



Proceeds will be used for cancer support programs at the Commerce hospital's Charach Cancer Treatment Center. The cost, \$30 per canoe, includes canoe rental and a picnic for two adults or teens; children 12 and younger are free.

Reservations are not required, but tickets can be purchased in advance by calling (248) 937-5077. The Proud Lake Recreation Area is located at 3500 Wixom Road, Commerce.

The Heavner family has been personally touched by cancer and family members have supported Huron Valley-Sinai's cancer programs, including Canoe to Care, since it began.

Heavner's also is donating \$5 to the Charach Cancer Treatment Center for each full-price canoe rental this summer; coupons are available on the Heavner's Canoe Rental Web site, [www.heavnercanoe.com](http://www.heavnercanoe.com). □

## Jessica's Natural Foods Fills Gluten-Free Niche

Once the province of sandal-wearing beatniks, granola has gone mainstream in recent years. But those requiring a gluten-free product came up empty handed until now: Jessica's Natural Foods, a new entrant into the market, is offering high-quality natural granola for all and provider Jessica Tucker Mindell promises that it is delicious.

An estimated one in 133 people in the U.S. has celiac disease, but that is often undiagnosed. Gluten, a specific type of protein found in wheat, rye, barley and triticale, is difficult to avoid. It is often found as a basic food ingredient (e.g., flour) or as an added derivative to processed or prepared food (e.g., barley malt added to cereal.)

Eliminating gluten is the recommended treatment for those with celiac disease and gluten intolerance; however, it requires a major lifestyle adjustment.

Inspired by a family member who is gluten-intolerant, Jessica Tucker Mindell was determined to create great-tasting, all-natural, gluten-free granola. A longtime baker with both scientific and marketing backgrounds, Mindell applied her pas-

sion for healthy eating to the mission.

Jessica's only uses wholesome ingredients like certified, pure, uncontaminated, gluten-free oats and oat flour with ground flax, coconut, Michigan honey and pure maple syrup.

The granola is baked in a designated gluten-free area using dedicated gluten-free equipment.

It is now available in 16 stores across the Detroit area.

"When I started sharing the granola with my family and friends, everyone loved it. I knew that others would enjoy it as much as we do," Mindell said.

Jessica's offers three flavors: almond cherry, with Michigan tart cherries, chocolate chip and vanilla maple.

Jessica's granola is free of preservatives, trans fat, hydrogenated oils, cholesterol, corn syrup and artificial flavors or colors.

To find a store near you, visit Jessica's Web site at [www.JessicasNaturalFoods.com](http://www.JessicasNaturalFoods.com). □



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