
	<h1>GLUTEN FREE "NEWS"</h1> <p>Published by the Waterloo/Cedar Falls Celiac Support Group</p>	
FOURTH ISSUE	DECEMBER 2007	

PRESIDENTS NOTES:

I hope this finds everyone happy and healthy. I am not sure where the time has gone. It's hard to believe it's already time for the Holidays.

As we all get ready for the holiday's, which seems to be a very busy time for everyone, please remember to take good care of yourself.

This is also a time when a lot of family and friends gather and where there is family and friends there is also lots of food. This is a good time to help educate everyone about your gluten free needs. You can join them for food and fun with just a little planning a head. Remember always think of what you CAN have, not what you can't have. The list of what we can have is much longer then the list of what we can't. I feel the most important part of the holiday's is spending time with our family and friends. This is also a great time to be thankful for everything we are blessed with.

Have you signed up for our Holiday dinner on Sunday December 2 at 1pm? If not there is still time please e-mail Denise or my self. Let us know how many from your family will be coming and also what side dish you would like to bring. Our dinner is always a delicious and we have a great time.

Hope to see you all there!

Kristi Simmerman



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 December 02, 2007
Time: 1:00 p.m.~~NOTE TIME CHANGE
Place: Covenant Medical Center - - Meeting Rooms 1 & 2
Agenda: Dinner

Date: Sunday February 03, 2008
Time: 2:00 p.m.
Place: Covenant Medical Center - - Meeting Rooms 1 & 2
Agenda: Libby from Libby's Bakehouse to speak and sample her products and we will be able to purchase if we like.

Date: Sunday April 06, 2008
Time: 2:00 p.m.
Place: Covenant Medical Center - - Meeting Rooms 1 & 2
Agenda: Plan walk and ?? to be determined

Date: Saturday May 31, 2008
Time: To be announced
7th Annual International Walk for Celiac Disease
Place: George Wythe Park
Agenda: Walk- Lunch and Fun

Christmas Dinner

We have 49 signed up so far.
If you plan on attending please let Kristi

or Denise know how many will be coming so we can make sure we have enough food! Any one wishing to bring a bread item please let us know.

Potatoes
Rene Christoffer
Brenda Bortell
Denise Launderville

Salads
Bev Payton
Rita Smith
June Hamilton
Betty Gleason
Bev Boesen

Desserts
Marlys Hanks
Judy Kerr
Deb Reuter
Bev Boesen

Hot Vegetables
Mary Gray
Cindy Asche
Karol Byl
Denise Launderville

Punch
Rita Smith

Cold Relishes Tray
Cindy Asche
Melanie Hart

Breads

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.

Old Newsletters?

What do you do with your newsletters once you have read them? How about removing your mailing information and place them in Doctors offices, Dentist Offices, Pharmacies, work place, and other places you think people would pick them up and read. Just another way to get the word out and educate people about Celiac Disease



Specially Treated Wheat Inhibits T-Cell Response to Gluten Protein in Celiacs

Celiac.com 10/12/2007 - The presence of gluten serves to activate HLA-DQ2/DQ8-restricted intestinal specific T-cells. Currently, the only treatment for celiac disease is a strict gluten-free diet. A team of Italian researchers recently conducted a study to determine whether a new enzyme strategy might offer promise in abolishing adverse gluten-associated activity. The team used mass spectrometry to analyze enzyme modifications of immuno-dominant a-gliadin peptide P56-58 and modeling studies to determine the extent of peptide binding to HLA-DQ2. The team treated wheat flour with microbial transglutaminase and lysine methylesther. They then extracted, digested and deaminated the gliadin.

They used biopsy specimens from 12 adults with known celiac disease to generate gliadin-specific intestinal T-cell lines (iTCLs), which they then challenged in-vitro with various antigen solutions. The results showed that tissue TG-mediated transamidation with lysine methylesther of P56-58, or gliadin in alkaline conditions inhibited the interferon expression in iTCLs.

Dental Enamel Defects in Children Strong Indicators of Celiac Disease

Celiac.com 10/12/2007 - A team of Dutch dentists recently conducted a study to determine if Dutch children with proven celiac disease exhibit corresponding defects in dental enamel and to gauge whether children without proven celiac disease, but showing celiac-associated gastro-intestinal complaints lack any such defects in their dental enamel.

