Sammies

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Extras

A. Welcome!
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It’s been said, the best sandwich is the one that’s made for you with love. We don’t disagree, but we’ll challenge any sandwich maker to resist these recipes! Made for yourself or for others, the gluten-free sandwiches in this book are perfectly stacked with delicious ingredients in innovative and beautiful combinations. We invite you inside to find inspiration from our kitchen and the homes of our favorite gluten-free bloggers. We hope your next creation will be a special delight for you and your loved ones!
Whole Grains, Whole Heartedly

All of our products are made using whole grains, which means instead of using refined grains, we use the entire grain, allowing our products to be full of the wonderful nutrients naturally found in these grains.

How much is enough? According to the Dietary Guidelines for Americans, adults should eat at least 3-5 servings of whole grains every day. Even kids need 2-3 servings a day! One slice of our bread is the equivalent to one serving - just another reason to stack up that sandwich!

Did You Know?

Studies show that eating whole grains instead of refined grains lowers the risk of many chronic diseases, including type 2 diabetes, heart disease, and obesity.

(source: Bell Institute, “Whole Grain and Health – Get the Whole Story”)

12 grams of other ingredients

16 grams of whole grain flour

1 ounce slice weighs 28g

Have you seen this stamp on our packaging? We’ve partnered with the Whole Grains Council to make it easy to know where to get your daily servings of whole grains!
Healthy is anything but ancient

Although ancient grains are, well, ancient – it wasn't until recently that the name started buzzing around grocery stores across the country. So what's the deal? Ancient grains are loaded with vitamins and minerals like iron, fiber, omegas and antioxidants. And the best part? They're naturally gluten free!

Can you name the seven ancient grains in our 7-grain bread?

- Millet
- Brown rice
- Sorghum
- Teff
- Buckwheat
- Quinoa
- Amaranth
Some sandwiches are almost too pretty to eat... almost! In addition to our own creations, we’re proud to feature ten beautiful and delicious sandwich recipes from the bloggers who’ve become our favorite resources for gluten-free meal inspiration. We invite you to visit their Instagram feeds and feast your eyes on their endless ideas for quick breakfasts, weeknight meals, sweet treats and of course, gluten-free sandwiches!
YOU GOTTA’ CHECK THESE AMAZING FOLKS OUT!
GLUTEN FREE

C-BLAT SAMMIE

Recipe by: Jayme Williams

INGREDIENTS

- 2 Slices Canyon Bakehouse Honey Oat Bread, Toasted
- 1/4 Avocado, Sliced
- 2 Slices Crispy Uncured Applewood Smoked Bacon
- Tomato, Sliced
- 2 Chicken Tenders
- Avocado Oil
- Smoked Paprika
- Cumin
- Pink Salt
- Fresh Greens

DIRECTIONS

1. Preheat oven to 350°F degrees.
2. Spray chicken tenders with avocado oil.
3. Sprinkle chicken tenders with smoked paprika, cumin and pink salt.
4. Bake chicken tenders in a glass dish for 15 minutes, until cooked through.
5. Assemble the sandwich on the toasted bread with avocado, bacon, tomato, chicken and greens.

You can find more about Jayme here

Web: JaymeWilliamsFitness.com | IG: @fit_n_clean_mama
GLUTEN FREE

THE ULTIMATE VEGGIE SAMMIE

Recipe by: Gina Fontana

INGREDIENTS

- 2 Slices Canyon Bakehouse Heritage Style Whole Grain Bread
- 2 Tbsp. Chive Cream “Cheese” Style Spread
- 1/4 Cucumber, Sliced
- 1/4 Avocado, Sliced
- Butter Lettuce Leaves
- Broccoli Sprouts

Kale Pesto

- 2 C. Kale Leaves, Stemmed and Chopped
- 1/3 C. Raw Walnuts
- 1/4 C. Olive Oil
- 2 Tbsp. Lemon Juice
- 1 Tbsp. Minced Garlic
- Salt and Pepper, to Taste

DIRECTIONS

1. Combine all of the pesto ingredients in a blender and puree until smooth. Retain extra pesto in the fridge for later use.

