

Gluten-free breads and bread mixes tasting - February 2009

There are now so many gluten-free breads and mixes on the market that it took us two days to taste them all. What is more the quality of both breads and mixes has improved enormously over the last few years.

But despite the improvement, the vast majority of the ready breads do still require to be 'refreshed' either in a microwave or an oven. We only tasted two (Mother's Pride and Kingsmill excepted) that did not need refreshing – the two Juvela breads, which are only available on prescription, and the Proceli sliced breads,

which are currently not that easy to find. So the goal remains a bread that you can buy in your local store and eat straight from the packet.

As far as the mixes went, we were surprised how well some of them lasted; the Roley's mix (winner of last year's FreeFrom Awards) was still fresh and enjoyable three days after baking.

We were also very agreeably surprised by the quality of the 'fancy' breads – the baguettes and ciabattas, the latter looking (and tasting) especially convincing.

We only tasted a very small range of

what we call 'whole-food' breads as they tend (intentionally) to be so different in taste and texture from regular sliced or 'supermarket' breads that it is hard to get one's taste buds round all of them in one session. We also only looked at the gluten-free breads as many of these products use rye or barley flour.

Most of the breads we assessed are easy to access either in supermarkets or on the web. There are a growing number of small local bakers who are also producing excellent special diet bread but, because our readership is nationwide, we did not

want to frustrate readers by raving about breads that they will have no means of buying! Not to mention the fact that while it remains *relatively* easy to bake a reasonable gluten-free loaf in your kitchen it is very much more difficult to do it on a commercial scale.

The wheat breads were there as benchmarks – the tasters (apart from those who were gluten sensitive) did not know they were included. .

