

Spring-Clean Your Life! 42 ways to refresh, renew & replenish

easy eats

GOOD TO BE GLUTEN FREE

March/April 2012

DIY Girl Scout Cookies!

No ordering,
no waiting,
no gluten!

A Beginner's Guide:

"I'm gluten-free.
Now, what?"

EASTER SPECIAL:
HOLIDAY BRUNCH,
HAM DINNER
AND CANDY, TOO!



100%
Gluten-Free
Goodness
★ GUARANTEED ★

Enjoy *Easy Eats* to the Fullest with These Easy Tips



Find a recipe fast.
Click on the Recipe Index and tap any photo to go right to the recipe.



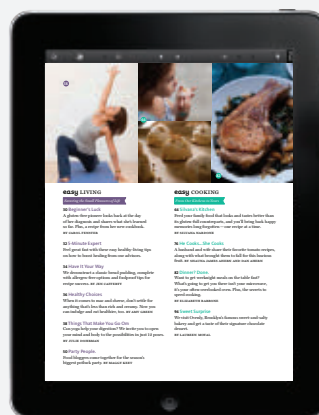
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easy ESSENTIALS

What's New in Food, Health and Home



14 Fresh Start

Put some snap in your salad with fresh asparagus. Plus, spring's other delicious and good-for-you produce.

BY AMY HOWARD

18 Natural Beauty

Pamper yourself with a do-it-yourself facial.

BY JACQUELINE RAPOSO

20 5-Minute Expert

How do you give yourself a clean slate? Our experts weigh in.

23 Treat Yourself

Fill your baskets with classic Easter treats, then try your hand at making your own.

BY AMY HOWARD

29 Open Book

We round up the most delicious new gluten-free cookbooks.

BY SILVANA NARDONE

34 Added Value

Don't be afraid of spring cleaning! Our guide makes it easier than ever.

BY AMY HOWARD



40 Taste Test

Grab a spoon! Here are the best gluten-free breakfast cereals in every category.

BY SILVANA NARDONE

easy LIVING

52 Have It Your Way

We put a new spin on the classic waffle breakfast and show you how to make it your own.

BY AMY GREEN



Savoring the Small Pleasures of Life

54 Healthy Choices

Lentils plus squash and spinach equals a hearty, nutritious dish.

BY JEN CAFFERTY

56 So I'm Gluten Free...

Dr. William Davis, author of *Wheat Belly*, reveals the secrets of optimum health. BY LAURA B. RUSSELL

72 Salud.

A family celebrates with all the old traditions and some brand-new pasta recipes.

BY JACQUELINE RAPOSO



86 Silvana's Kitchen

Fill your family's bellies and hearts with some quick spring dishes, made with love.

BY SILVANA NARDONE

98 Scout's Honor

The kids'll love helping you make easy, gluten-free versions of classic Girl Scout cookies.

BY AMY HOWARD

108 Essential Gluten-Free Pantry

Save money and time by stocking your shelves with these go-to staples.

BY NICOLE HUNN

120 Sweet Surprise

Geri Peacock of Cherbourg Bakery in Columbus, Ohio, shares the perfect cream puff.

BY JACQUELINE RAPOSO



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Rudi's Gluten-free Bakery bread is certified  but very worthy of your . Each delicious slice has real fresh-bread taste to make the whole  happy, bring a  to your day and add  to your life.

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Buns & Rolls



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Certified

Gluten-Free



SWEET MEMORIES

Few things in life make a long-lasting impact. For me, Girl Scout cookies were definitely one of them.

When I was a girl, I grew up all over the world. My father worked for the Italian government, which meant two things: that we moved every three years and that just as quickly as I would make new friends, I'd have to say goodbye.

But there was one constant in my life: being a Girl Scout and all that it defined — community, friendship and, yes, cookies. I started as a Brownie in Montreal, and had graduated to Junior Girl Scout status by the time we had moved to northern California.

My mom remembers buying me the classic green uniform at the famous McCaulou's department store in Lafayette, California, and sewing badges on my sash. Neither of us can remember what I earned them for, but we do remember all the cookies I sold to our neighbors and my dad's Italian colleagues — and the ones we stashed away in our freezer so we'd have a dedicated supply year-round.

