



Niagara Challenge-Friendly Foods

Cereals

Sticklings Muesli Date and Nut or Apple Raisin

Bob's Red Mill:

Whole grain rolled spelt

Whole grain creamy buckwheat hot cereal

Mighty Tasty hot cereal

Organic Scottish Oatmeal

Creamy Rye Flakes hot cereal

Brown Rice farina hot cereal

Ruth's Chia Goodness ORIGINAL

Nature's Path

Organic Corn Puffs

Organic Corn Flakes FRUIT JUICE SWEETENED

Organic Millet Rice

Puffed Kamut

Puffed Rice

Barbara's Organic Breakfast O's

Erewhon Whole Grain Crispy Brown Rice cereal

Arrowhead Mills Organic Rice and Shine

Food for Life

Ezekiel 4:9 Golden Flax Cereal

Ezekiel 4:9 Almond Cereal

Arrowhead Mills

Organic Kamut Flakes

Organic Spelt Flakes

Kamut Cakes (like rice cakes)

Rice Cakes (check ingredients as some have cane sugar)

Spelt Pretzels

Soups/Mixes

Nile Spice Split Pea Soup

Amy's Organic Lentil Soup in a can

Taste Adventure Soups

Kitchen's of India chick pea curry

Instant refried beans

Casbah Garbanzo Bean Dip

Pastas/Sauces

Any brown rice/kamut/Ezekiel pastas

All Spaghetti sauces

Que Pasa Salsa

Neal Brothers Salsa-regular, not corn

Spreads/Nut Butters

Crofters Jams (sweetened with fruit juice)

LifeSource Jams (sweetened with fruit juice)

Almond Butter

Walnut Butter

Pumpkin Seed Butter

Tahini

Amazon Bliss Butter

Unsweetened SoyNut Butter

Sweeteners/Salts/Condiments

Braggs Liquid

Seasalt

Herbamare (salt alternative)

Organicville Organic Tomato Ketchup

Apple Cider Vinegar

San-J Tamari Sauce

Frozen Meals

Pulse Foods

Chili Con Tofu

Lentil Curry

Adzuki Beans and rice

3-bean chili

Chickpea curry

Ethnic gourmet chicken tikka masala

Amy's Shepherd's Pie

Amy's Brown Rice & Vegetable Bowl

Refrigerated Dips/Cheese/Yogurt

Pesto

Hummus

Baba Gannouj

Sheep's Milk Yogurt

Organic Sheep Cheddar

Goat Cheese-various

Goat's milk cheddar, mozzarella, brie

Goat Milk Yogurt

Organic Meadow low-fat pressed cottage cheese

Beverages

Various rice/almond/soy milks

Coconut Milk

Herbal Teas

Other

Wild salmon

Organic, drug-free, free-range meats

Naturally raised drug-free, free-range meats

Goat cream butter

Fruit D'or organic cranberries SWEETENED W/APPLE JUICE

Quinoa

Olives

Kelp Caviars

Dried mushrooms

Dried Kelp

Coconut Oil

Avocado oil

Walnut oil