| BREAD MIXES | WHEAT | GLUTEN | SOYA | CORN | YEAST | EGG | DAIRY | INGREDIENTS ARE LISTED SO AS TO INCLUDE EVERY INGREDIENT BUT NOT IN ORDER/QUANTITY THEY APPEAR ON PACK. | TASTE | AVAILABILITY / COST PER 100G |
|---|-------|--------|------|------|-------|-----|-------|---|---|------------------------------|
| Barkat bread mix | Y | Y | Y | N | Y | N | Y | Cornflour, sugar, E415, E575, E466, egg powder, salt | Lovely light open texture, exploding crust, looks like meringue, tastes good, springy texture, slightly buttery, white colour, eggy, slightly too sweet 7.3/10 | £1.10 PW |
| Bia Nua bread mix | Y | Y | N | Y | N* | Y | Y | Rice flour, potato flour, soya flour, cream of tartar, E500, E415 | Fairly dense crumb, moist, firm, homemade texture, not enough flavour, rather dry, bland flavour cakey texture, slightly too soft, not nice 6.7/10 | 32P GC,FS,W,O,HFS,SM,D |
| Dietary Specials white bread mix | Y | Y | Y | Y | N* | Y | Y | Rice flour, potato starch, sugar, E464, E412, salt, E471 | OK, white, good texture, tasty crust, pleasant taste, looks perfect, good balance of chewiness and dryness, slightly odd aroma, quite bland, very pale 7.5/10 | MM,P,W |
| Easybakers (Lakeland) special white mix | Y | Y | N | N | N* | Y | Y | Rice flour, potato starch, tapioca starch, soya flour, E412, E415, E464, E575, E500, canola oil, sugar, salt, E410 | Fluffy crumb, crumbly crust, excellent taste, tastes a bit floury, dusty, very like glutinous bread, but tastes marginally phony, sweetish 7.5/10 | 16p W |
| Glebe white bread mix | Y | Y | Y | Y | N* | Y | Y | Potato starch, brown rice flour, sugar, salt, E412, E415 | A reasonable flavour, slightly crumbly crumb, scone-like, sort of soda bread, slight bicarb of soda taste, powdery, a bit dense, sticks to mouth 7/10 | 36p D,FS,HFS,C,O,MM,W |
| Glutafin multipurpose white mix | N* | Y | Y | Y | N* | Y | N | Wheat starch (codex alimentarius), rice starch, dried glucose syrup, skimmed milk powder, E464, E412, sugar, E333, E575, folic acid | Compares well with ordinary bread, very natural, a good base for spreads, smells delicious, chewy, firm, good crust, a little lacking in flavour 8/10 | P |
| Juvela gluten-free mix | N* | Y | Y | Y | N* | Y | N | Gluten-free wheat starch, dried skimmed milk, sugar, E412, E464, E575, E500, salt, iron powder, vitamins B1, B2, B6, niacin, folic acid | Perfect smell and taste, firm tight crumb, fantastic crust, excellent, consistency very good, very soft crumb, now that IS bread, perhaps ever so slightly too sweet 8.5/10 | P |
| Kelkin bread mix | N* | Y | Y | Y | N | Y | N | Wheat starch (codex alimentarius), whey powder, sugar, E412, E464, E500, pectin, yeast, E491, E300, alpha amylase (nuts, sesame) | Crunchy crust, sweetish crumb, good texture, quite cakey, a sweet edge but not unpleasant, looks good, too sweet and too soft 7.2/10 | 77p SM |
| Mrs Crimble's bread mix | Y | Y | N | N | N* | Y | Y | Cornflour, rice flour, potato starch, maize flour, sugar, soya flour, psyllium fibre, salt, maltodextrin, E464, E412, E415, E500, E339 | Good depth of flavour, moist and firm texture, nice chewy crust, tastes like a cholla, pale colour, good density, slightly sweet, cakey – not unpleasant 8.4/10 | 79p HFS,SM |
| Mixwell Basmjöl white bread mix | N* | Y | Y | Y | N* | Y | Y | Wheat starch (codex alimentarius), dextrose, tapioca starch, E412 | Very soft and light, strong bread, would make a decent sandwich, sea sponge texture, slightly gelatinous, rubbery, smells a little burnt, crumb too soft 6.5/10 | 33p W |
| Orgran easy-bake bread mix | Y | Y | Y | N | Y | Y | Y | Maize starch, rice flour, E575, E500, dextrose from maize, monodiglyceride from vegetable, E466, E412, E461, sea salt | Good texture and crust, full of body and flavour, very natural, slightly too dense, a touch salty, chewy, slightly rubbery, tastes of bicarb of soda 7.5/10 | 65p O,FS,HFS,MM,P,W |
| Roleys teff flour mix | Y | Y | Y | N | N* | Y | N | Corn starch, teff flour, whey powder, dried milk solids, E412, potato glucose, rapeseed oil powder, calcium | Crust slightly salty but crumb is moist and has lovely buttery texture, a little like pumpnickel or rye, deep flavour, nice colour, excellent taste 8.2/10 | 39p D,O,SM |
| Valpiform bread and pastry mix | Y | Y | Y | N | N* | Y | Y | Corn starch, dextrose (maize), buckwheat flour, guar and carob flour | Good consistency, hint of buckwheat, not bad at all, firm crumb, slightly rubbery texture, looks okay but too sweet, not a great flavour, disappointing 7/10 | 54p W |

*CODEx ALIMENTARIUS

The Codex standard for gluten-free foods is now a maximum of 20 parts per million of gluten. This is likely to become law across the EU by the end of 2009 after which manufacturers will have three years in which to comply with the new legislation. The old regulations allowed up to 200ppm gluten.

INGREDIENTS:

Ingredients in grey in brackets are not included in the product but are used in the factory in which the product is made.