2. Spread each slice of bread with kale pesto and cream “cheese.”

3. Assemble the veggies on the bread and press the slices together.

YOU CAN FIND MORE ABOUT GINA HERE

Web: HealthyLittleVittles.com | IG: @healthylittlevittles
GLUTEN FREE

TEMPEH SAMMIE WITH PINEAPPLE SALSA

Recipe by: Ruth Fox and Vicky Cohen

INGREDIENTS

- 6 Slices Canyon Bakehouse Heritage Style Honey White Bread
- 8 oz. Gluten Free Tempeh, Diced into Bite Size Pieces
- 2 C. Boiling Water

Barbeque Sauce
- 1 C. Ketchup
- 1/2 C. Brown Sugar
- 1/3 C. Brown Mustard
- 2 Tbsp. Apple Cider Vinegar
- 3 tsp. Hot Sauce

Marinated Cabbage
- 1 C. Shredded Cabbage
- 1 tsp. Extra Virgin Olive Oil
- 2 tsp. Lemon or Lime Juice
- 1/4 tsp. Salt

Pineapple Salsa
- 1 C. Diced Pineapple
- 1 Jalapeño Pepper, Seeded and Diced
- 1/4 tsp. Salt
- 1/8 Chili Powder (optional)

DIRECTIONS

1. Place the diced tempeh in a heat proof bowl and pour the boiling water over top. Cover the bowl and allow the tempeh to rest for 20 minutes.
2. Prepare the barbecue sauce. Combine the ketchup, brown sugar, mustard, vinegar and hot sauce in a medium bowl and mix well.
3. Pour the barbecue sauce into a medium sauce pan and cook over medium heat for 5-7 minutes, stirring occasionally. Set aside.
4. Drain the tempeh and discard the water.
5. In a mixing bowl, toss the tempeh and barbecue sauce to coat. Cover the bowl and refrigerate for 2 hours.
6. Prepare the marinated cabbage. Combine all the ingredients in a medium bowl, toss well and refrigerate until ready to use.
7. Prepare the pineapple salsa. Combine the ingredients in a medium bowl, toss well & refrigerate until ready to use.
8. Preheat the oven to 400°F and prepare a large baking sheet with parchment paper.
9. Arrange the tempeh pieces in a single layer on the baking sheet and bake for 15 minutes. Allow the tempeh to cool before assembling the sandwiches.
10. Assemble three sandwiches. For each, layer the barbecue tempeh, marinated cabbage and pineapple salsa between two slices of bread.

YOU CAN FIND MORE ABOUT RUTH AND VICKY HERE
Web: MayIHaveThatRecipe.com | IG: @mayihavethatrecipe
GLUTEN FREE

GREEN PESTO SAMMIE

Recipe by: Chen Kirshenbaum

INGREDIENTS

- 2 Slices Canyon Bakehouse 7-Grain Bread, Toasted
- 2 Tbsp. Vegan Pesto
- 3 oz. Sliced Turkey Breast
- Spinach
- Yellow Heirloom Tomato, Sliced

DIRECTIONS

1. Spread each slice of toasted bread with pesto.
2. Layer the turkey breast, tomato and spinach between the toasted bread.

You can find more about Chen here
Web: ChinupsWithChen.com | IG: @chinups.with.chen
GLUTEN FREE

JALAPEÑO BLT CLUB SAMMIE

Recipe by: Mary Smith

INGREDIENTS

- 2 Slices Canyon Bakehouse Heritage Style Whole Grain Bread, Toasted
- 2 Slices Roasted Turkey Breast
- 2 Slices Ham
- 1 Slice Beefsteak Tomato
- 1 Handful Spinach
- 2 Slices No Sugar Bacon
- Jalapeño Vegan Cream Cheese Spread

DIRECTIONS

1. Spread each slice of toasted bread with vegan cream cheese.
2. Layer the toasted bread with all the sandwich ingredients.

