

Medleys/Snaps

[Page 1 – Intro]

Looking for a Little Snap to Your Snack?

Don't sacrifice flavor for health. Enjoy delicious gluten-free snacks that have a whole lot of nothing except flavor:

No gluten

No preservatives

No trans fats

No cholesterol

No fake colors

No fake flavors

No hydrogenated oil

No GMOs

No eggs

No nuts (well, corn nuts, but we're pretty sure they don't count)

No dairy.

El's Gluten-Free Snacks Deliver a Medley of Flavors

Now you know what you're NOT eating, let's look at what you can: Picture yourself on a sunny balcony somewhere exotic: Istanbul maybe. There's a **Medley** of your favorite snacks in front of you: pretzels, potato chips, corn nuts, bagel chips and corn chips – but they look different: they're a rich, dark brown; as if you took nature's spice essence and mixed it with your favorite snacks (we did.).

They perk up your taste buds as you savor the zest and crunchiness. Now you have everything you want, but aren't getting anywhere else: a gluten-free snack that actually tastes great.

The next treat you haven't gotten near since you started avoiding gluten: a flavorful **bagel** chip perfect for snacking by itself or dunking in your favorite dip (maybe hummus if you're still picturing Morocco). Great taste; nothing that your body doesn't really want.

[Page 2 – About El]

About El (and why you can trust her)

El's (real) kitchen is always full of friends, but one of them couldn't enjoy El's snacks because of worries about gluten. And bland gluten-free snacks frustrated El who wasn't about to serve them to her guests. She had already launched a successful line of spice rubs (and knows something about taste), so she flavored some gluten-free snacks with them to please everyone.

She knew she'd scored when friends without worries about wheat scarfed down her snacks too – then asked for more. That's the snack you'll find in this bag – only it's even better (she's had more time to play with the recipe).

Everything in here is all natural, gluten-free, nut-free, dairy-free (do you feel more free already?), and has no trans fat; yet it's full of Omega-3s; it's high fiber, has whole grains, and is even Vegan. Most importantly, it's got taste. Taste you'll crave – whether you care about wheat or not.

El, the owner, creator and visionary behind El's Kitchen, loves and is devoted to cooking and food culture, which infiltrates everything she does.

[Bio deleted for privacy's sake.]

[Page 3 – Blog]

Dishing About Food (the next best thing to eating it)

[We will seed this with recipes from the rub site.]

[Page 4 – Nutritional Info Page]

So, what's the deal with gluten?

Gluten is a protein found in wheat, barley, rye and sometimes oats. It can interfere with your ability to absorb necessary nutrients from food (not good). People with

Celiac (you may or may not know who you are) really need to avoid gluten; but a lot of “regular” people are deciding that avoiding gluten is good for them too.

The cause of Celiac is unknown and can show up at any age. Left untreated, the disease can lead to osteoporosis, thyroid disease, infertility and cancer. It’s important to know that Celiac is a disease, not a food allergy (talk to your doc).

Others, who suffer from irritable bowel syndrome and similar symptoms such as diarrhea, constipation, bloating and gas (we all know who you are – and we want you to find a remedy), often find relief when avoiding gluten. This group either has true wheat allergies or a gluten intolerance.

Gluten can also play a role in migraines and other health conditions such as Fibromyalgia, Addison’s Disease, Aphthous Stomatitis, Dilated Cardiomyopathy, Primary Biliary Cirrhosis and Peripheral Neuropathy. Even people who are depressed or moody may feel significant relief when eliminating gluten from their diet (so cheer up – avoid wheat).

Wheat has also been thought to exacerbate the symptoms of neurological disorders such as autism. In a number of cases, eliminating wheat and dairy products from an autistic’s diet has shown behavioral improvements such as improved learning and focus.

That’s why we’re here – not to vilify wheat, but – to offer tasty alternatives to life without (or with diminished) wheat. There’s just no reason on earth to live a flavor-free life just because your body is happier with less gluten.

Sources:

[Deleted]

So, here’s the complete nutritional profile of our snacks (it doesn’t get much better than this):

Medleys

[Nutrition Facts]

[Ingredients]

Snaps

[Nutrition Facts]

[Ingredients]

[Page 5 – Spices page]

Spice up your life.

Dry rubs are a unique blend of ingredients that create an intense, flavor-packed crust on practically any food, but most commonly chicken, pork, steak, lamb or fish.

El's Kitchen's Dry Rubs eliminate lots of prep work. How? (Good question.) Just sprinkle one-half tablespoon of our Dry Rub per one-half pound of meat. Rub it in. Cook. (That was pretty easy, huh?)

