

## Get Cookin' with a Namaste Foods Giveaway

This month, two Go Dairy Free viewers will receive a \$50 shopping spree courtesy of Namaste Foods. Namaste Foods offers a great line of allergen-free baking mixes and pasta meals manufactured in a dedicated allergen-free facility. Don't miss this chance to pick up the new Simple Pleasures Gluten Free Cookbook from Namaste Foods, which includes over 60 delicious recipes made with Namaste Foods products. Recipes like Cinnamon Espresso Coffee Cake, Hearty Minestrone Soup, Scalloped Say Cheez and Ham, and Lemon Poppy Seed Bread are just a few of the sensational variations you'll enjoy with this easy-to-use reference. To enter to win ...

... register for the free Go Dairy Free E-newsletter (only your name and email are required). On the first Monday of each month one newsletter is sent out to subscribers with announcements, news, product review updates, and a featured recipe. A giveaway question will appear in each newsletter. Those who respond correctly will be placed in the running to win the monthly prize. The March newsletter will hit inboxes on March 3rd, 2008, so keep your eyes open!

GoDairyFree.org is an informational website for dairy-free living. While the Go Dairy Free website and newsletter always have a milk-free focus, every effort is made to cater to additional special diet concerns, including vegan, multiple food allergies (eggs, nuts, soy), and the gluten-free / casein-free diet (GFCF). Correspondingly, the products from Namaste Foods contain no wheat, gluten, corn, soy, potato, dairy, casein or nuts, and can be made with suggested egg alternatives to also be vegan.

Editor's Note: Namaste Foods is one of our favorite brands here at Go Dairy Free, and we aren't even gluten-free! While we have taste-tested and enthusiastically approved all of their mixes, the Blondies Mix and Pasta Mixes from Namaste are not to be missed!

\* This giveaway is open to residents of the United States only. To purchase Namaste Foods mixes in Canada, see their store listing. Article by Alisa Fleming, Founder and Editor of [www.GoDairyFree.org](http://www.GoDairyFree.org). Feel free to email the author with questions and comments.