Nuts/lupin/sesame – in bold in red

Yeast - N* = separate yeast sachet included, or yeast needed to make bread

E NUMBERS – BREAD MIXES:

E300 = ASCORBIC ACID*; E333 = CALCIUM CITRATES*; E339 = SODIUM PHOSPHATES*; E410 = LOCUST BEAN GUM*; E412 = GUAR GUM*; E415 = XANTHAN GUM*; E461 = METHYL CELLULOSE*; E471 = MONO- AND DIGLYCERIDES OF FATTY ACIDS*; E464 = HYDROXYPROPYL METHYL CELLULOSE*; E491 = SORBITAN MONOSTEARATE*; E575 = GLUCONO DELTA-LACTONE*; E466 = CARBOXY METHYL CELLULOSE; E500 = SODIUM CARBONATES (green** = safe and/or beneficial, green* = safe for most peo-

ple, orange = caution advised, red = best avoided. Ref: *What's Really in your Basket?* by Bill Statham – published by Summersdale)

AVAILABILITY:

B – B&Bs, C – Cafés, D – Delicatessens, GC – Garden Centres, FS – Farm Shops, H – Hotels, HFS – Health Food Stores, MM – Most Multiples (large supermarkets), O – Organic Shops, P – Prescription, R – Restaurants, SM – Some Multiples (supermarkets), W – Website