Maybe one day there'll be gluten-free Girl Scout cookie options stacked alongside our old family favorites, including Thin Mints and Tagalongs. Until then, I'm happy to roll up my sleeves, call the kids into the kitchen and bake up our own gluten-free memories (see Scout's Honor, [page 98](#)). Now, so can you.

Silvana

Silvana Nardone
Editor-in-Chief

Send me questions
and comments at
silvana@easyeats.com



ON THE COVER
Cookies from “Scout’s Honor”
(get the recipes, [page 98](#))
Photograph by Stephen Scott
Gross. Food styling by Joyce
Sangirardi.

Easy Eats March/April 2012 Giveaway!

GLUTINO: 10 gift bags valued at \$50 each filled with a sampling of Glutino bagel chips, bread, pretzels and brownie mix.

ANGELL CHOCOLATE: 20 gift bags valued at \$60 each filled with 24 Angell bars.

VAN’S WAFFLES: 10 gift bags valued at \$50 each filled with coupons for 10 free boxes of Van’s gluten-free waffles and great Van’s gear.

RUDI’S BREAD: 10 gift bags valued at \$26.95 each filled with 3 loaves of bread, pizza crust & hamburger buns.

ENJOY LIFE FOODS: 25 gift bags valued at \$50 each filled with an assortment of chocolate chips, granola, bars and fruit mix.

UDI’S: 10 Udi’s tote bags filled with an Udi’s coffee mug, two loaves of their new Ancient Grain breads (one loaf of Millet Chia and one loaf of Omega Flax & Fiber), and two free product coupons good off the new Frozen Pizzas and Fortified Muffin Tops.



Sayonara, Gluten. Hello, Genuine Asian Flavors.

Let lucky kitty introduce you to San-J Tamari Gluten Free Soy Sauces made with 100% soy, Asian Cooking Sauces, and Salad Dressings all made with no wheat. They may be certified gluten-free, but they are also rich and delicious. It starts with our traditional brewing process, and ends with the most mouthwatering creations imaginable. Bring home San-J today, and make everyone at your dinner table feel lucky.

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easy eats

GOOD TO BE GLUTEN FREE

EDITORIAL

Silvana Nardone

EDITOR-IN-CHIEF

@SilvanaNardone

Paperwhite Studio

DESIGN DIRECTION

@paperwhite_nyc

Stephen Scott Gross

PHOTOGRAPHY DIRECTOR

Barbara Hauley Kempe

EXECUTIVE EDITOR

Betsy Butler

RESEARCH EDITOR

Joyce Sangirardi

FOOD STYLIST

Amy Howard,

Jacqueline Raposo

EDITORIAL ASSISTANTS

Shannon Rosell

INTERN

IN THIS ISSUE

Photography by

Stephen Scott Gross

(except where noted)

CONTRIBUTING WRITERS

Jen Cafferty, Amy Green,

Nicole Hunn, Laura B. Russell

RECIPE TESTERS

Tamara Anderson, Amanda

Barcus, Hazel Clements,

Patricia Conte, Porscha

Doucette, Heidi Franke,

Becky Gibbert, Tami Heyse,

Maryann Jordan, Caitlin

Leyden, Angelynn Nakaguchi,

Connie Ortiz, Karna Pennings,

Jenni Schneider, Marla Simon,

Karen Taylor, Matt Thomas,

Mary Wikle

ADVISORY BOARD

Alice Bast

Founder and president,
National Foundation for
Celiac Awareness (NFCA)

Susan Blum, MD, MPH

Founder, Blum Center for
Health; Assistant Clinical
Professor in the Department
of Preventive Medicine
at the Mount Sinai School
of Medicine

Alice Domar, PhD

Executive Director, Domar
Center for Mind/Body Health;
author, *Be Happy Without
Being Perfect*

Keri Gans, MS, RD, CDN

Author, *The Small
Change Diet*

Danna Korn

CEO, Sonic Boom Wellness,
GlutenFreedom and R.O.C.K.
(Raising Our Celiac Kids);
author, *Living Gluten-Free for
Dummies* (2nd edition)