The research team included CLAAR D. WIERINK, General dentist, DENISE E. VAN DIERMEN, Department of Oral and Maxillofacial Surgery, Academic Centre for Dentistry, Amsterdam, The Netherlands, IRENE H. A. AARTMAN, Department of Social Dentistry and Behavioral Sciences, Academic Centre for Dentistry, Amsterdam, The Netherlands, HUGO

S. A. HEYMANS Emma Children's Hospital, Academic Medical Centre, Amsterdam, The Netherlands

The team was led by Claar D. Wierink, and looked at a group of 81 children, 53 who were known to have celiac disease, and 28 of whom served as a control group.

The children underwent examinations from 2003-2004 and the Oral Surgery Outpatient Clinic of the Academic Medical Center in Amsterdam. 29 (55%) of the 53 children with celiac disease showed enamel defects, compared with 5 (18%) of the 28 non-celiac control subjects.

Enamel defects were diagnosed as being specific in 20 of the 53 children with celiac disease, compared with only 1 (4%) of the 28 control subjects. Overall, children with celiac disease showed more specific enamel defects than did the control subjects.

From these results, the researchers concluded that dentists might have a significant role to play in the early screening of patients who have undiagnosed celiac disease.

International Journal of Paediatric Dentistry 2007

deliciousliving
and you will love it

The gluten question

Issue Date: October, 2007

By: Kelly Corbet

Who doesn't love a warm cookie or pizza? Unfortunately, gluten—an elastic protein the gives a chewy texture to wheat, rye, barley, and some oats—causes digestive distress for a lot of people. In my own family, "gluten intolerance" meant a burned bottom and vomiting for my young son, and constant stomachaches and, well, socially embarrassing consequences for me. No clear tests identified our intolerance, but once we removed gluten from our diets we miraculously felt better. If you suspect a gluten problem for yourself or a family member, here's the information you need.



Intolerance versus celiac

Gluten reactions vary wildly, making diagnosis a challenge. Effects often seem unrelated; symptoms can show up as constipation or diarrhea, as well as fatigue, skin rashes, bloating, grumpiness, and joint or bone pain, among other symptoms. Manifestations can be immediate or may not appear for up to 48 hours, and may be completely different, even among family members. And, while an adverse reaction could merely mean intolerance, it could also signal celiac disease (also called gluten-sensitive enteropathy and celiac sprue), a serious hereditary autoimmune condition that damages the small intestines. Detected through blood tests and confirmed by biopsies (the tests aren't perfect, but they are improving), celiac disease means that a person can never eat gluten safely. Nobody even has a guess as to how many people are gluten intolerant and don't know it, but in the United States, 1 in 133 people is known to have celiac disease (the prevalence among close relatives is 1 in 22). In addition, 30 percent of people worldwide are genetically predisposed to the disease, three percent of whom could develop it, says Mary Schluckebier, executive director of the Celiac Sprue Association. Although researchers aren't sure why, the onset of celiac disease in someone predisposed may be triggered by any number of factors, including the large amount of gluten in the typical diet, emotional stress, pregnancy, or viral infection. Some theories also point to how long a person was breastfed as an infant and the age at which gluten was first introduced to the diet.

Because this frustrating condition typically takes a decade or so to identify, unrecognized celiac-disease symptoms can lead to compromised immunity and misdiagnoses. Years of nutrient malabsorption can cause nutritional fallout, such as failure to thrive and stunted growth in children, and numerous immune-related side effects at any age. Fortunately, healing for intolerance and celiac starts by simply cutting out dietary gluten—an easier prospect than ever before, given increased public awareness.

Nutrition

Choose whole, organic foods. Don't replace overprocessed wheat products with overprocessed wheat substitutes; go for unrefined foods instead. Fruits and vegetables are naturally gluten free, as are quinoa, buckwheat, millet, and other grains.

Avoid genetically modified foods. In Europe, recent studies partially attribute the increase in food allergies to the consumption of genetically modified organisms (GMOs). Check labels for "GMO-free," and watch out for foods containing the most common GMO crops, corn and soy.

Bake wisely. To avoid a crumbly texture when cooking gluten free, add xanthan gum or guar gum to your flour substitute, such as almond flour, bean flour, or brown rice flour. My favorite is stone-ground chestnut flour, which adds a rich taste and a filling quality.

Herbs and supplements

Use probiotics. When my son was a baby, probiotic tablets helped stop his constant diarrhea. These beneficial bacteria exist in cultured foods, such as yogurt, miso, and kombucha, as well as in supplements. Essential for intestinal health, they're especially helpful for those with gluten issues.

Take a multivitamin. Gluten reactions can cause intestines to be less efficient in absorbing vitamins, so a good multi is smart insurance.

