Amidst the complexities of modern life, we returned to the land for inspiration. Baked with hearty ancient grains, these breads contain a wholesome balance of nutrients, vitamins, and deliciously earthy flavors.



[www.udisglutenfree.com](http://www.udisglutenfree.com)

## Face Forward

It doesn't get much better than a spa facial when you need to slough away dry winter skin in preparation for greater sunlight hours. Clients of Rachel Tolve's Mod Vellum in San Francisco swear by her facials for smoothing out fine lines and rough spots, leaving their skin glowing and refreshed. Here, Tolve recommends five steps, and the accompanying gluten-free products, for a DIY end-of-the-day facial to help you welcome spring feeling recharged. —**JACQUELINE RAPOSO**



### Step 1: Cleanse

**TOTAL TIME = 10 MINUTES**

Cleansers take a bit longer than we realize to penetrate and soften the skin so that impurities can be washed away. Use room-temperature water to apply a cooling, gentle cleanser. Massage into skin for about 2 ½ minutes, avoiding the eye area. Repeat three times, rinsing between applications.



#### SUKI CREAMY FOAMING CLEANSER

This creamy cleanser is full of antioxidants like ginger and acai, and loaded with nourishing shea butter and oils of coconut, sunflower, sesame and jojoba. (\$32.95 for 4 fl. oz.; [sukiskincare.com](http://sukiskincare.com))



### Step 2: Peel

**TOTAL TIME = 25 MINUTES**

Next, apply a gentle tonic with natural exfoliating beads. Pat gently onto skin, avoiding the eye area, and let it absorb for 2 ½ minutes. Do not rinse. Apply nine more times, for 25 minutes total. You should feel a mild to medium sting, but no burn. Use the same product as a daily toner after cleansing.



#### PURITY BALANCE FROM COSMEDIK

This nourishing tonic soothes and cools cranky skin, clearing impurities with some of nature's finest ingredients. (\$34 for 100 ml; [cosmedix.com](http://cosmedix.com))

EXTRA  
SKINCARE  
TIPS

## Step 3: Exfoliate

TOTAL TIME = 15 MINUTES

Loosen dead skin cells lifted by the peel by massaging an exfoliating scrub into skin for five minutes, stopping if you feel any stinging or heat. Let rest on skin for 10 minutes, then rinse.

### “SIR ACTIVE” FROM CIRCUIT COSMECEUTICALS

Jojoba beads and volcanic Zeolites clear away impurities, revealing younger, healthier skin. (\$48 for 4 oz.; [circuitskin.com](http://circuitskin.com))



## Step 4: Mask

A gentle but penetrating mask gets deep into the fine lines and uneven skin tone opened up from the first three steps. Cover face with mask, leave on skin for 15 minutes (or until tight), then take a warm shower to rinse away all elements.

### ROSE FACE MASK FROM FRESH

This extremely luxurious mask is infused with real roses to hydrate and gently soothe the skin, reducing redness and irritation. (\$55 for 3.4 oz.; [apothica.com](http://apothica.com))



## Step 5: Moisturize

Now that your skin is pampered, apply an ultra-hydrating moisturizer, patting it gently into skin. Leave it on while you sleep, and wake with skin that's relaxed and fully restored.

### ENZYME AND ROSEHIP NIGHTTIME FACE SERUM FROM HELIOTROPE

Fruit and herbal extracts combat dryness, renewing skin cells and promoting healing. (\$36 for 2 oz.; [heliotropesf.com](http://heliotropesf.com))



## How do I give myself a fresh start for spring?

Feel great fast with these easy healthy-living tips from our experts.

### ADJUST YOUR DIET

The best way to start over, so to speak, as far as your body is concerned, is to avoid food allergens in their diet — most commonly gluten, dairy and eggs. My Hamptons Cleanse is a way to start fresh, clear out inflammation in the body and rebalance the metabolism. You eat small (half-sized) meals that include healthy proteins and fats and are free of gluten, dairy and sugar, every three hours during the day, along with water (and green tea if you like), to give your bodies a chance to clean the slate and feel good again.

