

Planning Ahead: Super Bowl Snacks for Food Allergies and Gluten Intolerance

Never one to ignore food allergies and gluten intolerance around any special occasion, Enjoy Life Foods has released some quick and easy recipes to share when Super Bowl fever hits next Sunday. Both recipes are dairy-free, egg-free, peanut-free, tree nut-free, gluten-free, kid-friendly, and highly snackable …

Sunbutter® Puppy Chow

Ingredients:

- 1(10 oz.) bag Enjoy Life ® Semi-Sweet Chocolate Chips
- 1/2 cup Sunbutter® sunflower seed butter (smooth or crunchy)
- 1/2 cup dairy-free margarine (such as Earth Balance)*
- 6 cups Perky O's cereal
- 2 cups powdered sugar

Melt chocolate chips, Sunbutter and butter together in microwave on high for 1-1 ½ minutes. Stir after 1 minute. In a large mixing bowl, pour melted mixture over Perky O's and mix until coated. Put powdered sugar in large ziploc or paper bag and add cereal mix. Shake until coated. Place on cookie sheet to dry. Then, enjoy!Clusters-O-Crunch

Ingredients:

- 1 cup Enjoy Life® Not Nuts™ trail mix (Beach Bash™ works best!)
- 2 cups Perky O's cereal
- 1/2 cup dairy-free margarine (such as Earth Balance)*
- 2/3 cup brown sugar
- 1 tbsp brown rice syrup

Melt butter in a 3-quart saucepan over low heat. Add brown sugar and brown rice syrup. Bring to a boil over medium heat, stirring constantly. Reduce heat to medium-low and stir 1 minute; remove from heat. Stir in cereal and trail mix until well coated. Drop mixture by the tablespoon onto waxed paper and gently form into a ball. Cool and enjoy!

* For dairy-free and soy-free, try Spectrum Shortening.

Recipes and photos from Enjoy Life Foods.