

THE REAL CO HONORS CELIAC AWARENESS MONTH

GLUTEN-FREE REAL FOOD FROM THE EARTH

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/EINPresswire.com/ -- May is [Celiac](#) Awareness Month, when we honor the struggle of the over 3 million Americans who carry around this diagnosis with them by trying as a nation to o, and [The Real Co](#) offers gluten-free White Basmati Rice, Himalayan Pink Rock Salt and Organic Raw Cane Sugar. The Real Co Is committed to keeping the natural, organic and fresh pure taste in their 100% Single Origin [gluten free](#) foods, and as always, every farm is listed on every bag. Especially vital for all sufferers of Celiac Disease, a genetic autoimmune disease which damages the small intestine and impacts over 30 million Americans, and all people with gluten sensitivity, The Real Co honors the millions of gluten-free enthusiasts with all of their foods, providing full transparency in every bite and offering the foundation for thousands of recipes that help create a gluten-free lifestyle.

The Real Co is celebrating their natural gluten-free roots, with the only 100% Single Origin foods in the U.S. All

through May, The Real Co is encouraging individuals to ramp up their support of the environment, by purchasing and eating natural, sustainable foods every day. The Real Co is offering some earth-friendly Gluten-free recipes, highlighting their 100% Single Origin products, including: Himalayan Pink Rock Salt, Organic Raw Cane Sugar, and organically grown White Basmati Rice.

From the very beginning The Real Co has been honoring the trust put into them by their customers with a fully transparent agenda—to provide the best tasting product directly from the original sources with the highest integrity. The Real Co promises its customers a clear understanding of the source of their food, the methods used for farming, and how it's packaged and delivered. Honesty and trust are



values they take very seriously and are extremely proud to achieve!

Just in time to welcome May, which is Celiac Awareness Month, The Real Co is offering a fun, easy-to-prepare, veggie-themed recipe that serves up a healthy kick. Every grain of salt, sugar and rice can be traced to its source, which is shared on every package of food that bears The Real Co name. Every food item has the Non-GMO Project Verified seal and is sourced from one single farm, mine or rice paddy. The Real Co products are also Vegan, Gluten Free, Organic and Kosher!

The Real Co Inc foods include:

_ Debuting Now - Stevia: the first 100% natural non-processed, no additives, zero calorie sweetener from Paraguay; Long grain white and brown rice from Argentina; Tri-color & sprouted Quinoa from Peru and Sea Salt from India.

_ The Real Co Himalayan Pink Rock Salt, handcrafted, at the Himalayan Mountains. This salt is 100% pure; 100% Single Origin; non-GMO; has 84 active minerals in every grain; is unrefined and mountain washed in Himalayan mountain water. The salt is available in a 20-ounce tub container for a suggested retail price of \$6.99 or in a saltshaker container for a suggested retail price of \$9.49.

_ The Real Co Organic Raw Cane Sugar, directly from Assukar Farms in the Tayutic Valley in Costa Rica is 100% natural and organic; 100% Single Origin; raw and alive with natural vitamins and minerals; instantly dissolves in hot or cold liquids and is non-GMO. The sugar is available in 2 sizes: 8-ounce at a suggested retail price of \$3.69 and 16-ounce at a suggested retail price of \$4.49

_ The Real Co White Basmati Rice, directly from Gujrat Punjab from Farid Co-op Farm, is 100% natural and 100% Single Origin; low-GI and pre biotic; non-GMO and is gluten free. The rice is available in 2 sizes: 16-ounce at a suggested retail price of \$3.99 and 32-ounce at a suggested retail price of \$6.49.

UNFI, one of the largest distributors of natural foods in the U.S., is distributing the foods across the nation to supermarkets, specialty retailers and independent operators such as Kings, ShopRite Westerly, and Balducci Fairway Market. Consumers may also purchase products online on www.amazon.com or www.healthygoodness.com. Visit The Real Co website at <http://TheReal.co>

The Real Co Gluten Free Spring Rice Bowl with Guacamole

Ingredients:

2 cups of The Real Co White Basmati Rice

1 cup of fresh cauliflower

1 cup of fresh broccoli

1 bunch of fresh asparagus

1 ripe avocado

1 small tomato, diced

2 cloves of Garlic

Juice of one half lemon

Handful of fresh Cilantro

½ cup of fresh spinach or arugula, chopped

The Real Co Pink Himalayan Salt to taste

Optional Add Ins: chopped chicken; beans; any vegetable!

How To Prepare:

Cook The Real Co White Basmati Rice according to directions.

While the rice is cooking, cook the cauliflower, broccoli, and asparagus in your oven at 375 degrees, from 15 minutes or until caramelized.

Meanwhile, mix your avocado and tomato, with The Real Co Pink Himalayan Salt, to taste. Add in chopped garlic and juice of one-half lemon to this fresh guacamole.

When cooked, combine all ingredients in a big bowl minus the guacamole. Then, toss in your fresh chopped greens and finally place your guacamole in one scoop centered on the entire dish.

About The Real Co:

The Real Food Co was founded in 2013 in Valley Cottage, New York with a direct farm-to-market approach for the organic food industry. The new 100% Single Origin Foods concept supports farms at their source, cuts out the middleman, and delivers directly to the U.S. market, cutting costs of products compared to other manufacturers.

The Real Co offers transparency to the consumer, and is developing the first Certification of 100% Single Origin Foods in the U.S. The Real Co pays fair wages and reinvests in both the land and the community that grows our products. The Real Co is available nationwide in numerous stores in every state, also at The Market in California, Natural Grocers (national), ShopRite, Fairway Market, Westerly Natural Market, Kings, Balducci, and Healthy Goodness. Also online at www.vitacost.com <<http://www.vitacost.com>>. For more information and for a full list state by state is available at www.TheReal.co

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