

Choices abound for summer grilling season



By Mark Pavilons

Summer shouldn't be a time of dietary restrictions or limitations. Consumers today have a lot of choices to meet every need, allergy and sensitivity. You no longer have to shy away from the grill, thanks to a cornucopia of specialty buns. Carbonaut has been around for some time and they offer keto-certified buns with only 2-3 net carbs. They now also offer white hamburger and hot dog buns. Little Northern Bakehouse makes gluten-free millet and chia burger and hot dog buns. They taste great and are packed with flavour. They're nutrient rich and you may find they become part of your must-have selection. Silver Hills Bakery and its organic sprouted whole grain buns are also a great option. These soft, healthy buns with organic sprouted wheat and organic wheat flour make a great BBQ complement. Don't be shy about hosting or attending backyard events this summer. Recommend these products, or just bring your own! Enjoy summer to fullest!