



GLUTEN FREE "NEWS"



Published by the
Waterloo/Cedar Falls Celiac Support Group

FOURTH ISSUE

DECEMBER 2004

PRESIDENTS NOTES:

Happy Holidays! I hope this finds everyone healthy and enjoying the Holiday season.

Thank you to everyone who helped out in very many ways: from set up to clean up to making the wonderful fruit baskets and bringing music to listen to. Also thanks to everyone who brought side dishes to make our meal out of this world. I hope you all know how much I (and the whole group) appreciate the help. I had a wonderful time and I hope each and every one of you did also. I thought it was a wonderful dinner and no one should have gone away hungry.

To recap the Oct. meeting:

I would like to say thank you for the gift card that was given to me from the group. It really meant a lot to me.

We had a wonderful turn out at our state meeting. Once again this year our group was there to host a great meeting. There were many from our group to help out in what ever ways needed. There were also ones from other groups to help. Together we all put on a great meeting for the State of Iowa to come and learn and meet fellow Celiacs and have a great noon meal. After the first of the year we will start planning the 2005 meetings, if you have any ideas or comments please let me know so I can pass them on at our planning meetings.

We will be doing a Celiac walk in June of 2005. We will need to start planning for this in Jan. I would like someone to head up this years walk. I will be glad to help and guide you as we go. If you are interested in helping in any way please give me a call or e-mail me. We will need to get a place for the walk and order shirts ect...Hosting a walk is a big job so I would appreciate all the help I can get. If you know a person or a business that would like to sponsor us let me know and I will get you a sponsor sheet. The more we get the word out there about Celiac Spur the better it will be for all of us.

I have not had any luck on getting a speaker for the 2005 meetings. They are either already busy (or not in the area) or they want thousands of dollars to come and speak. If you know of anyone you would like to hear speak let me know. I will keep trying. If there are any workshops, baking demo's you would like to see give me a call or e-mail. Our next year meetings are scheduled as listed in this newsletter please mark you calendars now so you can plan to attended.

Just a reminder if you have contacted any company's or restaurants about gluten free items please pass that on to me at simmerman@bigfoot.com or Denise Launderville at k.launderville@mchsi.com so we can put the info in the newsletter to share with everyone.

I would like to thank all the officers (which are the same for 2005) for their time and hard work they have given in so many ways to help the whole group. The group appreciates all you do. Thanks again!!!!

Merry Christmas
Happy New Year
Kristi Simmerman

Please fill out the sheet below and mail in if you would like to be a member in 2005!

Membership Form

WATERLOO/CEDAR FALLS CELIAC SUPPORT GROUP

Membership dues for 2005 are \$20.00. Membership includes 4 newsletters per year and six meetings/social events.

Make check payable to: **Waterloo/Cedar Falls Celiac Support Group** and mail along with this form by **Jan. 15** to: Denise Launderville, 108 Celeste St., Hudson, IA 50643

Yes, I would like to join the Waterloo/Cedar Fall Celiac Support Group. Attached is my check.

No, I am not interested in joining the support group at this time.

Name _____

Address _____

City _____ State _____ ZIP _____

Phone _____ Email _____

MARK YOUR CALENDARS!

UPCOMING CELIAC SUPPORT GROUP MEETINGS

Note: We must have 15 members in attendance to hold meetings.
Please call Kristi Simmerman at 234-2104 if you are unable to attend.

Date: Sunday February 06, 2005
Time: 2:00 p.m.
Place: Covenant Medical Center - - Meeting Rooms 1 & 2
Speaker: Back to the Basics
Come with questions for the group.
If possible please bring a dish (along with the recipe) to share

Date: Sunday April 03, 2005
Time: 2:00 p.m.
Place: Covenant Medical Center - - Meeting Rooms 1 & 2
Speaker: To be announced

If possible please bring a dish (along with the recipe) to share

Date: June meeting will depend on the walk
Time:
Place:
Speaker:

If possible please bring a dish (along with the recipe) to share

Welcome To Our New Members:

Marlys Hanks

Waterloo

Ruth Hecht

Cedar Falls

Brenda Spragg

Grinnell

Chris Brinkly

Cedar Falls

IN THE NEWS

AGIG

GLUTEN INTOLERANCE
GROUP

1511010th Ave SW, Suite A
Seattle, WA 98166 1820
206-246-6652 tel
206-246-6531 fax
www.gluten.net

Tips on Travel in the United States

- / Invest in a small cooler for snacks. Ice for your cooler is readily available at all motels and hotels. Also purchase a container of plastic utensils and carry a pocketknife. Napkins and a few pre-packaged disposable 'wash-ups' are handy too. To keep the foods from getting damp from the melting ice in the cooler, purchase some quart-sized 'zip-lock' freezer bags.
- S Snack foods: Plain rice cakes, jam, peanut butter, cheese sticks, beef sticks, boxed juices, potato chips, corn chips, mixed nuts, fruit roll ups, fresh fruits, yogurt, sliced turkey and ham. These foods are commonly available in our supermarkets. The rice cakes may be in the 'cracker' section or in the 'health food' section. Be sure to purchase only the plain rice cakes, as some of the flavored ones have gluten-containing ingredients. Plain popcorn cakes are another popular choice.
- S Breakfast: Gluten-free cold cereals include 'Puffed Rice', 'Cocoa Pebbles', 'Fruity Pebbles', 'Corn Pops', 'Sun Flakes', and 'Honey Roasted Pecan Temptations'. With milk and juice in the cooler, you can start the day in style. Please note: due to minute amounts of cross-contamination that may occur in processing, these cereals are not recommended for daily consumption but may be eaten periodically. Breakfast in a restaurant could include fruit juice or fruit, eggs, bacon, and perhaps hash brown potatoes (if they use prepared hash browns, check to make sure wheat starch is not added). It would be very unusual for a restaurant to carry gluten-free cereals. Occasionally, 'Cream of Rice' might be on the menu and is all right to use. Sometimes a restaurant will heat your gluten-free bread. Request that it be wrapped in aluminum foil to be heated, not dropped into the toaster where wheat bread has been toasted. Another choice is ask that it be placed on a plate and micro-waved a few seconds. Use of our Restaurant Card* is very helpful in relating your needs to those in the restaurant.
- S Lunches can be prepared from the foods in your 'snack supplies' or purchased in a restaurant. Some fast food establishments that serve 100% pure beef patties include: McDonalds, Wendy's, Burger King, and 'Dak}' Queen. Ask them for the "meat patty only - no bun". They usually will comply with this request. Juices, milk, and soft drinks (Pepsi, Coke, 7-Up, Sprite) are gluten-free. Some French fries are cooked in oil that is used for other breaded products, so check to see if the fryer is used just for fries. Of course, you can get a variety of other foods at restaurants that are more formal. Use the Restaurant Card and explain the importance of the dietary restrictions. You can usually obtain something that is plain and uncontaminated. A few restaurants not recommended would be fast food' taco restaurants (their taco meat filling is usually "stretched" with gluten-containing fillers), fried chicken' places (such as Kentucky Fried Chicken), or seafood restaurants. Their foods are pre-battered so the gluten-free choices are few. Soups are not a good choice in restaurants since the common thickener is wheat flour

ca*• Restaurant Card n be purchased from us for \$1.50, plus cost of shipping. WA residents must add state sales tax. Bl:/Outreach Materials/Travel in the US 4 15 CM

IN THE NEWS

MYTHS AND FACTS Follow-Up Testing For Celiacs: A Luxury or a Necessity?

It is all too common for celiacs to report that once diagnosed with celiac disease, they are seldom asked by their physician to schedule follow-up visits. Others who do receive follow-up care find that physicians often do not know how to interpret antibody testing in celiacs on a gluten-free diet. Until physicians are better educated, patients will have to work to educate their doctors about the standard of care for celiac disease. Fortunately, efforts are underway to educate doctors, through many initiatives.

How often should follow-up testing occur?

New celiacs should receive follow-up testing twice in the first year after their diagnosis. The first appointment should occur six months after the diagnosis, and the second should occur after 1 year on the gluten-free diet. After that, a celiac should receive follow-up testing on a yearly basis.

