

We opened our doors October 8th to the wonderful community that we feel such a part of. Thank you so much to everyone who has come by, been part of our grand opening, and supported us in this endeavor. We look forward to serving each of you and being your gluten-free solution. We have so appreciated all the help and wonderful suggestions we have received and want everyone to feel a part of the store.

Sincerely,

The Bell Family

Upcoming Events

Check out gfutah.org for GIG meetings and upcoming events in your area.

We will be closed Thanksgiving Day. Appointments only Friday the 25th. Regular hours Saturday the 26th 10am-4pm.

New at the store this month

Dr. Praeger's Fish Fillets and Fish Sticks

Ian's Chicken Nuggets

Charlotte's Bakery Rice Breads, fresh every Tuesday afternoon

Fabe's pumpkin pie, available beginning November 8th.

Coming Soon

Authentic Foods Products, including Bette Hagman's flour mixes

Out of the Bread Box, graham crackers and pie crusts

If you have a certain product that

you love, let us know and we will try our very best to get it for you.

Surviving Thanksgiving

Don't let yourself feel deprived because you are on a gluten-free diet. Feel grateful for the answer in a diagnosis that only requires a change in diet. There are worse things. However, not to negate the feelings of deprivation that we feel when at a dinner celebrating the blessings of the season, and there seems to be nothing we can eat. Empower yourself with your own delicious and enticing food. No matter where this holiday takes you, either cook a delicious gluten-free meal for your family, or take your own delicious gluten-free meal with you wherever you go. Be prepared, plan ahead, be positive and others around you will be positive also.

Recipe of the Month

Delicious Gravy

Drippings from a gluten-free turkey prepared either with gluten-free stuffing or no stuffing. Water in the amount of how much gravy you desire.

1/2 cup brown rice flour
salt and pepper to taste
giblets, if desired

Place drippings and water in a pan and bring to a boil. Make a paste about the thickness of pancake batter with the brown rice flour and water. Using a fork or wire whip, mix until smooth. Add to the boiling mixture, stirring constantly until thickened. Salt and Pepper to taste, add giblets if desired.

Coupon good for 50% off any one item of your choice through the month of November

Happy Thanksgiving from Against the Grain

AGAINST THE GRAIN - - YOUR GLUTEN-FREE SOLUTION - - AGAINST THE GRAIN

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