—*Dr. Donielle Wilson*

### SEIZE THE DAY

You can start fresh on any day, any time. It's fun to set a goal of “spring-cleaning” your life, but don't despair if you don't meet your deadline — and don't wait

for spring if you're ready for a change at another time of the year. Are you wallowing in guilt about something you've done? Make sincere and appropriate apologies, then move on. Having trouble sticking to personal goals? Just use your willpower and make it happen. Waiting for an opportunity to present itself? Seek it out. Tired of something in your life? Change it. You're in control of your life, not the other way around. —*Danna Korn*

### CHANGE JUST ONE THING

There are few irreversible things in life, so it isn't all that challenging to make a clean slate when you need to become physically and emotionally healthier. The key to starting

fresh is to choose one behavior you want to change. Really think about how you are going to successfully make the change and consider all the obstacles you might face. Then, educate your family and friends so they can support you. —*Alice Domar*

### DITCH YOUR BAD HABITS

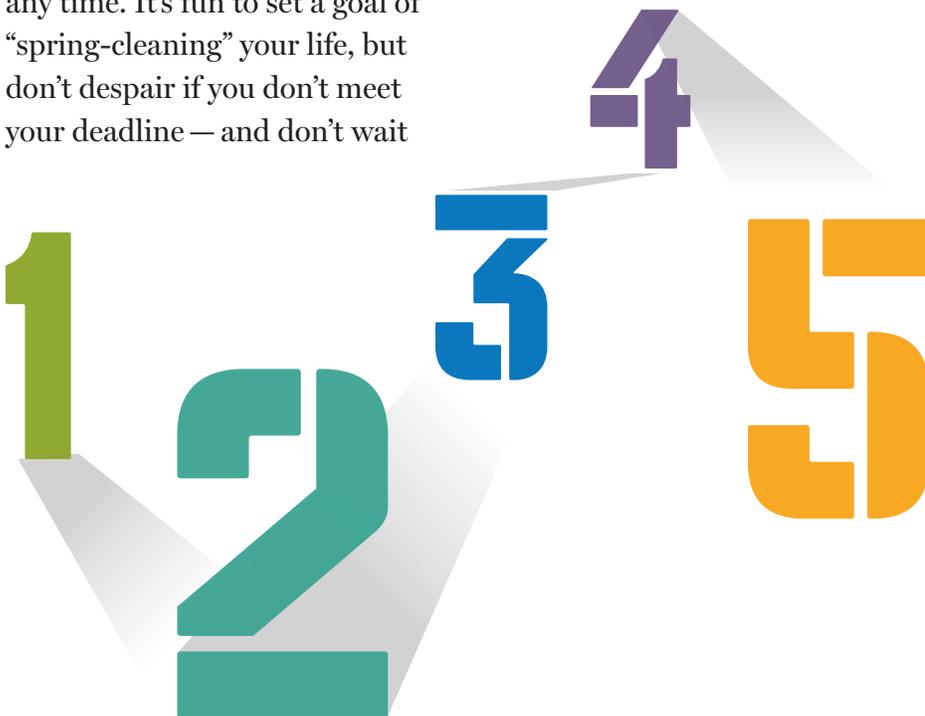
While there is no “right way” for humans to eat, you can give yourself a fresh start by letting go of some less-healthy diet behaviors. Eat as many whole foods as possible, and stop when your hunger is satisfied, not when you feel full. —*Alice Bast*

### START A PROJECT

My personal spring-cleaning ritual is to do a major purge of my closets and buy new plants. I find it interesting that various religious traditions have holidays at this time of year that require lightening up the diet (for example, giving up many grains and leavening agents for Passover and giving up meat during Lent): a healthy practice that reflects the seasonal shift to spring. —*Sarah Rivkin*

### ASSESS, PRIORITIZE, PLAN

When I want to start fresh, it is usually because I am feeling sluggish and cranky as a result of poor food choices, plus too



little sleep, exercise and meditation. When I am overwhelmed with deadlines and to-do lists, I begin to stay up too late, skip my morning meditation and exercise so I can get right to work, and then I eat foods that don't agree with me, like dairy, gluten and sugar. So, how do I clean up and start fresh?

The first thing I do is to make a mental list of my bad habits — those pesky, not-so-healthy choices I make when I am stressed. These are the things I have let slip, that I want to change and “clean up.” I make an assessment of where things stand, and then prioritize and make a plan. For me, I always start with sleep. I commit myself to a bedtime of 10 p.m. Then I can get up at 6 a.m. feeling rested. All things feel possible after a good night sleep.

Second is food. I recommit to my gluten- and dairy-free, low-sugar nutrition plan. The commitment brings me clarity and energy that sustains my desire to keep eating this way. I always commit to my bedtime and my diet at the same exact time. All I need is about three days of eating

and sleeping well to get right back on track. To motivate myself to get back on track, I usually choose a deadline: a party I'm attending, a talk I am giving — something happening in the next few weeks that I want to feel good for. I find this very motivating. On a Sunday night I start with a good night's sleep, then switch to my newly committed-to diet plan on Monday. Once I am sleeping and eating properly, I find it relatively easy to get back into my regular meditation and exercise schedule, because I wake up early, have enough time and don't feel stressed out. —*Susan Blum*

#### **USE THE EXTRA LIGHT**

I like to use the longer days and earlier light to help me get in to the groove of spring. I tend to naturally wake up earlier as the sky gets lighter earlier in the morning. It's easy to ignore the sunlight, but fight the urge to stay in bed when you're awake. I like to use that extra time to ramp up my exercise routine and to stretch. You can use it for anything that will help you accomplish your new goals!