Drink green. People with celiac disease are highly prone to vitamin K deficiency, a nutrient that's responsible for blood clotting, among other things. In addition, gluten intolerance and celiac disease often cause inflamed bowels. Alfalfa tea and green tea provide both vitamin K and helpful anti-inflammatory agents. (If you are on blood thinners, check with your health care provider.)



Lifestyle

Get tested. Given celiac disease's hereditary nature, all family members should get tested when one member receives a diagnosis. If you are "just" gluten intolerant (not celiac), tests probably won't diagnose it. But try going gluten free to determine if that helps reduce unexplained discomforts, including daily stomachaches, exhaustion, or gas.

Become a label sleuth. The challenge of gluten-free living is magnified by gluten's ubiquity. "It's the second most common ingredient in all the foods you're going to eat," says Alice Bast, founder of the National Foundation for Celiac Awareness. New food-labeling laws make gluten identification easier, but some products, including medications, may still contain grain derivatives; red-flag words include starch, stabilizer, flavoring, hydrolyzed plant protein (unless it's made from corn or soy), or emulsifier.

Be prepared. Staying away from gluten can be tough, especially for kids. Birthday cakes at school parties, cookies at a friend's house, crackers as playdate snacks: Gluten pitfalls abound. To reduce temptations, carry gluten-free options to gatherings, and keep a stock of special items in your child's classroom. Freeze wheat-free cupcakes and send several with your child to share during celebratory gatherings (sharing also reduces the social isolation children experience with gluten intolerance).

Watch for changes. A body's response to gluten intolerance can change. When my son was in preschool, a cracker would induce vomiting. Now he can enjoy a "real" (made with wheat) piece of pizza without discernable downsides. Sometimes, though, the changes go the opposite direction, and symptoms worsen.

Get support. Lacking visual clues like stitches or a broken leg, gluten intolerance makes it hard for others to be supportive. Parents of celiac children report feeling frustrated by well-meaning "just one little chocolate-chip cookie won't kill her" statements. And developing whole new

menus without wheat can be incredibly challenging. Fortunately, wonderful resources (see "Support Guide," below) provide valuable insights, from gluten-free recipes to vacation tips.

Certain Factors Improve Adherence to Gluten-Free Diets for Patients With Celiac Disease

Danny Kucharsky

October 17, 2007 (Philadelphia) — Several factors improve adherence to gluten-free diets among celiac disease patients, a new survey has found. These include the ability to follow gluten-free diets outside the home no matter what their cost, membership in celiac disease advocacy groups, and belief in the importance of following the diets despite changes in mood and stress levels.

Daniel Leffler, MD, lead investigator and a clinical fellow in the division of gastroenterology at Beth Israel Deaconess Medical Center in Boston, Massachusetts, presented the study findings here at the American College of gastroenterology 2007 Annual Scientific Meeting and Postgraduate Course.

He noted that focusing on such factors as support groups may be a productive way to improve celiac disease patients' adherence to gluten-free diets. "We feel it may be more effective to focus on the positive traits of living with celiac disease, rather than to address some of the difficulties of living with celiac disease," Dr. Leffler told attendees during his presentation.

Several studies have found that gluten-free diet adherence is adequately followed in only 50% to 75% of patients, with reasons including unclear food labeling, low levels of knowledge about the diet, reliance on processed foods, and the cost and availability of gluten-free foods.

To determine which demographic and psychosocial factors correlate with



adequate gluten-free diet adherence, the investigators administered a comprehensive celiac disease survey to adults with biopsy-proven celiac disease. The survey was made up of 155 items designed by a team of physicians, nutritionists, psychologists, and patients, and it was intended to assess 10 factors of living with celiac disease, including symptoms, disease-specific knowledge, perceived adherence, reasons for adherence, health status, burden of disease, social support, healthcare support, mood and stress, and self-efficacy.

Participants also underwent assessments of mood and personality, blood testing for IgA tissue transglutaminase levels, and evaluation of gluten-free adherence by an expert dietician, which included a review of a 3-day food record, a clinical interview with a uniform ingredient quiz, and a standardized assessment.

The 154 participants were primarily white women (76%), college-educated or higher (68%), were a mean age of 50 years, and had been on gluten-free diets an average of 5 years.

Factors unlikely to affect gluten-free diet adherence included anxiety, depression, difficulty in finding gluten-free diet foods, and the avoidance of gluten to avoid symptoms.

Dr. Leffler said several factors were correlated with gluten-free diet adherence among the 154 participants. These included the cost of food making adherence to the diet difficult ($P = .011$), ability to follow a diet while travelling ($P = .012$) or during social events ($P = .007$), membership in a celiac disease advisory group ($P = .008$), and the ability to continue to follow the diet despite changes in mood or stress ($P = .008$).