Sarah Rivkin, MS, LAc

Chinese medicine practitioner
and acupuncturist; integrative
gynecology instructor at
Pacific College of Oriental
Medicine

Stephen Wangen

Chief Medical Officer, IBS
Treatment Center; author,
Healthier Without Wheat

Danielle Wilson

Executive Director, New York
Association of Naturopathic
Doctors (NYANP)

ADVERTISING & BUSINESS

Amie Valpone

**PUBLISHER &
MARKETING DIRECTOR**

Joel Wooten

BUSINESS MANAGER

Ellen Spiller

HUMAN RESOURCES DIRECTOR

Frank Wooten

DATA & ANALYSIS

Adam Hegedus

WEB & TECHNOLOGY

Have a question or comment?

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info@easyeats.com.

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AMERICA'S #1
GUACAMOLE

eatwholly.com



SAY ANYTHING

EMAIL

Thank you for such a beautiful magazine — I love it! I own a gluten-free bakery in Barcelona, and it's just lovely to be able to read a publication on gluten-free living. It's a bit of a gluten-free desert here!

—Manuela García Sánchez

I'm loving your magazine and the recipe vault. May I ask that, in future issues, substitutes be provided for dairy ingredients in recipes? I'm allergic to dairy as well as gluten (and soy) and while I can often figure out substitutes, I have yet to figure out what to use in place of cream cheese! Thank you! —Susanne Lee

I absolutely love your magazine! My one request (and it's a big one) is that you include more gluten-free, casein-free recipes.

—Emily Jelassi

While many of our recipes are casein free or offer a dairy-free alternative directly in the ingredient list, those that aren't can generally be adapted using our conversion chart. You can find this in the Recipe Vault on our website.

Your photos and recipes are breathtaking! When are you going to publish a cookbook?

—Lee Miller

FACEBOOK

Did a quick run through of your magazine and it looks like an awesome issue! I am not gluten-intolerant but I like to cut back on the gluten in my diet. This magazine is awesome for that:-)

—Elizabeth Struck

JANUARY 4 AT 7:07PM

Just found you from a friend and I see lots of GF options! yay! Looking forward to your posts! — Live Life Whole — Mompreneur — Whole Food Gluten Free Paleo Foodie

JANUARY 12 AT 9:10PM

I just received e-mails regarding winning gifts from your December Giveaway. Thank you so much. I look forward to receiving and enjoying these. This is truly a gift as I am having surgery in 10 days and this will do a lot for my spirit also. Thank you for making this available and for giving us wonderful recipes.

—Judy McClelland

JANUARY 13 AT 3:18PM

What about the Kindle Fire? Can you get an app for that?

—Elizabeth Struck

JANUARY 19 AT 7:43PM

Good news: We're now on Kindle! Look for us on Nook next...

If you are looking for GF recipes, many of them in one place as well as a beautiful magazine filled with great ideas then check out *Easy Eats!* —Saga of a Gluten Free Mom with Nicolette Carriero

FEBRUARY 11 AT 5:25PM



Introducing Pamela's WHENEVER BARS



A great snack
Wherever
Whenever!



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TWITTER

Hooray! The next issue from [@easyeatmag](#) is out! The honey mustard dressing was a huge hit on my Thanksgiving table! [easyeats.com](#) — [@GFTravelette](#)

Calling gluten-free divas! Try this healthy Minestrone Chard Soup with Garlic Croutons from [@easyeatmag](#) : bit.ly/zoO4fm — [@WellandGoodNYC](#)

[@easyeatmag](#) [@JonHotchkiss](#) Great article! Meeting more and more athletes on Gluten Free or Paleo Diet. Looks like it's working. — [@ManagingGFree](#)

[@DustyBakerGal](#) I love that you are making CCC's at 10:30 PM on a Saturday night. #coolchick [@StephenCollucci](#) [@easyeatmag](#) — [@Michelle_Jaffee](#)

[@easyeatmag](#) Such a good magazine! Take your #gluten-free #fitness to the next level with [@peterbronski](#). Great tips. — [@GFMelissa](#)

