

Kinnikinnick Tapioca Rice English Muffins (Gluten-Free, Soy-Free) **Top Pick**

~~ 5 Star Selection from Go Dairy Free ~~This product was chosen by our staff as a top pick for quality and taste.

Incredible, fluffy, doughy goodness! I bet you have never heard those words uttered about a gluten-free bread, have you? I thought not. I am a dense, hearty German-style bread girl at heart. Even as a young child I turned down the fluffy Wonder bread, opting for 9-grain instead. Every healthy parent's dream I imagine. Yet, when I bit into this puffy snow white English muffin, my wheat cravings flew out the window.

I kid you not; Kinnikinnick has officially made my addiction list:

Now, before I go on about the many qualities of these English muffins, I should note that they are somewhat of a distant cousin to traditional all-purpose English muffins. They are really just good bread, period. Light, soft, and quite tall in nature, these "muffins" are more akin to an indulgent bun in my opinion. We did enjoy them open faced, toasted, and slathered with peanut butter, honey, jam, butter alternative, and whatever other tasty spread I could find. However, on the bun side, Kinnikinnick's English muffins make fantastic sandwiches.

Unlike many gluten-free breads, these did not require heavy toasting. In fact, they are so substantial, that the outsides can burn if you toast them for too long, unless you have a super-wide slot toaster or a toaster oven. The texture needed little crisping to aid it, and was nearly impossible to identify as gluten-free. They even passed the ultimate test, my husband.

Typically, I can get my husband to try a new food without any complaints, but the real test comes when I ask him the next day if he would like the same thing. 80% of the time, the answer is, "that doesn't really sound good right now." Translation: I didn't like it all that much. The gluten-free products almost always fall into the eighty-percent category. But, the Kinnikinnick English muffins had repeated requests three days in a row! There probably would have been a fourth day, but by that time we had polished off both packages.

The taste of the English muffins was mellow, with a hint of sweetness. Yet, they seemed to hold their own with both sweet and savory applications. They are big and billowy, but squish down substantially when bit into, almost as if they are deflating. This seemed to only add to the whole taste experience.

There was one lone thing I could find wrong with this wonderful bread. I wanted more, a whole freezer full in fact … but … they are a bit out of my everyday food budget. At just over \$4.00 for a four pack, I will need to keep this product sacred. However, if my wheat-free diet continues, I wouldn't be surprised to see Kinnikinnick make it into my shopping cart weekly. Mind you, it is by no means cheap to produce (or even bake at home) gluten-free bread. For this reason, Kinnikinnick's English muffins are more than worth the price. In fact, I may venture to call them a good deal.

My Extra Notes & Tips

- This product is certified Gluten-Free / Casein-Free (GF/CF), and suitable for many special diets. It is also free of soy and nuts; however, their facility does process soy, almonds, and pecans.

Where to Purchase: Kinnikinnick sells their products in grocery stores throughout the United States and Canada. See their website for a store locator. If you can't find their foods in your local area, just shop Kinnikinnick's online store. Their full product line (an enormous one at that) is available via the web.