—*Dr. Stephen Wangen*



**Just One STOP**  
for all of your  
Gluten-Free needs

**Education, Support,  
and Services for people  
Living Gluten-Free**

**Youth Programs**

**Educational Materials**

**Support Groups**

**Resources on Health  
Care Professionals  
and Restaurants**



Visit [www.gluten.net](http://www.gluten.net) for  
more information



# INDULGE WITH GLUTEN [and guilt] FREE SNACKING

With more and more gluten-free products being added to grocery store shelves every day, it can be more overwhelming than ever to find great-tasting options that meet your unique dietary needs. In fact, according to the market research group, Packaged Facts, the U.S. market for gluten-free foods and beverages is projected to exceed \$5 billion by 2015.

## SO WHAT'S A GLUTEN-FREE GIRL TO DO? ESPECIALLY WHEN SHE'S SUFFERING FROM A SNACK ATTACK?

Enter riceworks®, a line of whole grain brown rice crisps that are gluten-, cholesterol- and wheat-free; contains no MSG, preservatives or trans fat; and is vegan- and celiac-friendly. What began as a quest by one of the largest rice growers in California to create a unique snack has evolved into one of the most trusted gluten-free snacks on the market today.



Enjoy riceworks right out of the bag, but for a twist, try your favorite snack at mealtime with these delicious [recipes](#).

These whole grain brown rice crisps have even been praised by the likes of *O, The Oprah Magazine*, *Rachel Ray*, *Real Simple*, and *Health* magazine.

Riceworks are available in Sweet Chili, Sea Salt, Salsa Fresca, Tangy BBQ, Parmesan Tomato and Sea

Salt and Black Sesame. They are sold throughout the United States, Canada and Great Britain.

While riceworks fans recognize these whole grain brown rice crisps as “sinfully delicious,” this gluten-free snack still offers guilt-free enjoyment, and is an ideal solution for your daily struggle between good and evil snacking.

In fact, riceworks has recently launched a Facebook app allowing consumers to release their snacking guilt. When consumers visit the riceworks Facebook page, they can confess their snacking sins via Webcam, by uploading a video or submitting text. And don't worry; everyone's snacking sins will be secret – users are able to conceal their identities. With a clear conscience, confessors receive a coupon for \$1 off a bag of riceworks to help stave off the next snack attack.



You can help others confess their snacking sins by sharing your confession with your Facebook friends and Twitter followers, and help spread the word that riceworks®—Tastes Evil, But Isn't™.

For more information, please visit [riceworks.com](http://riceworks.com)

**CONFESS YOUR SNACKING SINS ▶**

## Basket Case

Anyone will be thrilled to wake up to these fun, delicious and totally gluten-free treats on Easter morning. — AMY HOWARD

**76%**  
of people nibble  
on chocolate bunny  
ears first.

### CLASSIC MILK CHOCOLATE EASTER BUNNY

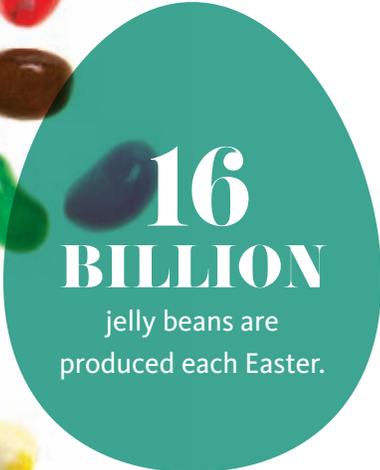
This made-in-Vermont bunny will get you nibbling at first sight. Lake Champlain Chocolates crafts each bunny in small batches for freshness and uses Belgian chocolate free of preservatives and additives. (\$15 for a 6.5-inch bunny, available in milk and dark chocolate; [lakechamplainchocolates.com](http://lakechamplainchocolates.com))



## TREAT YOURSELF

**GIMBAL'S GOURMET JELLY BEANS**

Who knew jelly beans could be good for you? Gimbal's flavors their famous jelly beans with real fruit juice. They're also packed with Vitamin C for an extra nutritional boost and are free of the eight most common food allergens. Check out some of their new flavors, like Superfruit Fusion, Ice Cream Cake or Pomegranate. (\$2.99 for a 14-ounce bag; [gimbalscandy.com](http://gimbalscandy.com))



**16  
BILLION**

jelly beans are produced each Easter.

