

BY ERICA DERMER

Holiday Helpers

Simplify meal prep with these packaged foods



▲ CHRISTMAS CLASSIC

Buttery shortbread is a holiday classic that's even better now that **Walkers** makes two gluten-free varieties—Shortbread and Chocolate Chip Shortbread. Both are available in one holiday-themed box.

\$9.99 for a 9.9-ounce box

us.walkersshortbread.com

800-521-0141

Contains milk and soy lecithin.

Not suitable for those with nut allergies.



▲ FESTIVE FLAVORS

Looking to spice up hot cocoa or make crispy rice treats in fun flavors? **Dandies** marshmallows in Peppermint and Pumpkin holiday-themed editions are 100 percent vegan and kosher—no gelatin used. They're also free from gluten, peanut, tree nut, milk, egg, fish, shellfish and corn. Non-GMO Project Verified.

\$4.99 for a 10-ounce bag

dandiesmarshmallows.com

630-629-9667

Contains soy.



▲ FABULOUS SIDES

Minute's Multi-Grain Medley makes grain-based sides simple again. Ready in just 10 minutes, this delicious combo contains four whole grains: brown rice, Thai red rice, wild rice and quinoa.

Gluten-free and Non-GMO

Project Verified.

\$2.19 for a 4-portion box

minuterice.com

800-646-8831



◀ CHALLAH DAYS

It's a breeze to make soft, airy gluten-free challah bread with **Blends By Orly** challah mixes. Available in Traditional Challah, Chocolate Chip Challah, and Poppyseed and Onion Challah, they're certified gluten-free, nut-free, dairy-free, kosher and corn-free. \$11.99-\$12.69 for a 20.5-, 22- or 25-ounce bag

blendsbyorly.com

orly@blendsbyorly.com



▲ ORGANIC ICING

Simple Mills' new organic frostings lend a sweet finishing touch to holiday desserts. These smooth chocolate and vanilla icings are vegan and free from gluten, dairy, soy, corn, gums, emulsifiers, preservatives and artificial colors and flavors.

\$4.99 for a 10-ounce canister.

simplemills.com, 312-600-6196

Always read labels carefully. Manufacturers can change ingredients without warning. Not every product sold by every company listed is gluten-free or allergy-friendly. When in doubt, confirm ingredients directly with the manufacturer. Prices listed are manufacturers' suggested retail prices.