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**Sans Sucre Introduces First-Of-Their-Kind  
Gluten Free and Sugar Free Baking Mixes**

*New Naturally Sweetened Mixes Revolutionize Baking Aisle Offerings*

Evanston, Ill (January 20, 2017) - Bernard Food Industries, Inc. recently launched a new line of baking mixes that are the first to be both gluten free AND sugar free. Made with hand-selected, quality ingredients, like all-natural Stevia, and in small batches, these mixes fit into the lifestyles of those who need to monitor their intake of sugar and gluten, yet still want to enjoy great tasting desserts.

“Up to this point, those avoiding gluten *and* sugar have faced a challenge because often gluten free foods are higher in sugar and even cholesterol,” says Steven Bernard, chief executive officer of Bernard Food Industries. “We’ve spent several years getting the recipe for these gluten free, sugar free brownie mixes just right, so they meet people’s dietary needs while also tasting really good.”

According to a Gallup Poll on Consumption Habits, 1 in 5 Americans actively include gluten free foods in their diet. At the same time, the US Departments of Agriculture and Health & Human Services state in their Dietary Guidelines 2015 – 2020 that people should “reduce added sugars consumption to less than 10 percent of calories per day.”

By using Stevia, an all-natural sweetener, Sans Sucre is able to produce baking mixes that taste great and are naturally sweetened without additional sugar. This new line of Sans Sucre baking mixes are sugar free, gluten free and low cholesterol, making them the ideal option for diabetics limiting gluten, people with celiac disease or a gluten intolerance reducing sugar and everyday consumers looking to make better choices.

The Sans Sucre line of 16 oz. Gluten Free, Sugar Free baking mixes includes: Classic Blondie Brownie and Chocolate Fudge Brownie. They are available online now at [www.edietshop.com](http://www.edietshop.com) and will be available in retail stores soon for a suggested retail price of \$7.99.



**Classic Blondie Brownie Mix:** Blended in small batches with hand-selected ingredients, this mix makes buttery blondies with a sweet vanilla taste. The prepared mix has 120 calories per serving with 15 mg of cholesterol, 4 grams of fat and 23 grams of carbohydrates.



**Chocolate Fudge Brownie Mix:** Crafted with European-style Dutch cocoa, these brownies have a rich chocolate flavor. The prepared mix has 120 calories per serving with 15 mg of cholesterol, 4 grams of fat and 22 grams of carbohydrates.

In addition to being healthy, Sans Sucre baking mixes are easy to prepare. Calling for minimal ingredients, they require only vegetable oil and water. Sans Sucre baking mixes can be created with ingredients from most everyday pantries, making them a quick, convenient and easy-to-bake treat.

### **About Sans Sucre Baking Mixes**

Sans Sucre, meaning “sugar free” in French, is a line of sugar-free baking mixes and mousses as well as a cinnamon sugar substitute from foodservice industry specialists, Bernard Food Industries, Inc. The baking mixes are flavored with Stevia, an all-natural sweetener and are sugar-free or no sugar added, low cholesterol and low in sodium. For more information visit: [www.sanssucrefoods.com](http://www.sanssucrefoods.com). These products can be purchased at [www.edietshop.com](http://www.edietshop.com), Bernard Food Industries’ online retail shop.

### **About Bernard Food Industries**

Since 1947, Bernard Food Industries, Inc. has been dedicated to providing solutions to the foodservice industry. Family owned and operated by the Bernard family, Bernard Food Industries, Inc. has 1,000 specialty food products, including beverages, soups, seasonings, sauces, baking mixes, and more. Of those products, 350 are dietary in nature. For more information visit: [www.bernardfoods.com](http://www.bernardfoods.com) or [www.edietshop.com](http://www.edietshop.com).

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For product samples, photos, recipes or to set up an interview please contact:  
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