**PEEPS MARSHMALLOW CHICKS AND BUNNIES**

Nothing says Easter like Peeps. As the number one-selling confection each holiday, marshmallow chicks (and now bunnies) have been in our Easter baskets since 1953. Some things have changed since then. These days, you can get chocolate dipped and even sugar-free Peeps. (\$.99 for a 5-count package, [marshmallowpeeps.com](http://marshmallowpeeps.com))



CLASSIC

**YELLOW**

is the best-selling Peeps color, followed by pink.



The  
**1ST**

chocolate eggs were made in Europe during the early 19th century.

**SOUTH 'N FRANCE BON BONS**

What happens when a Southern girl falls in love with a French chef? You get bon bons! These sweet confections made by husband-and-wife team Charlene Dupray and Pascal Siegler are hand-dipped in chocolate and come in four decadent gluten-free flavors—coconut, pistachio, peanut buttah and café au lait. (\$24.95 for 8 bon bons; [southnfrance.com](http://southnfrance.com))

Cravable, munchable, grabbable, stackable, snackable and *gluten free* ?

**CLICK HERE for  
\$1 OFF COUPON**



With Van's, gluten free is delicious. Van's gluten, wheat, dairy and egg-free waffles have all the good stuff you want — natural ingredients and second-serving-worthy taste — with none of the stuff you don't.



LET'S CONNECT ONLINE

Want coupons, simple recipes and healthy living tips? Connect with us at [facebook.com/vansfoods](https://www.facebook.com/vansfoods) or [vansfoods.com](http://vansfoods.com).

A black wire cooling rack sits on a grey fabric surface. Several purple, chick-shaped marshmallows are scattered across the rack. One chick is in the top right, another in the middle left, and a third in the bottom right. The marshmallows have a soft, fuzzy texture and are a vibrant purple color.

TREAT YOURSELF

## Whip Up Success

When I think of Easter, I always think of marshmallow Peeps. This year, I thought I'd make my own version. If you're good at piping, go ahead and pipe the marshmallow into chick shapes. Or, use greased cookie cutters for easy shaping. —AMY HOWARD



# DIY Marshmallow Treats





# FREE!

## Not Just Gluten-Free... Also Free of the 8 Most Common Allergens.

At Enjoy Life, our mission is producing great-tasting foods that are safe for the whole family to enjoy. That's why all of our foods are specially made to be gluten-free and free of the 8 most common allergens.

**Gluten-free you can Trust**  
**...Taste you will Love!**



See what people have to say about our New and Improved **Chewy Bars!**



**OUR PRODUCTS ARE FREE OF:**

- ✓ wheat
- ✓ dairy
- ✓ peanuts
- ✓ tree nuts
- ✓ egg
- ✓ soy
- ✓ fish
- ✓ shellfish

Made in a dedicated nut and gluten free facility.

 [www.enjoylifefoods.com](http://www.enjoylifefoods.com)

 [twitter.com/elfceo](https://twitter.com/elfceo)

 [facebook.com/enjoylifefoods](https://facebook.com/enjoylifefoods)

## Words To Cook By

A roundup of our favorite new gluten-free cookbooks.

— SILVANA NARDONE

HOW TO COOK GLUTEN-FREE

GLUTEN FREE SLOW COOKING

BETTY CROCKER  
GLUTEN-FREE COOKING

SIMPLY...GLUTEN-FREE

EAT LIKE A DINOSAUR

LEARNING TO BAKE ALLERGEN-FREE

*Eat Raw, Eat Well*

THE ESSENTIAL  
GLUTEN-FREE BAKING GUIDE

# If you love someone with food allergies...

**...become a  
member of the  
Food Allergy  
& Anaphylaxis  
Network**

Your membership  
directly supports  
our awareness,  
advocacy,  
education, and  
research efforts on  
behalf of all those  
with food allergies  
and anaphylaxis.