[@easyeatmag](#) I haven't made anything yet, but [@peterbronski](#) Chicken Tikka Masala & [@jenglutenfree](#) Turkey & Dried

Fruit Quinoa will be!
— [@HuntersLyonnesse](#)

[@easyeatmag](#) loved the turkey/quinoa salad. I'm having a gf Super Bowl party and we r using the recipes for the party-I'll send pics!
— [@scareltt2](#)

[@easyeatmag](#) The pizza recipe from [@ehasselbeck](#) looks delish & I appreciate your section on protein bars! I could go on...just love the mag! — [@Gfree_Gal](#)

[@easyeatmag](#) Thanks for the corn dog recipe! My 3-yr-old now thinks I'm amazing. — [@val_q](#)

Looking for a dinner idea? Try [@easyeatmag](#) Turkey Meatloaf! See what adaptations I made to this great recipe. bit.ly/yVzVPo #GF — [@CandiceRose90](#)

Just renewed my subscription to [@easyeatmag](#). I am officially obsessed! <3 — [@SagaofaGFmom](#)

pinterest.com/pin/1468596378... Kale salad with pistachios and golden raisins! I am loving these [@easyeatmag](#) recipes. — [@helloglutenfree](#)



FREE!

Not Just Gluten-Free... Also Free of the 8 Most Common Allergens.

At Enjoy Life, our mission is producing great-tasting foods that are safe for the whole family to enjoy. That's why all of our foods are specially made to be gluten-free and free of the 8 most common allergens.

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...Taste you will Love!




See what people have to say about our New and Improved **Chewy Bars!**



OUR PRODUCTS ARE FREE OF:

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- ✓ dairy
- ✓ peanuts
- ✓ tree nuts
- ✓ egg
- ✓ soy
- ✓ fish
- ✓ shellfish

Made in a dedicated nut and gluten free facility.

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Words To Cook By

A roundup of our favorite new gluten-free cookbooks.

— SILVANA NARDONE

HOW TO COOK GLUTEN-FREE

GLUTEN FREE SLOW COOKING

BETTY CROCKER
GLUTEN-FREE COOKING

SIMPLY...GLUTEN-FREE

EAT LIKE A DINOSAUR

LEARNING TO BAKE ALLERGEN-FREE

Eat Raw, Eat Well

THE ESSENTIAL
GLUTEN-FREE BAKING GUIDE

If you love someone with food allergies...

**...become a
member of the
Food Allergy
& Anaphylaxis
Network**

Your membership
directly supports
our awareness,
advocacy,
education, and
research efforts on
behalf of all those
with food allergies
and anaphylaxis.

**Together, we will
make a difference.**



www.foodallergy.org •



The trusted source for food allergies
The Food Allergy & Anaphylaxis Network



HOW TO COOK GLUTEN-FREE:

Over 150 Recipes That Really Work by Elizabeth Barbone
(\$27.95, Lake Isle Press)

OPEN BOOK

Where You've Seen Her: GlutenFreeBaking.com,
SeriousEats.com

What She's Known For: Making gluten-free dishes that taste like their gluten-full counterparts.

Best Cookbook For: Busy weeknights

Total Recipe Count: More than 150



SIMPLY...GLUTEN-FREE QUICK MEALS:

More Than 100 Great Tasting Recipes
for Good Food Fast by Carol Kicinski
(\$29.99, Thomas Dunne Books)

Where You've Seen Her: SimplyGluten-Free.com

What She's Known For: Fast, healthy recipes

Best Cookbook For: Busy weeknights

Total Recipe Count: More than 100



BETTY CROCKER GLUTEN-FREE COOKING, 1st edition

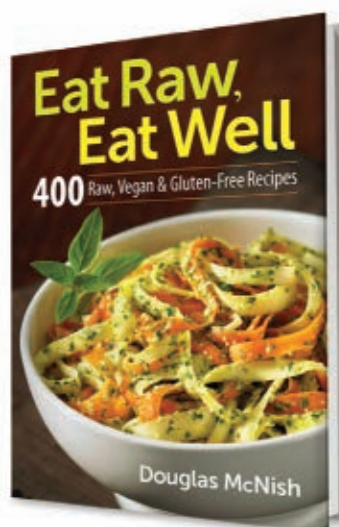
(\$19.99, Wiley Publishing)