"Only 2 factors were associated with worse adherence," Dr. Leffler said: "Concern that cost made a gluten-free diet more difficult to follow and the admission that changes in mood and stress levels affected the ability to adequately follow a gluten-free diet."

The survey found that most demographic factors — including age, sex, and age at diagnosis — were not associated with gluten-free diet adherence.

Given that the survey found education and understanding of celiac disease to be a positive correlation for adherence to gluten-free diets, it is important to provide patients with intervention in the form of education and support groups, said Amy Foxx-Orenstein, MD, the new president of the American College of Gastroenterology and an associate professor of medicine at the Mayo Clinic in Rochester, Minnesota, who moderated the session. By doing so, "hopefully, they'll have an improvement in outcome," she said.

Dr. Leffler has disclosed no relevant financial relationships.

American College of Gastroenterology 2007 Annual Scientific Meeting

and Postgraduate Course: Abstract 11. Presented October 15, 2007.

Gluten-Free Bay

<http://glutenfreebay.blogspot.com>

Dr. Fasano's Discoveries Lead to Alba Therapeutics Beginning Clinical Trials

As many of you already know, Alba Therapeutics has successfully completed a Phase I clinical trial for celiac disease and Phase II has already begun. This multicenter, double blind, placebo controlled dose ranging study will evaluate the safety, tolerability and efficacy of AT-100 (a zonulin receptor antagonist) in 79 celiac disease subjects during gluten challenge. The CFRC continues our close partnership with Alba Therapeutics and so far we are able to capitalize on the resources from the donations to keep providing crucial information to optimize the effort of the ongoing clinical trial.

"Gluten Free News" ~ ~ ~ Waterloo Cedar Falls Celiac Support Group



Here are a few of the things the University of Maryland Center for Celiac Research has done. Our walk donations have helped make this possible.

The University of Maryland Center for Celiac Research has:

- Dramatically improved the quality of life for Celiac Disease patients by increasing the awareness of Celiac Disease among health care professionals and the general public.
- Created a sharp increase in the awareness of celiac disease by working with media outlets and organizations. Examples include: The Today Show, The Washington Post, and the Wall Street Journal.
- In collaboration with the North American Society of Pediatric Gastroenterology, Hepatology and Nutrition, we published guidelines for the diagnosis and treatment of children with Celiac Disease.
- Together with the Children's Digestive Health & Nutrition Foundation, we produced a physician slide set, a nationwide grand rounds program, and a gluten-free diet guide for families.
- CFCR offers the best comprehensive clinical care for adults and children with Celiac Disease, including dietetic services.
- Spearheaded the largest epidemiology study ever performed in the US, resulting in more accurate prevalence data: instead of only 1 out of 10,000, we now know the prevalence is 1 out of 133.
- Developed a diagnostic test (Ttg) for CD, which is implemented nationwide for diagnosing CD.
- Discovered Zonulin, a protein that appears to be involved in many disease states in which leakage occurs in the tight junctions including the GI tract, thus playing an important role in the treatment of Celiac Disease.
- Interfaced with Alba Therapeutics to accelerate our goal to find an alternative treatment/cure for Celiac Disease.
- Developed new insights on Celiac Disease pathogenesis.

- Completed a case-finding study involving a network of 50 primary physicians that enrolled more than 2,000 patients with Celiac Disease.
- Spearheaded the American Celiac Disease Alliance, formally American Celiac Task Force – that resulted in Congress passing a new food allergen labeling law, making it easier for patients with Celiac Disease to identify safe food items.
- Worked with the National Institutes of Health (NIH) to develop the Celiac Consensus Conference as a result of our prevalence study.
- Created a Celiac Disease Fellowship Program to train the next generation of health care professionals.
- Created the International Walk/Run for CD, raising over one million dollars for national and local celiac programs and research.

~~PRODUCT INFORMATION~~

Diane Ebert – Listserv

Thank you for contacting Nestle Butterfinger. The Butterfinger. Fun Size bars are gluten free.

For several years now Nestle has been following a strict labeling policy with regard to any of the "Big Eight" allergens in our foods and incoming ingredients. We have insisted that our suppliers notify us if gluten is used in any of their ingredients and yet is not declared on their labeling. Thus, we believe that we have uncovered any potential uses of gluten containing ingredients. Therefore, any Nestle products will be fully labeled for any presence of gluten or gluten containing ingredients.

