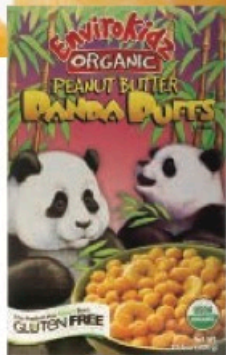


TASTE TEST

# BOWL GAME!

We crunched our way through more than 30 gluten-free cereals to see which one would hold up to our taste test standards — and in a bowl of milk.

—SILVANA NARDONE



**BEST CORN**

**EnviroKidz Organic Peanut Butter Panda Puffs**

These puffs, made with organic peanut butter and containing zero trans fats, were a hit with testers. At least one couldn't wait to share: "My boyfriend is going to be totally addicted." (\$3.99; [naturespath.com](http://naturespath.com))



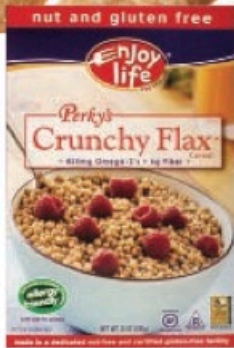
**BEST RICE**

## Health Valley Rice Crunch-Ems

With just 110 calories per 1 ¼ cup serving, this cereal is a real find for those watching their waistlines. Tasters loved that the crisscross texture “felt substantial in the mouth” and “really trapped the milk.” (\$6; [healthvalley.com](http://healthvalley.com))







**BEST FIBER**

## Enjoy Life Foods Perky's Crunchy Flax Cereal

One panelist didn't need milk to devour these lightly sweet nuggets, which boast 6 grams of fiber per serving: "I'd eat these by the handful as an afternoon snack." (\$4.29; [enjoylifefoods.com](http://enjoylifefoods.com))





**BEST LOW SUGAR**

## Kellogg's Rice Krispies Gluten Free

This version of the longtime favorite is made with long grain brown rice and without barley malt, the source of gluten in the original. Testers were impressed that it "didn't get goopy in milk." (\$5; [ricekrispies.com](http://ricekrispies.com))







**BEST MULTIGRAIN**

**Nature's Path Organic  
Crunchy Maple Sunrise**

The "incredible amount of different grains" in this entry, including brown rice, quinoa, flax, buckwheat and amaranth, provided testers with "a truckload of texture and crunch." (\$4.29; [naturespath.com](http://naturespath.com))





**BEST "O"-SHAPED**

## **Glutino Honey Nut Rings**

Made from simple ingredients and no saturated fat or cholesterol, these loops won over our panel with their "simple, nutty flavor" and "subtle hint of sweetness." (\$6.39; [glutino.com](http://glutino.com))







**BEST SWEET TREAT**

## Cinnamon Chex Gluten Free

“Oh, yum!” gushed one tester after tasting this cereal, which offers 14 vitamins and minerals, as well as a “cinnamony punch of deliciousness.”

(\$4.39; [chex.com](http://chex.com))





**BEST FLAKE**

**Glutino Berry Sensible Beginnings**

The corn-rice flakes in this cereal are “pretty great on their own,” said panelists, but the freeze-dried strawberry slices “really send this cereal to a whole new level.” (\$6.39; [glutino.com](http://glutino.com))







**BEST KIDS**

**Erewhon Cocoa Crispy Brown Rice**

What's not to like about crispy rice cereal covered in a cocoa glaze? Not much, according to our testers: "I'll let my son have a bowl, and then I'll eat the rest of the box," said one. (\$4.89; [attunefoods.com](http://attunefoods.com))



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