What does follow-up testing do?

Follow-up testing is conducted to ensure that antibody levels are returning to normal, indicating that the intestine is healing on the new diet. For this reason, repeat intestinal biopsies are no longer necessary. These tests also indicate the extent to which a celiac is avoiding gluten, and can detect when hidden gluten has entered the diet.

What tests are needed at follow-up appointments? How are they interpreted?

New guidelines on the diagnosis and treatment of celiac disease set to be published this Fall by the North American Society for Pediatric Gastroenterology, Hepatology and Nutrition state that tTG-TGA testing should be advised for follow-up care. Interpreting this test result is straightforward—a celiac on the gluten-free diet should have a negative test. The numerical value of the test is not important.

The University of Chicago Celiac Disease Program recommends additional testing, because the tTG test can sometimes be inaccurate in people with autoimmune disorders like Type 1 diabetes and thyroid disease. In addition, the tTG can sometimes become negative before a celiac has actually experienced significant healing. For these reasons, Anti-Gliadin Antibodies (AGA) are also important. There are two types that need to be run: AGA-TG A, and AG A-FGG. In this circumstance, the numerical values of the tests are *very* important. The numbers should be as close to zero as possible, indicating a minimal antibody response to gluten. The additional advantage of these tests is that the blood can be drawn *by* any physician and sent to any laboratory. *I was diagnosed 15 years ago, and have never received follow-up testing. Why should I start now?>>?* It's never too late to begin follow-up testing and to learn from the results. Food manufacturing practices change often, and even the most diligent celiac cannot keep up with all the changes. In addition, some celiacs find that current health problems may be related to celiac disease, such as anemia or bone density. The reverse is also true—some find that current health problems they have attributed to celiac disease aren't related, because their antibody levels indicate that celiac disease isn't active. In either case, the patient and physician have received valuable information.

While follow-up testing is especially important for people in the first five years after diagnosis (this is when the most serious complications of celiac disease can occur) testing can help all celiacs know that they are doing well with the diet or need to make changes to protect their health.

PRODUCT INFORMATION

*Submitted by Mary Baker 10-15-04
1-800-733-1361
Primo Simply Italian, Italian Sausage
Mild, Sweet, and Hot are Gluten Free

*Submitted by Deb Miller 10-02-04
Wal-Mart Headquarters
Great Value Calorie Free Sweetener (200 Packets) is Gluten Free

*Submitted by Denise Launderville 11-05-04
Tyson
Contact: Carma Nicholson
carma.r.nicholson@tyson.com

Tyson individually fresh frozen products are Gluten Free. The broth that is added to the product does not contain gluten.

*Submitted by Rita Smith 08-23-04

Kemps

Most Kemps products are gluten-free, because we use "corn" as the modified food starch. The only ice cream or novelty products that would contain gluten, are the products with inclusions, such as brownies, cookies, cookie dough, malt, etc.

Milk -- White & Chocolate Skim, 1%, 2%, Whole Vitamin D

Yo-J ? in a variety of flavors

Cottage Cheese

Yogurt -- (except with added ingredients such as granola)

Whipped Yogurt

Yo-Stix (yogurt in a tube)

Sour Cream (Modified Food Starch is Corn Starch)

Coffee Creamer

*Submitted by Rita Smith 08-25-04

Edy's Grand Ice Cream.

As a general rule, the gluten in any of our ice cream, frozen yogurt or novelty products is present only in added bakery products such as cookies or shortcake. In most cases the ice cream itself contains no gluten. The modified food starch that you may find listed in the ingredients is derived from a vegetable source and is, therefore, gluten-free. In addition, all of our Fruit Bars are gluten-free.

PRODUCT INFORMATION

*Submitted by Rita Smith 08-24-04

All Diamond of California nut products are gluten free, including Diamond Glazed Walnuts.

