

# GFCF MOMMY

ADVENTURES IN COOKING AND IN LIFE WITH A MIDDLE-AGED MOM  
AND HER SUPER-HERO SON. THERE'S NO NEED TO FEAR, GFCF  
MOMMY IS HERE!

MONDAY, DECEMBER 10, 2007

## Visions of Sugar Plums



I just discovered ***Nature's Colors Decorative Sugars***, from the ***India Tree Company***. They are GFCF, dye and preservative-free. The colors are derived from natural ingredients, like beets to make red, for example. They are a bit pricey, about \$5 per bottle, but the bottles are large and a little goes a long way. My health food store had them, but ***Miss Robens*** has them too. They also have a line of liquid colors (to mix into frosting) also from natural ingredients. Also at Miss Robens, look for the ***Pure Fun Confections Candy Canes***. They are sold out at our local Whole Foods, but you can still get them online at Miss Robens, if you act soon! These candy canes are also GFCF and free of dyes and preservatives, \$5 for a box of 12 (plus shipping). With love, from your GFCF Sugar Plum Fairy.

POSTED BY GFCF MOMMY AT 12:50 PM

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