| FREE OF: | WHEAT | GLUTEN | SOYA | CORN | YEAST | EGG | DAIRY | INGREDIENTS ARE LISTED SO AS TO INCLUDE EVERY INGREDIENT BUT NOT IN ORDER/QUANTITY THEY APPEAR ON PACK. | TASTE | AVAILABILITY / COST PER 100G |
|---|-------|--------|------|------|-------|-----|-------|--|--|------------------------------|
| WHITE BREAD | | | | | | | | | | |
| Antoinette Saville gluten-free loaf | Y | Y | Y | N | N | N | Y | Rice & maize starch, potato flake, E464, E412, E262, E475, E471, whole egg, dried glucose syrup, dextrose, E330, water, yeast, sugar, salt, sucrose, vegetable oil (nut, seed) | Not like bread but edible, golden hue, chewy, doughy, oily to touch, tight crumb, like sourdough, no flavour, springy, very sweet, slimy texture, firm 6/10 | 45p D,SM,WV |
| Asda free-from sliced | Y | Y | Y | N | N | N | Y | Water, tapioca & potato starch, rice & maize flour, sunflower oil, yeast, psyllium husk powder, vegetable glycerine, dried egg white, dextrose, salt, E330, E464, E415, E170, E475, E471 (nut) | Golden crust, good bread taste, good smell, perfect consistency, honey note, hint of buckwheat, sandy, gritty, too dry, crumbly texture 7.5/10 | 49p SM,WV |
| Barkat multigrain rice | Y | Y | Y | N | N | Y | Y | Rice flour, potato starch, water, non-hydrogenated canola oil, sugar, salt, yeast, flax seeds, E471, E461, E282 (soya) | Reasonable flavour, looks appealing, unspringy, dry, very drying on palate, tight texture, smells slightly yeasty, too hard, no aroma 6/10 | 79p HFS,P,WV |
| Droppa & Droppa bread loaf | Y | Y | Y | N | N | N | Y | Gram, corn & tapioca flour, salt, sugar, cream of tartar, eggs, sunflower oil, yeast, E415 | Lovely tasty slice & crust, nutty, soft and spongy, dry, mild aroma, sweet & cakey, yeasty flavour, easy to swallow, yellow crumb, oily back taste 7.5/10 | 74p D,FS,HFS,O,WV |
| EnerG gluten-free loaf | Y | Y | Y | Y | N | Y | Y | Water, rice flour, sunflower oil, tapioca starch, pear juice concentrate, yeast, glucose, salt, thiamin, E101, niacin, iron, folic acid, E461, E341, E466, E575 | Malty, cakey, tasty flavour, very close crumb, mushy, chemical taste, short texture, smells of marmite, unyielding, ochre in colour, sour aftertaste 7/10 | £1.26 WV |
| Glutafin gluten-free sliced | N* | Y | N | Y | N | Y | Y | Water, wheat starch, whole rice flour, soya protein, vegetable oil & fibre, sugar, salt, yeast, rice syrup, folic acid, E330, E464, E333, E334 | Fine, slightly acidic, too strong, dry and stiff, pleasant, bit crumbly, crust softer than crumb, pale yellow and cakey, a little bland 7/10 | P |
| Juvela gluten-free sliced - not refreshed | N* | Y | Y | Y | N | Y | N | Water, wheat starch, dried skimmed milk, yeast, palm oil, sugar, salt, iron powder, thiamin mononitrate, niacinamide, pyridoxine hydrochloride, E412, E415, E464, E101, E200 | Fresh tasting, springy moist appealing texture, tough crust, superb flavour nice burnt crust taste, looks perfect, spongy, light airy, chewy, damp 8.5/10 | P |
| Livwell free-from sliced | Y | Y | Y | N | N | N | Y | Water, tapioca & potato starch, rice & maize flour, sunflower oil, yeast, psyllium husk powder, vegetable glycerine, dried egg white, dextrose, salt, E330, E464, E415, E170, E475, E471 (nut) | Very good texture, nicely bread, just right moisture, convincing appearance, good brown crust, gritty, little flavour, grey stale smell 7.5/10 | 57p MM,WV |
| Morrisons free-from sliced | Y | Y | Y | N | N | N | Y | Water, tapioca & potato starch, rice & maize flour, sunflower oil, yeast, psyllium husk powder, vegetable glycerine, dried egg white, dextrose, salt, E330, E464, E415, E170, E475, E471 (nut) | Nice smooth crust, good structure, a little dry but decent flavour, solid, perfect consistency, tastes good, gritty texture, smells & looks perfect 8/10 | 49p SM,WV |
| Mother's Pride sliced – not refreshed | N | N | N | Y | N | Y | Y | Wheat flour, water, yeast, salt, soya flour, vinegar, E282, E472e, E300, vegetable fat | Fine crumb, tastes like Mother's Pride, good texture/taste combo, light, soft, chewy, reasonable flavour, slightly lacklustre appearance, moist 8/10 | 13p MM,WV |
| Proceli classic sandwich | Y | Y | Y | N | N | N | Y | Corn starch, water, sugar, egg, vegetable fat & oils, E471, E330, E202, aromas, E160a, yeast, E415, E472e, salt, E281, E450, E500, E300 | Good consistency, slightly sweet, good fluffy crumb, a little dry in the mouth, perfectly decent, holds together well, too sweet for savoury sandwiches 7.5/10 | £1.25 SM,P,WV |