*Submitted by Rita Smith 08-24-04

HEINZ PRODUCTS that are Gluten Free

Ketchup

One Carb Ketchup

No Sodium Added Ketchup

Hot & Spicy Kick'rs

EZ Marinader -- Teriyaki

Distilled White Vinegar

Red Wine Vinegar

Apple Cider Vinegar (not Heinz Apple Cider FLAVORED Vinegar)

AUNT MILLIE'S PASTA SAUCES

All Aunt Millie's Pasta Sauces

CLASSICO PASTA SAUCES:

All Classico Pasta Sauces

Classico Salad Dressings (Creamy Caesar & Balsamic Vinaigrette)

*Submitted by Deb Miller 11-22-04

At **Wal-Mart** there is a turkey with a package label that says **No MSG and GLUTEN FREE ..**

The brand is **Riverside**

RESTAURANT INFORMATION

Famous Dave's

Gluten free items at Famous Dave's are:

All Purpose Seasoning

Steak Seasoning

Prime Rib Seasoning

Chicken Marinade

Classic Rotisserie

Georgia Mustard Sauce

Cornmeal Mix

Steak Sauce

Texas Pit Sauce

Coleslaw Dressing

Chicken Wing Seasoning

Burger Seasoning

Cajun Seasoning

Sweet & Sour Sauce

Baby Back Rib Rub

PRODUCT INFORMATION

*Submitted by Rita Smith 08-25-04

Tropicana Website. .

Consumers with Celiac Sprue Disease should only use Pure Premium orange juice, grapefruit juice and apple juice which are gluten-free juices. Juices/beverages with "natural flavors" may contain minute quantities of vanilla, a possible source of concern. We recommend that you consult with a physician and get a recommendation before trying these beverages.

*Submitted by Rita Smith 08-24-04

Millstone

Pat / Procter&Gamble Team

I'm happy to inform you that there isn't any gluten in any of our Sunny D Drinks or our Millstone or Folgers Coffee products, including the Folgers coffee singles bag. Also, Fat Free Pringles are gluten free; however, all other Pringles Regular and Pringles Reduced Fat versions contain wheat starch. In addition our three versions of Torengos are free of gluten. They are made using masa flour which is a type of corn flour. The source of modified food starch is also corn flour and not wheat.

*Submitted by Rita Smith 08-24-04

Julie Hildebrandt / Consumer Affairs Specialist

Grill Mates Product

All of our Grill Mates products are gluten free except our Ginger Teriyaki Marinade and Grilling Sauce. We are aware of special allergies and intolerances to certain ingredients such as the following:

Peanuts	Fish	Soy proteins	Sulfites
Tree nuts	Eggs	Wheat proteins	Yellow No. 5 & 6
Shellfish	Milk	Red Pepper	

As a responsible food company, McCormick follows the U.S. Food Drug & Cosmetic Act regulations to ensure consumer safety concerning food allergens. We declare these ingredients on our label in the ingredient Statement. Federal regulations require us to list sulfites if they are over 10 parts per million, so we use that as our label declaration limit. If a product does not have an ingredient statement, it is a pure spice or herb with nothing added and is gluten free. In addition, the alcohol in all of our extracts does not come from grain and is gluten free.

Because we are constantly improving our products, we do not offer a list of our products that do not currently contain glutes. We encourage you to read the ingredient statement on your package at the time of purchase to ensure accurate, up to date information. In addition, we follow good manufacturing practices at our plants. Our employees are trained in the importance of correct labeling and the necessity of performing thorough equipment wash-downs to eliminate cross-contact of ingredients.

Although we cannot guarantee our products to be 100% free of allergens not listed on the label, we want you to know that we take this situation seriously and have taken extra precautions to eliminate the possibility of mislabeling or cross-contact.

We invite you to sign up from our website to be a regular "My McCormick" user and receive our monthly online newsletter with recipes and cooking tips. If we can be of further assistance, please call us at 1-800-632-5847

RESTAURANT INFORMATION

Biaggis Restaurant
320 Collins Rd. NE
Gedar Rapids, IA
319-393-6593

They can make most things on their menu Gluten Free . They are very accommodating

BITS & PIECES

HY-VEE Health Market---Check it out!!!

Hy-Vee at 4000 University Ave, Waterloo has several new Gluten Free Items. Stop in and check it out. Use the 10% off coupon on the next page to purchase any Gluten Free item by Glutino, Bi-Aglut, Dr. Schar, or Glutifin.

