

# Common Breakfast Foods with Hidden Gluten

Source: [Gluten Free Breakfasts and Snacks](#)

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Guide to identifying gluten in breakfast items and their safe alternatives for a gluten-free diet.

Common Breakfast Foods with Hidden Gluten

Food Item	Why It Contains Gluten	Gluten-Free Alternative
Sausages	Rusk or breadcrumb fillers	Look for "gluten-free sausages"
Bacon	Some brands use wheat in processing	Check labels; most plain bacon is safe
Baked beans	Some sauces contain wheat flour	Heinz and most major brands are GF
Yoghurt	Granola pieces or cookie mix-ins	Plain yoghurt with fresh fruit
Instant porridge	May contain wheat or cross-contamination	Use certified gluten-free oats
Hash browns	Some contain wheat as a binder	Make your own or check labels
Flavoured coffee	Barley malt or wheat-based flavourings	Plain coffee with milk

[Read the full article ?](#)

<https://snap-a-recipe.com/gluten-free-breakfasts-snacks/>