

## Chris' Tips

Most things from Kinnikinnick are good (but some are better than others). Here's the list so far:

- Frozen Donuts (Cinnamon Sugar & Glazed): Cinnamon Sugar is the best. Comes out of the microwave warm and delicious. Totally satisfying. Just don't overcook. The Glazed is good but almost too sweet with a thick coating.
- Montana Chocolate Chip Cookies: Great! Taste like Chips Ahoy but the texture is not quite as hard (almost like a Pecan Sandie).
- English Muffins: A little dry and way too thick/tall for an egg McMuffin. Need to eat open face. Also, doesn't taste like the English muffins I know. More like just bread. But it's better than nothing.
- Carrot Muffins: Also a little drier than I like but not bad. Made cream cheese icing which helped.
- Ginger Snap Cookies - Light, sugary and tasty - more like a sugar cookie than ginger snaps though

Enjoy Life Cookies - Grainy, don't buy

Mi-Del Cookies

- Ginger Snap and Arrowroot cookies are good
- Don't bother with the pecan

Luna Bars

- Particularly love the "tart" ones, like key lime pie, lemon, etc.

Glutino:

- So far I haven't really liked anything from Glutino.
- Dr. Bill note: English muffins are pretty good, also Honey-nut cereal is good

Bob's Red Mill:

- Pizza Crust Mix: It turned out way too wet. After liberal application of potato starch, I was able to press out into a circle (3 circles actually). It doesn't really roll but it was surprisingly good. Very adequate.

### Sami's Bakery:

- Ingredients are gluten free but the plant is not. The baked goods are not as dry as most of the others. The Millet and Flax Chips, particularly the Cinnamon Sugar, are out of this world. But you've got to like to chew!

### BAKING:

Cheesecake: Used Kay's Naturals Protein Cereal instead of graham crackers/vanilla wafers for the crust (doesn't crisp like a cookie but it's still delicious). Bake at 450 for only 10 min. and 1 hr. 5 min. at 200. Used 9" pan (10" is bad, too much crust, not enough cheesecake and it got well done).

Chocolate Cake: Took Pamela's Chocolate Cake Mix basic recipe and added 1 extra egg (3 total) and 1 cup Greek yogurt. Baked 2 layers and frosted with Pamela's chocolate frosting (very similar to Portillo's chocolate cake)

### Bread:

Use muffin top pans with bread recipe to make hamburger buns