Where You've Seen Her: She's one of the most trusted names in American home cooking; BettyCrocker.com

What She's Known For: Kitchen-tested, feel-good recipes

Best Cookbook For: Easy family meals

Total Recipe Count: More than 150



EAT RAW, EAT WELL

400 Raw, Vegan & Gluten-Free Recipes
by Douglas McNish (\$24.95, Robert Rose Books)

Where You've Seen Him: DougMcNish.com

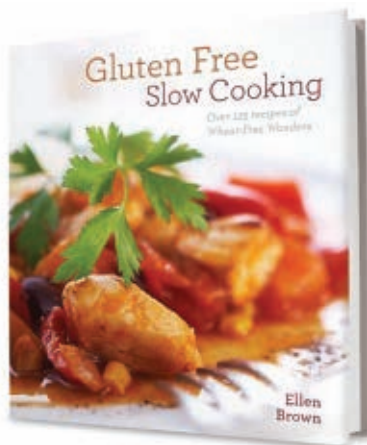
What He's Known For: Raw, vegan recipes

Best Cookbook For: High-energy, nutrient-rich dishes

Total Recipe Count: 400

**EAT LIKE A DINOSAUR:****Recipe & Guidebook for Gluten-Free Kids**

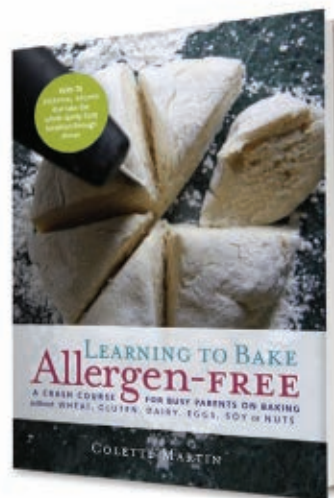
by Paleo Parents (\$24.95, Victory Belt Publishing)

Where You've Seen Them: PaleoParents.com**What They're Known For:** Kid-friendly, Paleo recipes free of grains, dairy, legumes, soy and refined sugar.**Best Cookbook For:** Kids and families who want to get back to basics and cook real meals without using processed foods.**Total Recipe Count:** Mp 100**GLUTEN FREE SLOW COOKING:****Over 250 Recipes of Wheat-Free Wonders**

by Ellen Brown (\$18.95, Cider Mill Press)

Where You've Seen Her: Author of the *Complete Idiot's Guide to Slow Cooker Cooking* and founding food editor of *USA Today*.**What She's Known For:** Comforting, slow-cooker recipes**Best Cookbook For:** Easy family meals**Total Recipe Count:** More than 125**LEARNING TO BAKE ALLERGEN-FREE:****A Crash Course for Busy Parents on Baking without Wheat, Gluten, Dairy, Eggs, Soy or Nuts**

by Colette Martin (\$19.95, The Experiment Publishing)

Where You've Seen Her: LearningtoEatAllergyFree.com**What She's Known For:** Kid-tested, allergen-free recipes made with love.**Best Cookbook For:** Family-friendly meals**Total Recipe Count:** More than 75**THE ESSENTIAL GLUTEN-FREE BAKING GUIDE, Part 1**

by Brittany Angell and Iris Higgins (\$16.95, Triumph Dining)

Where You've Seen Them: RealSustenance.com and TheDailyDietribe.com**What They're Known For:** Recreating gluten-full baked goods by using various gluten-free flours.**Best Cookbook For:** Everyday baking**Total Recipe Count:** More than 50



Soft Pretzels MAKES 8 pretzels

Dare we say these pretzels are just as good, if not better, than those found at most ball parks. (Recipe adapted from The Essential Gluten-Free Baking Guide, Part 1, by Brittany Angell and Iris Higgins.)