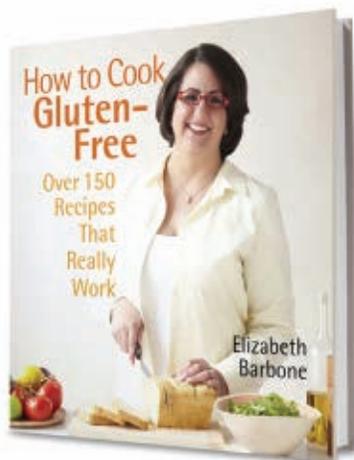
**Together, we will  
make a difference.**



[www.foodallergy.org](http://www.foodallergy.org) •



The trusted source for food allergies  
The Food Allergy & Anaphylaxis Network



### HOW TO COOK GLUTEN-FREE:

Over 150 Recipes That Really Work by Elizabeth Barbone  
(\$27.95, Lake Isle Press)

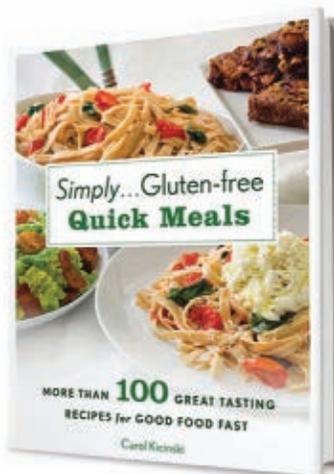
OPEN BOOK

**Where You've Seen Her:** [GlutenFreeBaking.com](http://GlutenFreeBaking.com),  
[SeriousEats.com](http://SeriousEats.com)

**What She's Known For:** Making gluten-free dishes that taste like their gluten-full counterparts.

**Best Cookbook For:** Busy weeknights

**Total Recipe Count:** More than 150



### SIMPLY...GLUTEN-FREE QUICK MEALS:

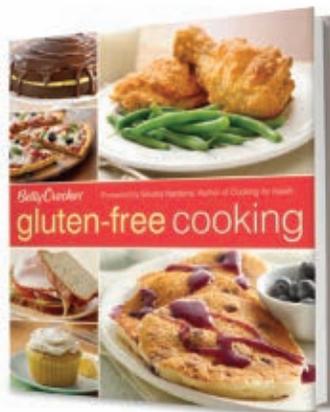
More Than 100 Great Tasting Recipes  
for Good Food Fast by Carol Kicinski  
(\$29.99, Thomas Dunne Books)

**Where You've Seen Her:** [SimplyGluten-Free.com](http://SimplyGluten-Free.com)

**What She's Known For:** Fast, healthy recipes

**Best Cookbook For:** Busy weeknights

**Total Recipe Count:** More than 100



### BETTY CROCKER GLUTEN-FREE COOKING, 1st edition

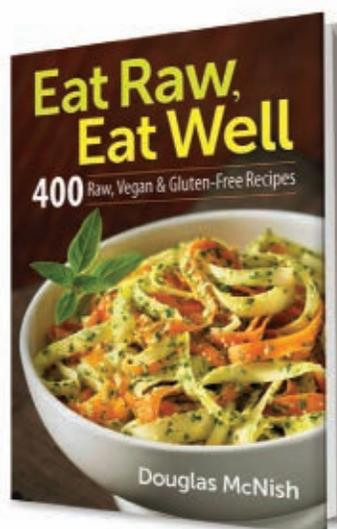
(\$19.99, Wiley Publishing)

**Where You've Seen Her:** She's one of the most trusted names in American home cooking; [BettyCrocker.com](http://BettyCrocker.com)

**What She's Known For:** Kitchen-tested, feel-good recipes

**Best Cookbook For:** Easy family meals

**Total Recipe Count:** More than 150



### EAT RAW, EAT WELL

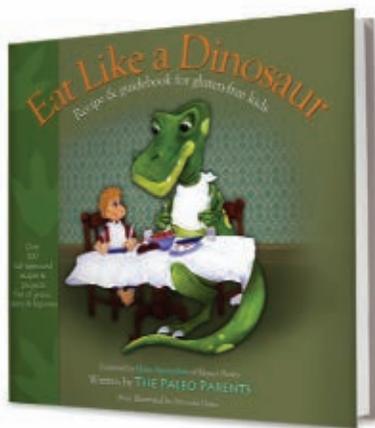
400 Raw, Vegan & Gluten-Free Recipes  
by Douglas McNish (\$24.95, Robert Rose Books)

**Where You've Seen Him:** [DougMcNish.com](http://DougMcNish.com)

**What He's Known For:** Raw, vegan recipes

**Best Cookbook For:** High-energy, nutrient-rich dishes

**Total Recipe Count:** 400

**EAT LIKE A DINOSAUR:**

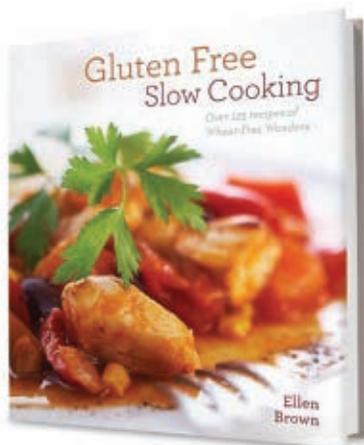
**Recipe & Guidebook for Gluten-Free Kids**  
by Paleo Parents (\$24.95, Victory Belt Publishing)

**Where You've Seen Them:** [PaleoParents.com](http://PaleoParents.com)

**What They're Known For:** Kid-friendly, Paleo recipes free of grains, dairy, legumes, soy and refined sugar.

**Best Cookbook For:** Kids and families who want to get back to basics and cook real meals without using processed foods.