You can find more about Mary here:

Web: MarysWholeLife.com | IG: @MarysWholeLife
GLUTEN FREE

B’FAST SAMMIE

Recipe by: Rebecca Lilly Costa

INGREDIENTS

- 1 Canyon Bakehouse Plain Bagel, Toasted
- 1 Tbsp. Coconut Oil
- 2 tsp. Butter or Ghee
- 1 Egg
- Pink Himalayan Salt, to Taste
- Paprika, to Taste
- Fresh Baby Kale

DIRECTIONS

1. Heat a cast iron skillet with butter or ghee. Once hot, crack the egg in the pan.

2. Sprinkle the egg with pink Himalayan salt and paprika and cook the egg until the yolk reaches desired firmness.

3. Spread the toasted bagel with coconut oil.

4. Layer the bagel with the seasoned, cooked egg and fresh baby kale.

You can find more about Rebecca here

Web: RebeccaLillyCosta.com | IG: @xxrlllly
GLUTEN FREE

FIGGIN’ PEANUT BUTTER AND BANANA SAMMIE

Recipe by: Kennedy Haffner

INGREDIENTS

• 2 Slices Canyon Bakehouse Cinnamon Raisin Bread, Toasted
• 2 Tbsp. Creamy Peanut Butter
• 1/2 Banana, Sliced
• 1-2 Fresh Figs, Sliced
• Bee Pollen
• Chia Seeds

DIRECTIONS

1. Spread each piece of toast with peanut butter.

2. Layer one piece of toast with banana and fig slices. Sprinkle with bee pollen and chia seeds.

3. Place the other piece of toast on top and cut in half to serve.

YOU CAN FIND MORE ABOUT KENNEDY HERE

Web: TheHealthyHaff.com | IG: @thehealthyhaff
GLUTEN FREE

SALAMI SAMMIE WITH RED CABBAGE AND BEETS

Recipe by: Lori Nedescu

INGREDIENTS

- 2 Slices Canyon Bakehouse Heritage Style Whole Grain Bread
- 1/4 C. Beet and Red Cabbage Kraut
- 2 Slices Provolone, Thinly Sliced
- 2 oz. Sliced Uncured Fennel Salami
- 2 Tbsp. Roasted Garlic Hummus
- 1/2 Tbsp. Mayonnaise
- Sliced, Pre-cooked Beets
- 1 Tbsp. Hot Piquanté Peppers, Diced
- Red Cabbage Microgreens (optional)

DIRECTIONS

1. Spread one slice of bread with hummus and the other with mayonnaise.
2. Layer the bread with all ingredients except the microgreens (if using).
3. Press the sandwich on a skillet for about 2 minutes until toasty and melty, or use a panini press.
4. Allow the sandwich to cool for about 30 seconds before adding the greens.
5. Serve immediately.

YOU CAN FIND MORE ABOUT LORI HERE

Web: TheCadenceKitchen.com | IG: @cadencekitchen
GLUTEN FREE

GRILLED HAM AND CHEESE SAMMIE

Recipe by: Natasha Gildea

INGREDIENTS

- 2 Slices Canyon Bakehouse Hawaiian Sweet Bread
- Butter
- 3 oz. Raclette or Gruyere Cheese, Sliced
- 3 oz. Baked Deli Ham, Sliced
- 2 Tbsp. Strawberry Jam
- Arugula

DIRECTIONS

1. Spread butter on outsides of the Hawaiian Sweet Bread and strawberry jam on the insides.
2. Layer the bread with ham, cheese and arugula.
3. Cook butter side down in a skillet over medium low heat until the cheese is melted and the bread is golden brown.

You can find more about Natasha here
Web: TheFeistyKitchen.com | IG: @thefeistykitchen
GLUTEN FREE

SATURDAY SALMON SAMMIE STACK

Recipe by: Nicole Modic

INGREDIENTS

- 3 Slices Canyon Bakehouse Heritage Style Honey White Bread, Toasted
- 2 Tbsp. Hummus
- 1/4 C. Raw, Spiralized Zucchini
- 3 oz. Smoked Salmon
- Radish Sprouts

DIRECTIONS

1. Spread one slice of toasted bread with hummus.
2. Top the hummus with spiralized zucchini and a second slice of toasted bread.
3. Spread the top of the second slice of toasted bread with more hummus, smoked salmon and sprouts.
4. Finish the sandwich with a third slice of toasted bread.