$\frac{3}{4}$ cup plus $3\frac{1}{2}$ tablespoons (213 grams)
lukewarm water

2 teaspoons granulated sugar

$1\frac{1}{2}$ teaspoons fast-acting yeast

$\frac{1}{2}$ cup plus 1 tablespoon (80 grams) packed
millet flour

$\frac{3}{4}$ cup (120 grams) packed brown rice flour

1 cup (165 grams) potato starch

$\frac{1}{2}$ teaspoon salt

$\frac{3}{4}$ teaspoon xanthan gum

$\frac{1}{2}$ teaspoon double-acting baking powder

1 teaspoon mild-flavored oil

$\frac{2}{3}$ cup baking soda

Melted butter or oil, for brushing

Coarse salt, for sprinkling

- 1** Combine the lukewarm water, sugar and yeast in a bowl. Set aside for 5 minutes, allowing the yeast to develop.
- 2** In a large bowl, combine the millet flour, rice flour, potato starch, salt, xanthan gum, baking powder and oil. Mix well. Stir in the water-yeast mixture until dough thickens slightly, 2 minutes.
- 3** Lightly coat hands with oil and divide the dough into 8 equal-sized balls. Gently roll out each ball of dough on a clean, dry surface. Bend and crisscross each rope into a pretzel shape.
- 4** Place the pretzels onto a baking sheet. Brush each with a little oil, cover the pan with a towel and place in a warm location to let rise, 20 to 25 minutes.
- 5** In a large pot over medium-high heat, bring 10 cups of water and the baking soda to a boil. Drop the pretzels, one or two at a time, into the rapidly boiling water. Boil for 30 seconds, turning once. Return to the baking sheet.
- 6** Preheat oven to 375° . Brush each pretzel with melted butter and sprinkle with coarse salt. Bake until golden brown, 13 to 15 minutes. Serve warm.

Clean and Green

Oh, spring — that wonderful time of year that you welcome longer, brighter days by clearing out your clutter and spruce up your space. Just follow our blueprint to make this your easiest spring cleaning yet: easier for you — and easier on the environment.

— AMY HOWARD



ADDED VALUE

Kitchen

MRS. MEYER'S LIQUID HAND SOAP

Powerful on dirt, yet gentle on the environment, Mrs. Meyer's hand soap is made with natural essential oils and plant-derived ingredients. Choose from 10 different scents, including bluebell, lavender, basil, rhubarb and apple.

(\$3.99 for 12.5 fl. oz.; mrsmeyers.com)



SEVENTH GENERATION AUTOMATIC DISHWASHER GEL

Free of chlorine, phosphate and dyes, this nontoxic dishwasher gel uses enzymes for extra cleaning power without leaving behind residue. Another bonus: It hasn't been tested on animals. (\$15.39 for 45 fl. oz.; seventhgeneration.com)



GRABGREEN DEGREASER CLEANER

This smear-free, multiuse cleaner can tackle your stuck-on, greasy stovetops, kitchen floors, garbage cans, sinks and more. The natural, biodegradable formula is available in fragrance free, thyme with fig leaf or tangerine with lemongrass. (\$6.50 for 16 fl. oz.; grabgreenhome.com)

