

Green Mountain Gringo Chips and Salsa (Vegan, Gluten-Free, Nut-Free, Soy-Free)

There is nothing like a good chip and salsa to keep your guest going at a party until the main course is ready. A great snack for the kids or when you are having nacho night. But one challenge with the food allergic is finding a product that does not contain allergens for your family. I came across Green Mountain Gringo chips and salsa a few months back, and my son loves them. No additives or preservatives all natural ingredients and the label actually reads, contains no allergens (on the salsa). The salsa comes in many different flavors, but I am more of a traditionalist and stick with the basic (mild flavor), but if you are daring I have heard the roasted garlic salsa is wonderful.

Best of all, I picked them up at the local grocery store, no specialty shops or internet shopping where shipping can cost more than what you are buying. The chips were on sale for about \$2.99 and the salsa was as well for around \$2.50 a jar. This is a third party review by food allergy mom Barb Nicoletti. For more information on this product, see the Green Mountain Gringo Website.