| Sainsbury's free-from sliced | Y | Y | Y | N | N | N | Y | Water, tapioca & potato starch, rice & maize flour, sunflower oil, yeast, psyllium husk powder, vegetable glycerine, dried egg white, dextrose, salt, E330, E464, E415, E170, E475, E471 (nut) | Convincing appearance, fine texture, tastes very good, crumbly dry texture, slightly hard, gritty, pleasing aroma, semolina taste, grey, salty 7.5/10 | 49p SM,WV |
| Tesco free-from sliced – not refreshed | Y | Y | Y | N | N | N | Y | Water, tapioca & potato starch, rice & maize flour, sunflower oil, yeast, psyllium husk powder, vegetable glycerine, dried egg white, dextrose, salt, E330, E464, E415, E170, E475, E471 (nut) | Yummy, respectable looking, fine texture, acceptable flavour, powdery, dry & crumbly, pretty nice, looks like a plain white sliced loaf, soft, grey 7/10 | 49p SM,WV |
| Wellfoods gluten-free loaf | Y | Y | Y | N | N | N | Y | Rice & maize starch, potato flake, E464, E412, E262, E475, E471, whole egg, dried glucose syrup, dextrose, E330, water, yeast, sugar, salt, sucrose, vegetable oil (nut, seed) | Salty but tasty, buttery, like unsweetened cake, acidic taste, dense, sticky & unbalanced flavour, chewy, vinegary, damp, looks undercooked 6.5/10 | 45p D,SM,WV |
| BROWN BREAD | | | | | | | | | | |
| Asda free-from multiseeded | Y | Y | Y | N | N | N | Y | Water, tapioca & potato starch, brown rice flour, psyllium husk powder, yeast, dextrose, sunflower & poppy seeds, linseed, sugar beet fibre, millet flakes, maize flour, salt, E471, E475, E415, E464, E170, E330, caramelised sugar syrup, millet grain, dried egg white, glycerol, sunflower oil (nut) | Looks good, plenty of seeds, slightly sweet, pleasant flavour, crumbly, stale, cheap cinnamon, curiously oily finish, slightly gritty, dry, earthy 7.5/10 | 57p SM,WV |
| Dietary Specials gluten-free loaf | Y | Y | N | N | N | Y | Y | Water, maize & potato starch, rice flour, soya flakes, sugar, E412, E464, millet flakes, vegetable fat, buckwheat seeds, soya protein isolate, yeast, salt, apple juice concentrate, calcium, flavouring, folic acid, E334 | Malty flavour, yeasty, hard bitter taste, dense, very pale but strong rye flavour, beige, dry, not good flavour, buckwheat, open texture 6.5/10 | 69p P,SM,WV |
| Droppa & Droppa gluten-free loaf | Y | Y | Y | N | N | N | Y | Gram, corn & tapioca flour, E415, salt, sugar, cream of tartar, eggs, yeast, sunflower oil, pumpkin, sunflower & sesame seeds (nut) | Whole seeds visually exciting, nice nutty flavour, yellow colour, light, open texture, spongy, brioche texture, good straight-up bread flavour 9/10 | £1.25 D,FS,HFS,O,WV |
| EnerG gluten-free flax loaf | Y | Y | Y | Y | N | Y | Y | Water, rice flour, sunflower oil, tapioca starch, pear juice, flax meal, yeast, salt, thiamin, E101, niacin, iron, folic acid, E461, E341, orange citrus fibre, E466, E575 | Light & seedy, sandy and sour, dry, sawdust, difficult to swallow, floury back taste, spongy, yeasty, strange smell, odd taste 6.5/10 | £1.31 WV |
| Glutafin bread loaf | N* | Y | N | Y | N | Y | Y | Water, wheat starch, rice flour, E460, E464, beet fibre & syrup, soya protein, molasses vegetable fibre & oil, sugar beet syrup, apple juice concentrate, salt, yeast, folic acid, E330, E333, E334 | Tasty beetroot flavour, dry indeterminate taste, very pale and rather earthy, bit sour, slightly strange aftertaste, mealy 6.5/10 | N/A P,WV |
| Juvela gluten-free sliced - not refreshed | N* | Y | Y | Y | N | Y | N | Water, gluten-free wheat starch, skimmed milk powder, linseed, sugar, rapeseed oil, yeast, E412, E415, E464, E575, E101, apple fibre, salt, E500, E150a, E200, iron powder, thiamin, niacin, folic acid | Attractive, good for sandwiches, spongy, moist, open texture, seedy, sweet, a little chewy, not much flavour, soft crust, bitter aftertaste 6.5/10 | N/A P,WV |
| Kingsmill tasty wholemeal - not refreshed | N | N | N | Y | N | Y | Y | Wholemeal wheat flour, water, kibbled malted wheat, yeast, sugar, wheat protein, vegetable oil, salt, malted barley flour, vinegar, soya flour, E471, E472e, fermented wheat starch, E300 | Wholemeal bread, malty sweetness, sliced wheat loaf, light texture, slightly acidic finish, bland flavour, but great look, wheaty, this is bread 9.5/10 | 16p MM |
| Livwell bread loaf | Y | Y | Y | N | N | N | Y | Water, tapioca & potato starch, brown rice flour, psyllium husk powder, yeast, dextrose, sunflower & poppy seeds, linseed, glycerine, sugar beet fibre, maize flour, E471, E475, E415, E464, E170, E330, caramelised sugar syrup, millet flakes & grain, dried egg white, salt, sunflower oil (nut) | Light texture, good seed flavour, open texture, good colour, nice, slightly dusty but tasty, dry, sandy, oily back taste, sweet aftertaste, sour 7.5/10 | 64p MM |