YOU CAN FIND MORE ABOUT NICOLE HERE
Web: KaleJunkie.com | IG: @kalejunkie
CANYON’S GUIDE TO:
GRAINS

Oats specified as gluten-free.

GLUTEN-FREE
• AMARANTH • BUCKWHEAT
• QUINOA • TEF • TAPIOCA
• OATS • SORGHUM • RICE
• MILLET

The name may throw you off, but buckwheat does not contain wheat and is naturally gluten-free.
There are many wheat varieties such as: spelt, kamut, farro, bulgar, semolina, & durum.

GLUTEN-FILLED

• WHEAT  • BARLEY
• MALT  • EINKORN
• FREEKAH  • RYE

Also, be careful of cross-contaminated oats or oats not specified as gluten-free.
GLUTEN FREE

GRILLED HAM AND CHEESE WITH GREEN APPLE SAMMIE

Recipe by: Canyon Bakehouse

INGREDIENTS

- 4 Slices Canyon Bakehouse Heritage Style Whole Grain Bread
- 2 Tbsp. Butter
- 1 Green Apple, Thinly Sliced
- 1/2 lb. Ham (Shaved Paper Thin, Piled Thick)
- Cheddar Cheese
- Honey, for garnish (optional)

DIRECTIONS

1. Heat a griddle to 375°F.
2. Butter one side of each bread slice.
3. Place two slices of bread on the griddle, butter-side down.
4. Layer the bread on the griddle with cheese, ham, green apple, and honey (optional).
5. Top the sandwiches with the two remaining slices of bread, butter-side up.
6. Flip the sandwiches midway through cooking to melt the cheese evenly.

You can find more about Canyon Bakehouse here

Web: CanyonGlutenFree.com | IG: @canyonglutenfree
HAWAIIAN HAM AND SWISS WITH PINEAPPLE SAMMIE

Recipe by: Canyon Bakehouse

INGREDIENTS

• 4 Slices Canyon Bakehouse Hawaiian Sweet Bread
• 1/2 lb. Shaved Ham
• 1/4 lb. Sliced Swiss Cheese
• 1/4 C. Butter, Melted
• 1 Tbsp. Dijon Mustard
• 1 Tbsp. Onion Powder
• 2 tsp. Worcestershire Sauce
• 1 Tbsp. Poppy Seeds
• 2-4 Pineapple Rings

DIRECTIONS

1. Heat a griddle or a skillet on the stovetop (medium heat).

2. Layer the pineapple, ham and Swiss onto two slices of bread and place the other slices on top.

3. Mix the melted butter, Dijon mustard, onion powder, Worcestershire sauce, and poppy seeds.

4. Brush the butter mixture onto the outsides of both sandwiches.

5. Grill the sandwiches until golden.

You can find more about Canyon Bakehouse here...

Web: CanyonGlutenFree.com | IG: @canyonglutenfree
GLUTEN FREE

GRILLED TRI-TIP SAMMIES WITH CHIPOTLE MAYO

Recipe by: Canyon Bakehouse

INGREDIENTS

- 4 Slices Canyon Bakehouse 7-Grain Bread, Toasted
- 4 oz. Grilled Tri-Tip, Sliced
- 1 Heirloom Tomato, Sliced Thick
- 1/2 Avocado, Sliced
- 1/2 C. Arugula
- 1/4 C. Mayonnaise
- 2 Tbsp. Sour Cream
- 1 Canned Chipotle Pepper
- 1 Tbsp. Fresh Lime Juice

DIRECTIONS

1. In a blender, combine the mayonnaise, sour cream, chipotle pepper and lime juice. Blend until smooth.

2. To make two sandwiches, spread the chipotle mayo onto two pieces of toast. Layer on the arugula, tomato and tri-tip. Place the other pieces of toast on top of each sandwich.