And, as you can see, it doesn't take much rub to flavor an awful lot of food – so you don't need a vat to make a difference to weeks of food – unless, of course, you're like us and put it on everything but cereal (cereal? Hmmmm – something to think about).

There's no need to let the meat "marinate" so you can decide to use our dry rubs at the very last minute (convenient, isn't it?).

They're also great in your chili and stew, in dips, on sandwiches – and now – on our snacks. Look at our blog page for some recipe ideas – and please! post your own ideas and recipes. We'd love to hear what you're doing with these rubs.

There are six varieties of **El's Kitchen Dry Rubs** (so you can experiment with a range of flavors to find the combos you like best):

- Chicken, Medium Spicy
- Chicken, Spicy
- Beef, Medium Spicy
- Beef, Spicy
- Lamb
- Fish

[Page 6 – Buy page]

Buy some – for your tastebuds (and your stomach)

[Don't forget your gluten-free sister-in-law who might be nicer to you when she thinks you're interested in her well-being (who cares if what you really want is to make sure there's something good to snack on over Thanksgiving?).]

Product description:**Medleys – A zesty snack mix**

Gluten-free bagel chips, corn nuts, corn chips, potato chips and pretzels in a flavorful spice mix.

Bagel Snaps

Gluten-free bagel chips with a touch of spice to tickle your tastebuds.

JFBI*

El's Kitchen Dry Rubs

Spark up all of your meals with the spices that inspired our snacks. Find them at:
[url]

*Junk Food Bores Intellectuals

And now just a little something for everyone who really needs to care about what you put in your tummies:

- These snacks were manufactured in a facility that also produces items containing wheat and/or nuts. (But we made our stuff on different days and kept everything really far away from anything that even touched these things.)
- Each production run is sampled and tested to confirm gluten levels do not exceed 20 PPM. (So, no gluten for you. Yay!)
- Snack mix: Contains soy (We really hope you're not allergic to soy because we know it's a pretty healthy source of protein, but just in case, you need to know this.)

[Page 7 – Where to Buy Page]

Here's a list of the fine folks who sell our products.

They're all good eggs with – obvious – great taste in the foods they sell, so visit them and give our products a shot. (Then buy some good beer to go with the Medleys and maybe a little hummus for the Snaps, perhaps a skirt steak for the rubs and...oh well, make your own list.)

[List]

[Page 8 – Contact page]

Call us!

Write Us!

Tell us what you think, or what we can do to ensure you thoroughly enjoy our snacks.

Your Privacy (we promise)

Many of you have all the paraphernalia, drugs and credit card offers you want and would prefer not receiving solicitations from everyone willing to pony up a penny a name. So here's our promise that we're not selling your name, your information or anything else that could cause someone to become bothersome to you:

Our Commitment to Privacy

Your privacy is important to us. To better protect your privacy, we provide this notice explaining our online information practices and the choices you can make about the way your information is collected and used.

The Information We Collect

This notice applies to all information collected or submitted on the El's Kitchen website. On some pages, you can make requests and register to receive materials.

The Way We Use Information

We use return email addresses to answer the email we receive and, sometimes, to offer special offers or alert you to information regarding our products. You may opt out of this use. Such addresses are not used for any other purpose and are not shared with outside parties.

Our Commitment To Data Security

To prevent unauthorized access, maintain data accuracy, and ensure the correct use of information, we have put in place appropriate physical, electronic, and managerial procedures to safeguard and secure the information we collect online.

How To Contact Us

Should you have other questions or concerns about these privacy policies (or want us to stop tempting you with zesty snack info), please call us at (203) 454 7013 or send us an email to jo@elskitchen.com

Our Promise to You

El's Kitchen does not guarantee shipments with inaccurate or incomplete names or delivery addresses. It is the responsibility of the buyer to provide an accurate and complete name and delivery address. (You know where you live, but we don't, so just check that you wrote it correctly.)

If you are not completely satisfied with the quality of any product purchased from El's Kitchen, we will provide a full refund (minus the cost of shipping). Please return any unused portion in its original packaging via US Mail to (and we'd love a little note explaining what was wrong – that way we have a chance to fix it):

El's Kitchen

PO Box XXX

Weston, CT

Terms of Service (things our lawyers want us to say)

By purchasing or using our products in any manner, the customer represents that s/he has read, understood, and agrees to all terms and conditions [they're all right here (and there aren't any), so I wouldn't worry too much about this. We told you

the lawyers made us include this] set forth herein, and that s/he is at least eighteen (18) years old and has the legal ability to engage in a contract in the State of Connecticut. If the customer does not accept all terms and conditions set forth herein, s/he should not purchase or use, in any manner, products from the company. It is further understood that this agreement is subject to change from time to time, in whole or in part, without prior notice.