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## A Top 8 Allergen Free Chocolate Shopping Guide



For many people, one of the best things about the Holidays and Christmas is the baking, especially when you have time to bake items to send as gifts to friends and family. That can a little more complicated when you or a loved one has allergies. Using milk substitutes and vegan chocolate you can often adapt grandma's old-fashioned recipe, but if you don't have time to experiment, we've some suggestions

### What Are the Top 8 Allergens?

While hundreds of foods can cause allergic reactions, the eight most common are: Milk, Eggs, Fish, Crustacean shellfish, Tree nuts, Peanuts, Wheat, and Soybeans. With those Top 8 in mind, let's look at some delicious treats to buy ready-made or places where you can find ingredients for your old family recipes.

#### Enjoy Life Foods

You can get great chocolate chips to suit any recipe from Enjoy Life. They have the widest variety of goods including Semi-Sweet Mini Chips, Semi-Sweet Mega Chunks, and Dark Chocolate Morsels. Their chocolate uses only three ingredients: cane sugar, unsweetened chocolate, and cocoa butter. If you aren't up to cooking, they also have a wide variety of ready-made cookies and snack bars.

#### Amore di Mona

A company created by a self-described chocophile with a sensitivity to soy and nuts. They have a beautiful line of gift chocolates that are all natural, plant based, and common allergen free. Ingredients certified by a 3<sup>rd</sup> party lab. They also have kosher products.

### Amanda's Own Confections

Line of all-natural chocolate created by a family with a daughter with life-threatening food allergies. Products are totally free of the top 14 food allergens. They have chocolate bars, cookies, and jellybeans as well as gift items for all major candy associated holidays.

### Free2B Sun Cups

This company is best known for their Sun Cups which is an allergy-safe version Reese's Peanut Butter Cup alternative. They have other items available as well including semi-sweet chocolate chips for baking.

### No Whey Foods

They have an amazing selection of truffles and baked goods. Items are 100% dairy free, peanut free, tree nut free, gluten free, egg free, and soy free. They are also free of artificial colors and have kosher products.

## These two companies avoid most allergens except for coconut

### Pascha Chocolate

Their dark chocolates are free of the Top 8 allergens. They have a wide variety of allergy free recipes on their website. Products are free of peanuts, tree nut, wheat, gluten, soy, egg, dairy, and sesame.

### Righteously Raw Chocolate

Pure, raw, organic chocolate. They avoid the Top 8 allergens in their products and in their production facilities, except for coconut. They have wonderful gift baskets.

### If you only need Dairy Free, try Lily's Sweets.

The dark chocolate chips from Lily's Sweets are vegan which makes them dairy free. They are also gluten-free and contain no added sugars. Sweetened with non-GMO stevia and erythritol for those that are also trying to avoid sugar.

**With a little planning, having delicious, allergen-free treats this holiday will be easy as pie.**

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