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National show spotlights what you'll want to eat this year

Ruth Taber

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Dr. Kracker's line of organic flatbread crackers has been enhanced with 100 percent whole-grain spelt crackers. Spelt, an ancient cereal grain with a nutty flavor is easy to digest. Containing slightly more protein than wheat, it's a delicious product for wheat and gluten-sensitive consumers. My favorites among the different varieties were Sunflower Cheese Kracker (cheddar cheese drizzled over sunflower seeds) and Seedlander Krackers (pumpkin seeds, whole millet grains and poppy seeds). A German recipe transported to Dallas, the crackers and flatbreads are available online at www.drkracker.com.

Both Lotus Foods and Dr. Kracker products carry the new 100% Whole Grain stamp, an excellent guide for consumers trying to decipher food labels.

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