You can find more about Canyon Bakehouse here

Web: CanyonGlutenFree.com | IG: @canyonglutenfree
GLUTEN FREE

EGG SALAD SAMMIE

Recipe by: Canyon Bakehouse

INGREDIENTS

- 8 Slices Canyon Bakehouse 7-Grain Bread, Toasted
- 4 Hardboiled Eggs, Chopped
- 2 oz. Thin Sliced Salami, Cut Crosswise into 1/2” Pieces
- 2 Tbsp. Mayonnaise
- 1 Tbsp. Flat Leaf Parsley, Finely Chopped
- 1 Tbsp. Capers
- 1 Tbsp. Shallots, Finely Chopped
- Sea Salt and Black Pepper, to Taste
- Butter Lettuce

DIRECTIONS

1. In a large mixing bowl, combine the chopped eggs, salami pieces, mayonnaise, chopped herbs, capers and chopped shallots.

2. Season with salt and pepper.

3. Divide the egg salad onto four of the slices of toast.

4. Add leaves of butter lettuce to each sandwich and top with remaining slices of toast.

You can find more about Canyon Bakehouse here
Web: CanyonGlutenFree.com | IG: @canyonglutenfree
**GLUTEN FREE**

**GREEK TUNA SALAD PANINI**

Recipe by: Canyon Bakehouse

**INGREDIENTS**
- 8 Slices Canyon Bakehouse Mountain White Bread
- 12 oz. Albacore Tuna, Drained
- 2 Tbsp. Red Onion, Minced
- 1 Roma Tomato, Chopped
- 2 Tbsp. Artichoke Hearts, Chopped
- 1 Tbsp. Greek Olives, Chopped
- 1 tsp. Capers
- 1 Tbsp. Olive Oil, Plus More for Grilling
- 1 tsp. Lemon Juice
- 1 tsp. White Wine Vinegar
- 1 tsp. Herbs and Spices Seasoning
- Pepper, to Taste
- 8 Slices Provolone Cheese
- Fresh Parsley, Chopped

**DIRECTIONS**
1. Heat panini grill or skillet to medium heat.
2. Flake the tuna into a large mixing bowl; add the onion, tomato, artichoke hearts, olives and capers and mix well.
3. In a small bowl, whisk together the oil, lemon juice, vinegar and seasonings.
4. Pour the dressing over the tuna mixture and combine.
5. Assemble panini by layering provolone, tuna salad, and parsley between bread slices (outsides brushed with olive oil).
6. Place the panini onto a grill or in a large cast iron skillet.
7. If using a skillet, cover the panini with foil and place a second weighted skillet on top. Grill on both sides until cheese is melted.

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You can find more about Canyon Bakehouse here

Web: CanyonGlutenFree.com | IG: @canyonglutenfree
GLUTEN FREE

THAI TOFU PEANUT SAMMIES

Recipe by: Canyon Bakehouse

INGREDIENTS

- 8 Slices Canyon Bakehouse Mountain White Bread, Toasted if Desired
- 2 Tbsp. Peanut Oil
- 1 Package Firm Tofu, Pressed & Sliced into Four Sandwich-Sized Pieces
- 1/4 C. Creamy Peanut Butter
- 3 Tbsp. Tamari or Soy Sauce, Divided
- 1 Tbsp. Rice Wine Vinegar
- 1 Tbsp. Honey
- 1 1/2 tsp. Chili-Garlic Sauce, Divided
- 1-2 Tbsp. Water
- 1 English Cucumber, Thinly Sliced
- 2 C. Carrots, Shredded
- 1 Bunch Fresh Basil
- 1/4 C. Peanuts, Chopped (for Garnish)

DIRECTIONS

1. In a small bowl, whisk together 1 Tbsp. tamari or soy sauce with ½ tsp. chili garlic sauce. Brush each tofu slice, front and back.

2. Allow the tofu to marinate for 10-15 minutes.

3. In a separate bowl, make the sauce by whisking together the remaining tamari, rice vinegar, honey, remaining chili-garlic sauce and water.

4. Add oil to a skillet over medium heat. Brown each slice of tofu on both sides.

5. Assemble each sandwich by layering basil, browned tofu, peanut sauce and veggies. Sprinkle with chopped peanuts to serve.