| | | | | | | | | | | |
|--|---|---|---|---|---|---|---|--|---|------------------|
| Morrison's free-from multiseeded | Y | Y | Y | N | N | N | Y | Water, tapioca & potato starch, brown rice flour, psyllium husk powder, yeast, dextrose, sunflower, pumpkin & poppy seeds, linseed, sugar beet fibre, millet flakes, maize flour, salt, E471 , E475 , E415 , E464 , E170 , E330 , caramelised sugar syrup, millet grain, dried egg white, vegetable glycerine, sunflower oil (nut) | Good consistency, nice flavour, full of seeds, okay, dry, stale, yeasty, pale crumb, sandy taste, good looking, tight texture, bland, slightly sweet, 7.5/10 | 57p SM,W |
| Proceli complet | Y | Y | N | N | N | N | Y | Corn starch, water, sugar, egg, vegetable fat & oils, E471 , E330 , E202 , aromas, E160* (not sure), yeast, E415 , E472e , salt, E281 , E450 , E500 , E300 rice bran & flour, tapioca starch, carob flour | Excellent, absolutely perfect, tasty, good, texture holds together well, very good for sandwiches, does not need refreshing, not too sweet, more-ish 10/10 | 90p P,SM,W |
| Sainsbury's free-from multiseeded | Y | Y | Y | N | N | N | Y | Water, tapioca & potato starch, brown rice flour, psyllium husk powder, yeast, dextrose, sunflower & poppy seeds, linseed, vegetable glycerine, maize flour, salt, E471 , E475 , E415 , E464 , E170 , E330 , caramelised sugar syrup, millet, dried egg white, vegetable oil (nut) | Lovely and malty, slightly sweet, light crumb, well-seeded, nice texture, crunchy flavour not good, light, gritty dry texture, okay, quite moist 8/10 | 57p SM,W |
| Stamp classic sandwich | Y | Y | N | N | N | Y | Y | Water, rice, maize & soya flour, yeast, sea salt, honey, E415 | Yellow, stodgy solid texture, sweet, soda bread, quite pleasant, lots of raising agent, moist, bitter back taste, nice thick crust, pleasantly chewy 7/10 | 84p D,FS,O,W |
| Sunnyvale mixed grain sourdough | | | | | | | | Maize flour, long grain rice, water, linseed, salt, E412 | Good solid texture, grainy, crunchy, it feels like it is doing you good, nice flavour, mellow, perfect for a wholesome open sandwich, slightly bitter aftertaste 7/10 | 63p D,HFS,W |
| Tesco bread loaf | Y | Y | Y | N | N | N | Y | Water, tapioca & potato starch, brown rice flour, psyllium husk powder, yeast, dextrose, sunflower & poppy seeds, linseed, glycerine, sugar beet fibre, maize flour, E471 , E475 , E415 , E464 , E170 , E330 , caramelised sugar syrup, millet flakes & grain, dried egg white, salt, sunflower oil (nut) | Looks lovely, nicely chewy, slightly buttery, nutty, mildly spongy, pale, fine texture with well-seeded content, dry, gritty, malty and a bit sweet 8.5/10 | 57p SM,W |
| The Village Bakery gluten-free organic | Y | Y | Y | N | N | Y | Y | Water, maize, chestnut & manioc flour, linseed, cider vinegar, low sodium sea salt, yeast | Savoury smell, firm, very dry, floury, instantly crumbles into dust, not good, falls apart in the mouth, dense and moistureless, unpleasant flavour 3.5/10 | 58p D,O,HFS,W |
| Baguettes Asda free-from | Y | Y | Y | N | N | N | Y | Water, tapioca & potato starch, rice & maize flour, sunflower oil, yeast, psyllium husk powder, glycerol, dried egg white, dextrose, salt, sugar E330 , E464 , E415 , E170 , E475 , E471 (nut) | Perfect, good crust, soft & spongy, slightly gritty but tastes good, dry texture, powdery back taste, smells a bit yeasty, doughy texture 7.5/10 | 67p SM,W |