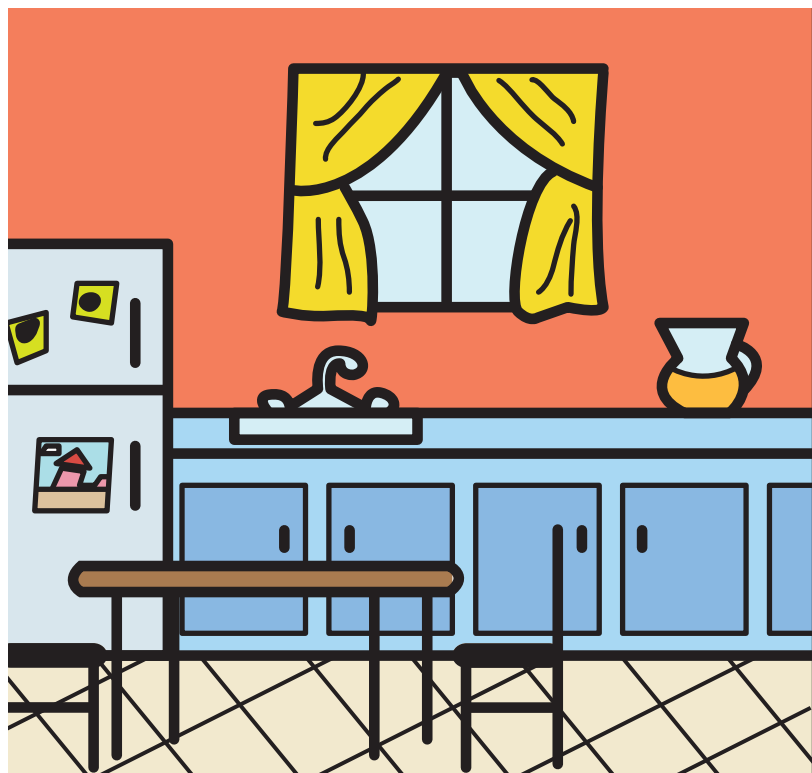


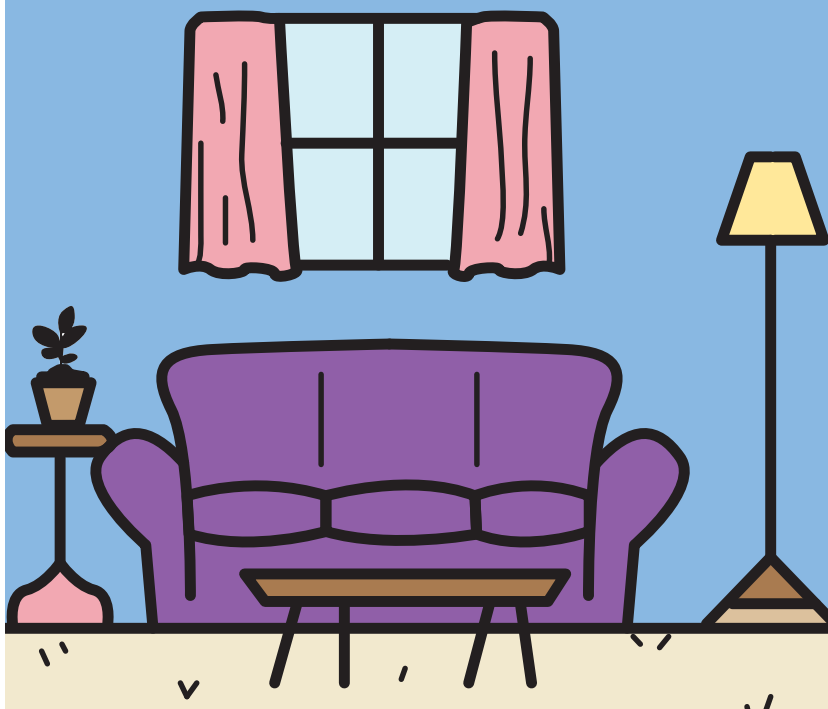
ECOVER ECOLOGICAL DISHWASHING LIQUID

Plant-based and mineral ingredients make this dishwashing liquid tough on grease. Made from sustainably harvested sugarcane, the bottles are 100% recyclable and renewable. (\$6.99 for 32 fl. oz.; ecover.com)

JOHN BOOS BLOCK BOARD CREAM WITH BEESWAX

Keep cutting boards and butcher-block countertops from drying out with this cream. The key ingredients — natural beeswax and food-grade mineral oil — add moisture, which protect and prolong the wood. (\$13.84 for 5 fl. oz.; johnboos.com)





Living Room

Baby's Room



BETTER LIFE 2AM MIRACLE GREEN NURSERY CLEANER

This natural, hypoallergenic cleaner is safe for all your baby's cleaning needs, including the crib, changing tables, toys and car seats. With no residue left behind, you don't have to worry about rinsing. (\$7.99 for 16 fl. oz.; cleanhappens.com)



BETTER LIFE WHAT-EVER!

