

# Simply Southern Mom

## GLUTEN FREE FRIDAYS 16

June 2, 2017 By Brittany — 17 Comments

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It's Friday again, which can only mean two things: the weekend is here, and there's another gluten free round-up on Simply Southern Mom. If you're new here, let me tell you about Gluten Free Friday. Every Friday, we share the latest and greatest in gluten free and Allergen Friendly snacks. We partner with brands to receive samples to try out, but we never share anything that we don't actually eat. I have celiac, my mom (the original Simply Southern Mom) has IBS, and my daughter has FPIES. Between the three of us, we know a little bit about restricted diets— and what tastes good! What are we trying this week?



5. **La Croix Water** is a brand that you might have seen a lot of on our Instagram account. I buy LaCroix pretty much in bulk because I drink so much of it! When I had HG, my only safe drink was plain Soda. Since that's not the healthiest drink, I knew I needed to get a little more hydration with a little less sugar postpartum. When I found LaCroix, I was hooked. The sparkling water gives me my fizzy drink Fix without the massive amounts of sugar I don't need, and it comes in fun flavors like cherry limeade, cran-raspberry, passionfruit, and grapefruit. Even my toddler likes LaCroix! We used a can of the passionfruit flavor to make Sangria.

**Good For:** parties, Soda replacement, staying hydrated, kids, cookouts, mixed drinks

See their other recommendations here: <https://simplysouthernmom.com/gluten-free-fridays-16/>