**Total Recipe Count:** Mp 100

**GLUTEN FREE SLOW COOKING:**

**Over 250 Recipes of Wheat-Free Wonders**  
by Ellen Brown (\$18.95, Cider Mill Press)

**Where You've Seen Her:** Author of the *Complete Idiot's Guide to Slow Cooker Cooking* and founding food editor of *USA Today*.

**What She's Known For:** Comforting, slow-cooker recipes

**Best Cookbook For:** Easy family meals

**Total Recipe Count:** More than 125

**LEARNING TO BAKE ALLERGEN-FREE:**

**A Crash Course for Busy Parents on Baking without Wheat, Gluten, Dairy, Eggs, Soy or Nuts**

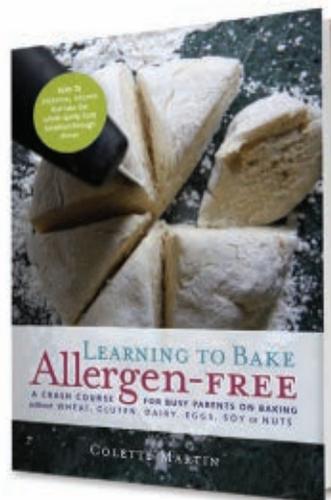
by Colette Martin (\$19.95, The Experiment Publishing)

**Where You've Seen Her:** [LearningtoEatAllergyFree.com](http://LearningtoEatAllergyFree.com)

**What She's Known For:** Kid-tested, allergen-free recipes made with love.

**Best Cookbook For:** Family-friendly meals

**Total Recipe Count:** More than 75

**THE ESSENTIAL GLUTEN-FREE BAKING GUIDE, Part 1**

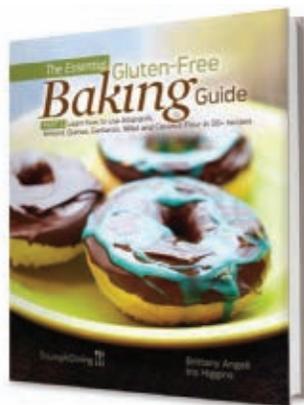
by Brittany Angell and Iris Higgins (\$16.95, Triumph Dining)

**Where You've Seen Them:** [RealSustenance.com](http://RealSustenance.com) and [TheDailyDietribe.com](http://TheDailyDietribe.com)

**What They're Known For:** Recreating gluten-full baked goods by using various gluten-free flours.

**Best Cookbook For:** Everyday baking

**Total Recipe Count:** More than 50





## Soft Pretzels MAKES 8 pretzels

*Dare we say these pretzels are just as good, if not better, than those found at most ball parks. (Recipe adapted from The Essential Gluten-Free Baking Guide, Part 1, by Brittany Angell and Iris Higgins.)*

$\frac{3}{4}$  cup plus  $3\frac{1}{2}$  tablespoons (213 grams)  
lukewarm water

2 teaspoons granulated sugar

$1\frac{1}{2}$  teaspoons fast-acting yeast

$\frac{1}{2}$  cup plus 1 tablespoon (80 grams) packed  
millet flour

$\frac{3}{4}$  cup (120 grams) packed brown rice flour

1 cup (165 grams) potato starch

$\frac{1}{2}$  teaspoon salt

$\frac{3}{4}$  teaspoon xanthan gum

$\frac{1}{2}$  teaspoon double-acting baking powder

1 teaspoon mild-flavored oil

$\frac{2}{3}$  cup baking soda

Melted butter or oil, for brushing

Coarse salt, for sprinkling

- 1** Combine the lukewarm water, sugar and yeast in a bowl. Set aside for 5 minutes, allowing the yeast to develop.
- 2** In a large bowl, combine the millet flour, rice flour, potato starch, salt, xanthan gum, baking powder and oil. Mix well. Stir in the water-yeast mixture until dough thickens slightly, 2 minutes.
- 3** Lightly coat hands with oil and divide the dough into 8 equal-sized balls. Gently roll out each ball of dough on a clean, dry surface. Bend and crisscross each rope into a pretzel shape.
- 4** Place the pretzels onto a baking sheet. Brush each with a little oil, cover the pan with a towel and place in a warm location to let rise, 20 to 25 minutes.
- 5** In a large pot over medium-high heat, bring 10 cups of water and the baking soda to a boil. Drop the pretzels, one or two at a time, into the rapidly boiling water. Boil for 30 seconds, turning once. Return to the baking sheet.
- 6** Preheat oven to  $375^\circ$ . Brush each pretzel with melted butter and sprinkle with coarse salt. Bake until golden brown, 13 to 15 minutes. Serve warm.