This hypoallergenic, all-purpose cleaner is safe and effective on pretty much anything you can imagine — countertops, walls, appliances, baseboards, floors, tables, chairs and even toilets. Try fragrance-free or sage and citrus. (\$6.99 for 32 fl. oz.; cleanhappens.com)



DADDY VAN'S ALL NATURAL BEESWAX FURNITURE POLISH

Nourish and protect your cabinets, wooden furniture and toys with this chemical free, nontoxic polish made without petroleum byproducts or solvents. (\$11.95 for 5 oz.; daddyvans.com)



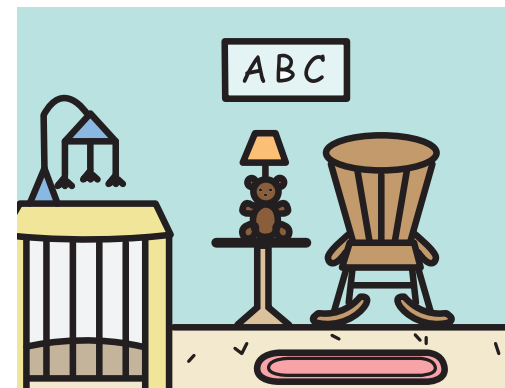
CALDREA LINEN & ROOM SPRAY

Revive your home or car with this light spray made with essential oils. Or use as an ironing spray and to freshen up clothes between washes. (\$9 for 16 fl. oz.; caldrea.com)



TRASHY: TRASH CAN DEODORIZER

Have odors built up in your baby's nursery? Look no further. Trashy will tackle your stinkiest diaper pails by driving out odor-causing bacteria with the power of probiotics. Just a few sprays and the odors disappear within seconds. (\$4.99 for a 4 oz. spray; naturalhouse.com)



ADDED VALUE



Laundry Room



SUN & EARTH ON THE SPOT! INSTANT STAIN REMOVER

This portable spot remover easily fits in your pocket or purse. Don't be fooled by its size: Natural enzymes attack even the toughest stains — anything from wine to grease. It's also gluten-free, soy-free, casein-free and nut-free. (\$3.95 for 1 stain pen; sunandearth.com)



EARTH FRIENDLY PRODUCTS 2X ULTRA ECOS LAUNDRY DETERGENT

Clean a full load of laundry with just 1.5 ounces of this non-toxic detergent. Even better? It's gentle enough for baby and your delicates, and won't irritate sensitive skin. (\$7.29 for 50 oz.; ecos.com)



ECOVER ECOLOGICAL FABRIC SOFTENER

Made with plant-based and mineral ingredients, this softener will not only soften your laundry, but reduce static and make ironing easier. (\$5.38 for 32 fl. oz.; ecover.com)



SEVENTH GENERATION NATURAL FABRIC SOFTENER SHEETS

Made from unbleached paper, these dryer sheets reduce static cling and ironing time while adding a fresh scent to your laundry. They're compostable, too. (\$4.99 for 80 sheets; seventhgeneration.com)

Bathroom



NATURALLY IT'S CLEAN ENZYME FRESH HOME TUB & TILE

This cleaner safely breaks down soap scum and grime with natural enzymes, which safely remove odors. Instead of leaving harsh chemicals behind, carbon, hydrogen and other elements are safely integrated into the air. (\$5.59 for 16 fl. oz.; naturallyitsclean.com)



BIOKLEEN BAC-OUT BATHROOM CLEANER

Live enzyme cultures effectively clean and deodorize your bathroom from top to bottom, leaving only a lavender-lime scent behind. With regular use, Bac-Out will help prevent build-up on all bathroom surfaces, including your toilet and shower curtains. (\$7.34 for 32 oz.; biokleenhome.com)



FLUSHY: TOILET BOWL CLEANER AND SEPTIC TREATMENT

This cleaner's natural probiotic formula cuts through hard water and calcium deposits in the toilet bowl to help maintain septic system health while fighting odors at the source. (\$4.99 for a 30-day supply; naturalhouse.com)



EO EVERYONE SOAP

This plant-based, all-purpose soap made with essential oils is for everyone and every body. Use it as hand soap, shampoo, body wash or even bubble bath. It's also paraben-free, polysorbate-free, disodium EDTA-free, gluten-free, non-GMO verified and sodium laureth/lauryl sulfate-free. (\$9.99 for 32 oz.; eoproducts.com)