| Barkat par baked | Y | Y | Y | N | N | Y | Y | Maize starch, water, yeast, extra virgin olive oil, vegetal gums, dextrose, E412 , E464 , E471 , yeast extract, flavouring (nut, soya, egg) | Looks good, crunchy crust, dry innards, oniony, gas smell, tough crumb, odd lemony hint, bitter aftertaste, rubbery, chemical taste, sweet 4.5/10 | £1.49 HFS,P,W |
| Dietary Special white | Y | Y | N | N | N | Y | Y | Water, maize starch, rice flour, dextrose, E464 , E330 , E334 , salt, yeast, vegetable fibre, soya protein, yeast, vegetable oil | Perfect, good tasty crust & firm texture, looks fantastic, stale dank smell, tight crumb, bitter aftertaste, centre not tempting, slightly cakey taste 7.5/10 | 62p P,SM,W |
| Morrison's free-from | Y | Y | Y | N | N | N | Y | Water, tapioca & potato starch, rice & maize flour, vegetable oil, yeast, psyllium husk powder, vegetable glycerine, dried egg white, dextrose monohydrate, salt, E330 , E464 , E415 , E170 , E475 , E471 (nut) | Looks good, tastes lovely but difficult to swallow, sulphurous smell, dry, powdery taste, medium crumb, sandy, crispy crust, soft, tastes stale 6/10 | 67p SM,W |
| Proceli Mediterranean | Y | Y | N | N | N | N | Y | Corn starch, water, sugar, E415 , E472e , roasted sesame, extra virgin olive oil, yeast, salt, E282 , E450 , E500 , E300 , (egg) | Crunchy crust, love the seeds, looks appetising, good flavour, smells yeasty, rubbery texture, but fine for sandwiches, translucent crumb 7/10 | £1.06 SM,W |
| Sainsbury's free-from part baked | Y | Y | Y | N | N | N | Y | Water, tapioca & potato starch, rice & maize flour, vegetable oil, yeast, psyllium husk powder, glycerine, dried egg white, dextrose, salt, E330 , E464 , E415 , E170 , E475 , E471 (nut) | Tasty with good crust, soft and chewy, good consistency, savoury smell, medium crumb texture, slight powdery back taste, slightly gritty 8/10 | 67p SM,W |
| Ciabatta Livwell free-from | Y | Y | Y | N | N | N | Y | Water, tapioca & potato starch, rice & maize flour, olive oil, yeast, salt, psyllium husk powder, vegetable glycerine, dried egg white, dextrose, sugar, E330 , E464 , E415 , E170 , E475 , E471 (nut) | Lovely creamy crumb and dark crust, great consistency, good looks & flavour, slightly gritty, dry texture, could be lighter, oniony smell 8/10 | £1.06 SM,W |
| Sainsbury's free-from | Y | Y | Y | N | N | N | Y | Water, tapioca & potato starch, rice & maize flour, rapeseed oil, yeast, psyllium husk powder, glycerine, dried egg white, dextrose, salt, E330 , E464 , E415 , E170 , E475 , E471 , extra virgin olive oil (nut) | Good chewy texture, acceptable appearance, floury crisp crust, slightly powdery but good flavour, smells yeasty, soft centre, slightly cloying, but otherwise good 9/10 | £1.11 P,SM,W |
| Tesco free-from | Y | Y | Y | N | N | N | Y | Water, tapioca & potato starch, rice & maize flour, olive oil, yeast, psyllium husk powder, glycerine, dried egg white, dextrose, sugar, salt, E330 , E464 , E415 , E300 , E170 , E475 , E471 (nut) | Lovely mushroom colour, excellent consistency, very good flavour, very slightly gritty, wet, soft, grey, fairly tight crumb, damp musty smell 7.5/10 | £1.06 MM,W |