# Clean and Green

Oh, spring — that wonderful time of year that you welcome longer, brighter days by clearing out your clutter and spruce up your space. Just follow our blueprint to make this your easiest spring cleaning yet: easier for you — and easier on the environment.

— AMY HOWARD





ADDED VALUE

# Kitchen

## MRS. MEYER'S LIQUID HAND SOAP

Powerful on dirt, yet gentle on the environment, Mrs. Meyer's hand soap is made with natural essential oils and plant-derived ingredients. Choose from 10 different scents, including bluebell, lavender, basil, rhubarb and apple.

(\$3.99 for 12.5 fl. oz.; [mrsmeyers.com](http://mrsmeyers.com))



## SEVENTH GENERATION AUTOMATIC DISHWASHER GEL

Free of chlorine, phosphate and dyes, this nontoxic dishwasher gel uses enzymes for extra cleaning power without leaving behind residue. Another bonus: It hasn't been tested on animals. (\$15.39 for 45 fl. oz.; [seventhgeneration.com](http://seventhgeneration.com))



## GRABGREEN DEGREASER CLEANER

This smear-free, multiuse cleaner can tackle your stuck-on, greasy stovetops, kitchen floors, garbage cans, sinks and more. The natural, biodegradable formula is available in fragrance free, thyme with fig leaf or tangerine with lemongrass. (\$6.50 for 16 fl. oz.; [grabgreenhome.com](http://grabgreenhome.com))

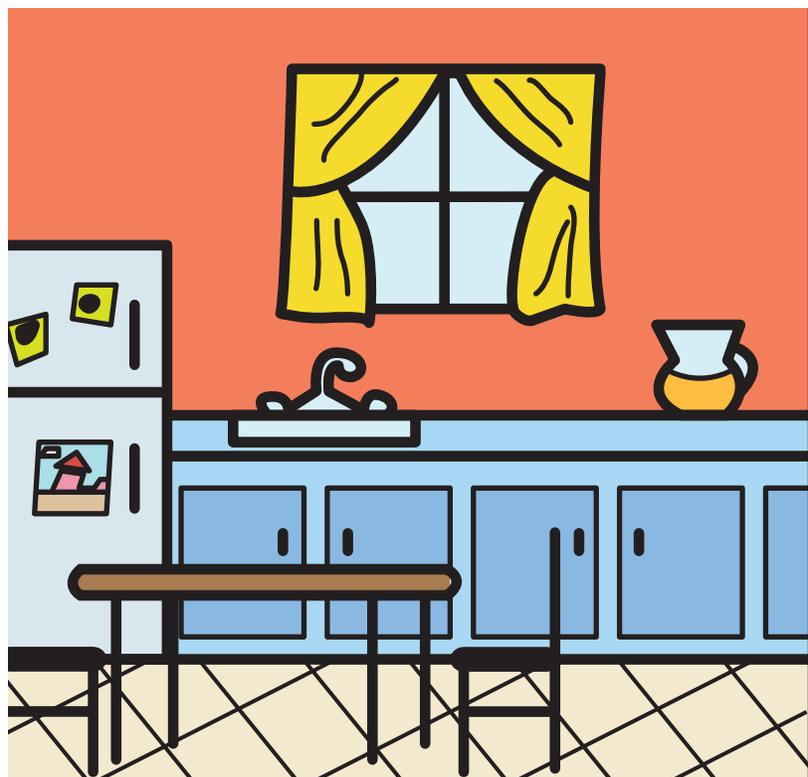


## ECOVER ECOLOGICAL DISHWASHING LIQUID

Plant-based and mineral ingredients make this dishwashing liquid tough on grease. Made from sustainably harvested sugarcane, the bottles are 100% recyclable and renewable. (\$6.99 for 32 fl. oz.; [ecover.com](http://ecover.com))

## JOHN BOOS BLOCK BOARD CREAM WITH BEESWAX

Keep cutting boards and butcher-block countertops from drying out with this cream. The key ingredients — natural beeswax and food-grade mineral oil — add moisture, which protect and prolong the wood. (\$13.84 for 5 fl. oz.; [johnboos.com](http://johnboos.com))