Hy-Vee College Square in Cedar Falls is now carrying several Gluten Free items in their Health Market area. They also have some Kinnikinnick items in their regular freezer section.

Notes from our last meeting:

- ❖ Received 2004 Medical Guide. Call Kristi if you need to look at it.
- ❖ If you have an email address please send to Kristi so meeting reminders can be sent via email rather than phone calls
- ❖ Meetings for next year: February, April, June, August, October and November or December.
- ❖ Asked for suggestions of guest speakers. Kay is contacting one possible speaker.
- ❖ We will be having a Celiac walk in June 2005.
- ❖ Hwy 63, Broadway and Bremer Diner are looking at a gluten free menu. Restaurant committee: Kay Recker and Traci Massman
- ❖ If you have contacted restaurants for their gluten free items please contact Kristi
- ❖ If you are looking for gluten free school supplies there is a website to order clay, finger paint etc. Please contact Traci Massman for details.
- ❖ McDonalds fries are ok. Burger King and Wendy's are not guaranteed.
- ❖ Ghillus Grill can adapt to celiac customer with gluten free foods. Located in Cedar Rapids.
- ❖ Subway on Kimball will change gloves and get fresh lettuce if asked.
- ❖ Baking tip: Add ¼ cup white cake mix to your favorite pancake mix. Makes wonderful pancakes!

DISCLAIMER: All recommendations, product information, recipes and related data generated by the Waterloo/Cedar Falls Celiac Support Group in this newsletter are intended for the benefit of our members and readers. The text has not been submitted for approval to the CSA/USA medical board. Products mentioned or omitted do not constitute endorsement. Food manufactures' products are subject to formula change at any time. No liability is assumed by the Waterloo/Cedar Falls Celiac Support Group or any of its members.

BITS & PIECES

HyVee HealthMarket®

4000 University Ave, Waterloo (319)-236-0580

New Gluten Free Products in Our HealthMarket

Mrs. Leeper's Dinner Mixes

- Beef Stroganoff
- Chicken Alfredo
- Creamy Tuna
- Cheeseburger Mac
- Beef Lasagna

Mrs. Leeper's Pasta

- Rice Spaghetti
- Rice Vegetable Twists

Tinkyada Pasta

- Brown Rice Elbow
- Brown Rice Spaghetti
- White Rice Spaghetti

Ener-G

- Sesame Pretzel Rings

Kinnikinnick

- Brown Sandwich Bread
- Raisin Tapioca Rice Bread
- Wolfesbrand Peanut Butter Cookies
- Wolfesbrand Lemon Cranberry Cookies
- Ginger Snap Cookies
- Rocky Road Cookies

Mi-Del

- Arrowroot Cookies
- Mini Chocolate Chip Cookies
- Ginger Snaps

Road's End Pasta Mixes

- Mac & Cheese
- Penne & Cheese

Happy Holidays

EXP 12/31/04

From Your 4000 University Ave, Waterloo

Hy-vee HealthMarket

Bring in This Flyer and Receive

10% off

All Gluten Free Products by Glutino, Bi-Aglut,

Dr. Schar, or Glutifin!

Peanut Butter Bars (Rita Smith)

1 bag Gluten Free Pantry OLD FASHIONED CAKE AND COOKIE MIX (#140)
1 cup peanut butter, smooth or crunchy
1/2 cup melted butter
2 eggs

Filling:

1 cup CHOCOLATE CHIPS
1-14 oz. can sweetened condensed milk (I use the low-fat condensed milk)
2 Tbs. butter

Preheat oven to 350°.

In mixer, combine cake mix, peanut butter, butter and eggs. Mix until dough forms. Remove 1 cup of dough and set aside. Press remaining dough into the bottom of a 9 x 13 baking pan.

In a microwavable bowl, combine chocolate chips, milk and butter. Microwave 1-1 1/2 minutes or until chips have melted. Stir to get a smooth consistency. Pour chocolate over dough layer.

Drop pieces of remaining dough all over the chocolate filling.

Bake 25-30 minutes or until chocolate is no longer shiny.