YOU CAN FIND MORE ABOUT CANYON BAKEHOUSE HERE

Web: CanyonGlutenFree.com | IG: @canyonglutenfree
SRIRACHA CHICKEN SAMMIE

Recipe by: Canyon Bakehouse

INGREDIENTS

- 2 Slices Canyon Bakehouse Heritage Style Whole Grain Bread
- 3 oz. Cooked Chicken
- 1/4 Cucumber, Sliced
- 2 Radishes, Sliced
- 2 oz. Kimchi
- Sprouts
- Mint, Chopped

Sauce
- 2 Tbsp. Sriracha
- 1 Tbsp. Tamari
  (gluten free soy sauce)
- 1 tsp. Fish Sauce
- 1 Tbsp. Sugar
- 1 tsp. Grated Ginger

DIRECTIONS

1. In a small bowl, mix together all the ingredients for the sauce and the put the cooked chicken pieces in the bowl and coat each side of the chicken.

2. Assemble the sandwich with all the toppings and the Sriracha chicken. Enjoy!

You can find more about Canyon Bakehouse here

Web: CanyonGlutenFree.com | IG: @canyonglutenfree
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BALSAMIC BLACKBERRY GRILLED CHEESE SAMMIE

Recipe by: Canyon Bakehouse

INGREDIENTS

- 2 Slices Canyon Bakehouse Heritage Style Whole Grain Bread
- 1 C. Fresh Blackberries
- 2 Tbsp. Balsamic Vinegar
- 1/2 C. Sharp Cheddar Cheese
- Basil for Topping

DIRECTIONS

1. In a small sauce pan, add the blackberries, balsamic vinegar and 4 tablespoons of water. Cook until mixture boils, stirring constantly. Remove from heat and drain excess liquid from the sauce. Set aside.

2. Grease a medium sized pan and turn to medium heat.

3. Assemble the sandwich, starting with half the cheese, the blackberry sauce mixture and sprinkling the remainder of the cheese on top. Then add the basil.

4. Grill until the bread turns golden brown and the cheese begins to melt.

5. Eat immediately!

YOU CAN FIND MORE ABOUT CANYON BAKEHOUSE HERE

Web: CanyonGlutenFree.com | IG: @canyonglutenfree
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HERBED BUTTERNUT SQUASH PANINI WITH GRUYERE

Recipe by: Canyon Bakehouse

INGREDIENTS

- 8 Slices Canyon Bakehouse Heritage Style Honey White Bread
- 1/2 Butternut Squash, Sliced to 1/2 inch
- 2 Tbsp. Olive Oil
- 1 Tbsp. Sage, sliced
- Salt and Pepper, to Taste
- 12 oz. Gruyere Cheese, Thinly Sliced
- 2 C. Arugula or Spinach

DIRECTIONS

1. Preheat oven to 375°F and prepare a baking sheet with parchment paper.

2. Arrange sliced squash on parchment paper. Brush both sides with olive oil & season with sage, salt & pepper.

3. Roast the squash for about 30 minutes, turning midway through.

4. Brush the outsides of the bread with olive oil. Layer each sandwich with arugula, roasted squash, chopped walnuts and gruyere.

5. Before serving, press each sandwich in a panini grill, or on the stovetop between two heavy skillets.

YOU CAN FIND MORE ABOUT CANYON BAKEHOUSE HERE

Web: CanyonGlutenFree.com | IG: @canyonglutenfree
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BRUSCHETTA SAMMIE

Recipe by: Canyon Bakehouse

INGREDIENTS

• 4 Slices Canyon Bakehouse Mountain White Bread, Toasted
• 3 Large Tomatoes, Chopped
• 4 Cloves Garlic, Minced
• 2 Tbsp. Freshly Chopped Basil
• Salt and Pepper to Taste
• 1 Large Mozzarella Ball
• 4 Pieces of Prosciutto

DIRECTIONS

1. In a medium sized bowl, add chopped tomatoes, garlic, basil and salt and pepper. Set aside.

2. Toast bread. Top each sandwich with two pieces of prosciutto, a slice of mozzarella and the bruschetta mixture.

3. Enjoy immediately!

YOU CAN FIND MORE ABOUT CANYON BAKEHOUSE HERE
Web: CanyonGlutenFree.com | IG: @canyonglutenfree
Sammie Smash
A Gluten Free Recipe Guide
Don't get stuck with the Crumbs!

20 delicious recipes inside!

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