# Living Room

# Baby's Room



## BETTER LIFE 2AM MIRACLE GREEN NURSERY CLEANER

This natural, hypoallergenic cleaner is safe for all your baby's cleaning needs, including the crib, changing tables, toys and car seats. With no residue left behind, you don't have to worry about rinsing. (\$7.99 for 16 fl. oz.; [cleanhappens.com](http://cleanhappens.com))



## BETTER LIFE WHAT-EVER!

This hypoallergenic, all-purpose cleaner is safe and effective on pretty much anything you can imagine — countertops, walls, appliances, baseboards, floors, tables, chairs and even toilets. Try fragrance-free or sage and citrus. (\$6.99 for 32 fl. oz.; [cleanhappens.com](http://cleanhappens.com))



## DADDY VAN'S ALL NATURAL BEESWAX FURNITURE POLISH

Nourish and protect your cabinets, wooden furniture and toys with this chemical free, nontoxic polish made without petroleum byproducts or solvents. (\$11.95 for 5 oz.; [daddyvans.com](http://daddyvans.com))



## CALDREA LINEN & ROOM SPRAY

Revive your home or car with this light spray made with essential oils. Or use as an ironing spray and to freshen up clothes between washes. (\$9 for 16 fl. oz.; [caldrea.com](http://caldrea.com))



## TRASHY: TRASH CAN DEODORIZER

Have odors built up in your baby's nursery? Look no further. Trashy will tackle your stinkiest diaper pails by driving out odor-causing bacteria with the power of probiotics. Just a few sprays and the odors disappear within seconds. (\$4.99 for a 4 oz. spray; [naturalhouse.com](http://naturalhouse.com))



ADDED VALUE



# Laundry Room



## SUN & EARTH ON THE SPOT! INSTANT STAIN REMOVER

This portable spot remover easily fits in your pocket or purse. Don't be fooled by its size: Natural enzymes attack even the toughest stains — anything from wine to grease. It's also gluten-free, soy-free, casein-free and nut-free. (\$3.95 for 1 stain pen; [sunandearth.com](http://sunandearth.com))



## EARTH FRIENDLY PRODUCTS 2X ULTRA ECOS LAUNDRY DETERGENT

Clean a full load of laundry with just 1.5 ounces of this non-toxic detergent. Even better? It's gentle enough for baby and your delicates, and won't irritate sensitive skin. (\$7.29 for 50 oz.; [ecos.com](http://ecos.com))



## ECOVER ECOLOGICAL FABRIC SOFTENER

Made with plant-based and mineral ingredients, this softener will not only soften your laundry, but reduce static and make ironing easier. (\$5.38 for 32 fl. oz.; [ecover.com](http://ecover.com))



## SEVENTH GENERATION NATURAL FABRIC SOFTENER SHEETS

Made from unbleached paper, these dryer sheets reduce static cling and ironing time while adding a fresh scent to your laundry. They're compostable, too. (\$4.99 for 80 sheets; [seventhgeneration.com](http://seventhgeneration.com))

# Bathroom



## NATURALLY IT'S CLEAN ENZYME FRESH HOME TUB & TILE

This cleaner safely breaks down soap scum and grime with natural enzymes, which safely remove odors. Instead of leaving harsh chemicals behind, carbon, hydrogen and other elements are safely integrated into the air. (\$5.59 for 16 fl. oz.; [naturallyitsclean.com](http://naturallyitsclean.com))



## BIOKLEEN BAC-OUT BATHROOM CLEANER

Live enzyme cultures effectively clean and deodorize your bathroom from top to bottom, leaving only a lavender-lime scent behind. With regular use, Bac-Out will help prevent build-up on all bathroom surfaces, including your toilet and shower curtains. (\$7.34 for 32 oz.; [biokleenhome.com](http://biokleenhome.com))



## FLUSHY: TOILET BOWL CLEANER AND SEPTIC TREATMENT

This cleaner's natural probiotic formula cuts through hard water and calcium deposits in the toilet bowl to help maintain septic system health while fighting odors at the source. (\$4.99 for a 30-day supply; [naturalhouse.com](http://naturalhouse.com))



## EO EVERYONE SOAP

This plant-based, all-purpose soap made with essential oils is for everyone and every body. Use it as hand soap, shampoo, body wash or even bubble bath. It's also paraben-free, polysorbate-free, disodium EDTA-free, gluten-free, non-GMO verified and sodium laureth/lauryl sulfate-free. (\$9.99 for 32 oz.; [eoproducts.com](http://eoproducts.com))