Surface will look wrinkled.

Remove from oven. Cool completely or refrigerate before cutting into bars.

Ultimate Chocolate Chip Cookie (Rita Smith)

¾ cup butter flavor Crisco
1 ¼ cup firmly packed light brown sugar
2 T Milk
1 T Vanilla
1 Egg
1 ¾ Cup flour (If gluten free flour doesn't have xanthan gum add ½ t.)
1 t salt
¾ t baking soda
1 ½ cup chocolate chips or M & M's
Heat over 375. Combine in mixing bowl Crisco, brown sugar, milk & vanilla. Beat at medium speed until cream. Beat egg into creamed mixture.

Combine dry ingredients and mix into creamed mixture until just blended. Stir in chocolate chips or M & M's.

(For gluten free: refrigerate for 1 hour prior to baking.) Drop rounded tablespoonfuls 3 inches apart on ungreased cookie sheet. Bake at 375 for 8-10 minutes for chewy cookies. (cookies will appear moist). Do Not Overbake.

Fruit Salad (Deb Miller)

1 can (8 1/2 oz.) pineapple chunks (undrained)
1 can (11 oz.) mandarin orange segments (drained)
1 cup coconut
1 container (8 oz) sour cream
1 cup Jet Puffed miniature marshmallows

Drain pineapple, reserve 1 T. of pineapple juice.

Mix pineapple, reserve juice and remaining ingredients, toss lightly. Refrigerate for several hours or until chilled.

Candy Shop Pizza (Rita Smith)

- 12 tablespoons butter
- ½ cup sugar
- ½ firmly packed brown sugar
- 1 egg
- ½ teaspoon vanilla
- 1 ½ cups gluten free flour blend
- ½ teaspoon xanthan gum
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 cup chocolate chips

FROSTING

- ½ cup Peanut Butter
- 1 cup chocolate chips

TOPPING

1 cup chopped candy bars or M&M's
Preheat oven to 375 degrees. In small bowl combine flour, xanthan gum, baking soda & salt. In large mixing bowl beat butter and sugars until creamy. Beat in egg and vanilla. Gradually add flour mixture. Beat well. Stir in chocolate chips. Spread batter in a lightly greases 12-14 inch pizza pan or a cake pan or jelly roll pan. (Refrigerate dough for ½ hour and finish spreading dough). Bake 15-20 minutes until lightly browned. Remove from oven. Combine peanut butter and chocolate chips and melt in microwave until smooth. Pour over crust. Let stand 5 minutes. Sprinkle chopped candy bars on top. Cool and cut into bars or serve warm.

Walnut Pie Crust (Kristi Simmerman – Listserv)

- 1 1/2 c. ground walnuts
 - 3 Tbsp. butter
 - 2 Tbsp. white sugar
1. In a medium mixing bowl combine all ingredients. Press the nut mixture firmly into the bottom and sides of a 9 inch pie plate.
 2. Bake at 325 degrees for about 10 minutes or until the edge is golden brown. Cool before filling.

Gluten Free Macadamia Pie Crust (Kristi Simmerman – Listserv)

- 6 ounces macadamia nuts
 - 2 eggs
 - 1 1/2 c. soy flour
1. Preheat the oven to 350 degrees.
 2. Place the macadamia nuts into a food processor and blend until they reach a peanut butter consistency. Scrape out into a bowl. Stir in the eggs and soy flour until well blended.
 3. Place the dough between 2 pieces of waxed paper and roll out into about a 12 inch circle. Remove the top piece of waxed paper and invert the dough into a 9 inch pie plate. Press into the bottom and sides of the pie plate. Cut off any overhanging dough.
 4. Bake for 5 minutes in the preheated oven or until light golden brown. Use for any recipe calling for a pre-baked crust.

No Pudge Brownies (Kristi Simmerman – Listserv)

You can either make up the whole batch, or make individual servings in coffee cups or ramkins.