***CODEX ALIMENTARIUS: AS DEFINED FOR GLUTEN-FREE FOODS**

INGREDIENTS KEY:

Ingredients in grey in brackets are not included in the product but are used in the factory in which the product is made.

E NUMBERS:

[E101](#) = RIBOFLAVIN**;[E150A](#) = PLAIN CARAMEL;[E170](#) = CALCIUM CARBONATE*;[E200](#) = SORBIC ACID;[E202](#) = POTASSIUM SORBATE;[E262](#) = SODIUM ACETATE*;[E281](#) = SODIUM PROPIONATE;[E282](#) = CALCIUM PROPIONATE;[E300](#) = ASCORBIC ACID*;[E330](#) = CITRIC ACID;[E333](#) = CALCIUM CITRATES*;[E334](#) = TARTARIC ACID*;[E341](#) = CALCIUM PHOSPHATES*;[E412](#) = GUAR GUM*;[E415](#) = XANTHAN GUM*;[E450](#) = DIPHOSPHATES*;[E460](#) = CELLULOSE*;[E461](#) = METHYL CELLULOSE*;[E464](#) = HYDROXYPROPYL METHYL CELLULOSE*;[E466](#) = (SODIUM) CARBOXYMETHYLCELLULOSE;[E471](#) = MONO- & DI-GLYCERIDES OF FATTY ACIDS*;[E472E](#) = MONO- AND DIACETYL-TARTARIC ACID ESTERS OF MONO- AND DIGLYCERIDES OF FATTY ACIDS**;[E475](#) = POLYGLYCEROL ESTERS OF FATTY ACIDS**;[E500](#) = SODIUM CARBONATES;[E575](#) = GLUCONO DELTA-LACTONE*;

(green** = safe and/or beneficial, green* = safe for most people, orange = caution advised, red* = best avoided, red** = hazardous. Ref: *What's Really in your Basket?* by Bill Statham - published by Summersdale)

AVAILABILITY KEY:

B - B&Bs, C - Cafes, D - Delicatessens, GC - Garden Centres, H - Hotels, FS - Farm Shops, HFS - Health Food Stores, MM - Most Multiples, NT - National Trust Properties, O - Organic Shops, P - Prescription, R - Restaurants, SM - Some Multiples, W - Website (Multiples - Supermarkets)

MANUFACTURERS/SUPPLIERS:

Barkat
020 8953 4444 www.glutenfree-foods.co.uk

Dietary Specials
07041 544 044 www.dietaryspecials.co.uk

Asda
0845 300 1111 www.asda.com

Morrisons

0845 611 5000 www.morrisons.co.uk

Juvela

0800 783 1992 www.juvela.co.uk

Sainsbury's

0800 636 262 www.sainsburys.co.uk

Tesco

0845 722 5533 www.tesco.com

EnerG

www.ener-g.com
020 8336 2323 www.generaldietary.com

Livwell

0845 120 0038 www.livwell.eu

Mother's Pride

0800 0327 111 www.premierfoods.co.uk

Biona

020 8547 2775 www.windmillorganics.com

Glutafin

0800 988 2470 www.glutafin.com

Stamp

020 8889 7159 www.thecelticbakers.co.uk

Droppa & Droppa

01237 420 417 www.droppaanddroppa.com

Kingsmill

0800 197 0110 www.kingsmillbread.com

The Village Bakery

01768 898 437 www.village-bakery.com

Antoinette Saville/Wellfoods

01226 381 712 www.wellfoods.co.uk

Proceli

01226 713 044 www.proceli.co.uk

Sunnyvale

01327 706 611 www.goodnessdirect.co.uk