- 1/2 cup unsweetened cocoa
- 3/4 cup all-purpose GF mix (I tried Pamela's all purpose mix once and I made it with the Ener-G rice mix once)
- 1 Tbsp Corn Starch
- 1/4 tsp baking soda (if using an all purpose mix with this in it, I left soda out)
- 1/4 tsp table salt
- 1 1/4 cup sugar

*2/3 cup fat-free vanilla yogurt- only add this is you are making the entire pan at once.

Instructions for entire pan.

mix all of it together. spray a 8x8 pan. Bake 30-35 minutes at 350 degrees.

Individual brownie.

- 2 tablespoons mix
- 1 tablespoon yogurt

stir in coffee cup or anything microwaveable, microwave on high for a minute. enjoy!

P.S. the individual serving is an estimated 2 weight watcher points if you are interested in that. :)

Goblin's Delight Cupcakes (Rita Smith)

Cupcakes for any occasion

Filling:

- 8 ounce pkg cream cheese
- 1/3 cup sugar
- 1 egg
- 1/8 teaspoon salt
- 2 teaspoons grated orange peel
- 2 drops orange food coloring (or color for any occasion)
- 1 cup Chocolate Chips

Combine cream cheese, sugar, eggs, salt, orange peel and food coloring in a small mixer bowl. Beat until smooth. Add Chocolate chips; set aside.

Cupcakes

- 1 1/2 cups gluten free flour blend
- 1 cup sugar
- 1/3 cup Hershey's Cocoa
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/3 cup vegetable oil
- 1 cup water
- 1 tablespoon vinegar
- 1 teaspoon vanilla

Combine ingredients in order listed in a mixer bowl; blend well on low speed. Fill 24 paper muffin cups 2/3 full with batter. Spoon about 1 tablespoon cheese filling onto each cupcake. Bake at 350 degrees for about 20 minutes or until toothpick inserted in cake portion comes out clean.

Can also be made into bars by pouring cupcake batter into pan. Spoon 1 tablespoon of cheese filling in the middle of each bar and bake until cake batter is done.

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Cabbage Plate (Alvin Hamilton)

- 3 Cups chopped cabbage
- 1 Cup chopped celery
- 2 Cups sliced carrots
- 1 Cup chopped onion
- 1 TBLS Sugar
- 1 ½ tsp. Salt
- ¼ Cup Salad oil
- ½ Cup hot water

Combine Veg. and sugar, salt and oil mix. Add water cook until tender – 10-15 minutes Makes 8 servings

Casserole Sauce Mix (Debbie Reuter)

- ¾ Cup corn starch
- 2 Cup instant non-fat dry milk
- ¼ Cup instant chicken bouillon
- 2 TBLS. Dried onion flakes
- ½ tsp pepper

Mix well and store in airtight container. This makes 3 Cups of mix this is equivalent to 9 – 10 ½ ounce cans of condensed creamed soup.

To make equivalent of 1 can soup (about 1 ½ cups sauce) combine 1/3 cup mix and 1 ¼ cups water or juice from vegetables. Stir over low heat until thick.

Cheddar Cheese Casserole (Bev Boesen)

- 3 cup soft bread, cubed or crumbled (any GF bread)
- 1 Cup shredded sharp cheddar cheese
- 3 Eggs, slightly beaten
- ½ tsp salt
- ¼ tsp. pepper
- 1 Cup milk

Put bread into buttered 1 qt. casserole, add cheese, mix lightly, bake at 350° for 30-35 minutes 4-6 servings

Cherry Delight

- 1 - 20 oz can cherry pie filling
- 1 - 6 oz can crushed pineapple
- 1 - 14 oz can sweetened condensed milk
- 2 Cups frozen whipped topping.

Mix all ingredients, chill

GF Hashbrown Casserole (Debbie Reuter)

- 1 Pkg country style hash browns
- 1 Batch soup mix (see Casserole Sauce Mix Recipe)
- 1 Cup milk
- 1 tsp. salt
- 1 - 12 oz pkg shredded cheese
- 1 small onion chopped

Spray 9 X 13 pan. Mix all ingredients. Bake at 350° for 1 ½ hr.

Merry Christmas
&
Happy New Year

Waterloo/Cedar Falls Celliac Support Group
1753 Robin Rd
Waterloo, IA 50701