Roundy's Products - Deb Miller

Thank you for taking the time to contact us with your inquiry. Roundy's Cranberry juice is gluten free. The following Roundy's ice cream flavors are gluten free:

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Vanilla	Butterscotch Swirl
Strawberry Swirl	Mint Chocolate
Neapolitan	Chocolate
Fudge Swirl	Carmel Swirl
Raspberry Swirl	New York Vanilla
Choc Chip	Peppermint Stick

Diane Ebert – Kemps

All Kemps products are gluten-free unless they contain a bakery item (things like cookies, cake, brownies, Graham crackers and pie pieces.) The modified food starch in all Kemps products is cornstarch. The only exception is Kemps frozen yogurt, in which the modified food starch is tapioca, which is also gluten-free.

Frenches – Kristi Simmerman

GLUTEN FREE PRODUCTS

(Contain no Wheat, Barley, Rye, and Oats)
The following products contain no Wheat, Barley, Rye or Oats:

French's Worcestershire Sauce
French's Prepared Mustards
French's® Honey Mustard
Cattlemen's Barbecue Sauces, except Honey Flavor
Frank's Original RedHot® Sauce/Frank's® Xtra Hot RedHot® Sauce
Frank's® RedHot® Buffalo Wing Sauce
Frank's® RedHot® Chile 'n Lime™ Hot Sauce
French's Potato Sticks (Original Flavor, Barbecue Flavor, Cheezy Cheddar)
French's® GourMayo (Sun Dried Tomato, Wasabi Horseradish and Creamy Dijon Flavors)

No Salt® Salt Substitute

The distilled vinegar in French's Mustards, French's Worcestershire Sauce, Frank's Red Hot Sauces and Cattlemen's Barbecue Sauce is not derived from wheat and is therefore gluten free. It is sourced from distilled alcohol.

The caramel color in French's Worcestershire Sauce is not derived from wheat and is therefore gluten free.

Wheat & soybeans are part of one of the ingredients used in the Cattleman's Gold formula. However they are completely digested during the manufacturing process of this ingredient resulting in the complete elimination of gluten. Because product formulations may be modified occasionally, we recommend that persons on special diets always read ingredient statements carefully even on products which previously have been found acceptable. Durkee and French's spices, seasonings, sauces and gravies are manufactured by Tone Spices. Please contact them at 800-247-5251 for information on these products.

From Hy-Vee - Deb Miller

Hy-Vee Beef Broth and Hy-Vee Chicken Broth products are *not* gluten free. One of the beef broth products contains wheat and since all the broths are produced on the same manufacturing lines, there is a chance of cross contamination to all the broths. Hy-Vee does offer instant and cubed beef & chicken bullion that *are* gluten free.

The Hy-Vee Frostings are *not* gluten free as they list wheat in the allergen statement following the ingredients.

~~RESTAURANT INFORMATION~~

Applebees has a toll-free number for dietary inquiries:

888-59APPLE



Chicken Enchilada Chili
(Denise Launderville)

Prep Time: 10 minutes
Servings: 6

- 1 ¼ lb boneless skinless chicken thighs (I used breast meat)
- 1 medium onion
- 1 medium yellow or green bell pepper chopped (1 cup)
- 2 cans (14.5 oz each) Mexican-style stewed tomatoes, un-drained
- 2 cans (15 to 16 oz each) chili beans in sauce, un-drained
- 1 can enchilada sauce (10oz)
- 1/3 cup sour cream
- 2 tablespoons chopped fresh cilantro

Spray 4-5 quart crock pot with cooking spray. In crock-pot mix all ingredients except sour cream and cilantro.

Cover; cook on low heat setting 7 to 8 hours.

Stir mixture to break up chicken. Top each serving with sour cream and cilantro.

Pumpkin Dump Cake
(Rita Smith)

Preheat Oven to 350 degrees. Stir together in large bowl:

- 4 beaten Eggs
- 1 ¼ cup sugar
- 1 tsp salt
- 1 tsp cinnamon
- 1 tsp ground nutmeg
- ½ tsp ground cloves
- 2 cups canned pumpkin
- 1 can sweetened condensed milk.

Pour into a 13x9 pan. Sprinkle with 1 yellow gluten free cake mix (I used Cause You'r Special brand yellow cake mix). Pour 2 sticks melted margarine over the top. (or blend cake mix and

butter into pumpkin batter). Bake until center is firm about 1 hour or slightly longer.

Frosting:

- 8 ounces Cream Cheese
 - 1 pound powdered sugar
 - 1 tsp lemon extract
- Mix well. Add a little milk if frosting is too thick.

Apple Crisp

Peel & Slice 6 cups of apples in to a 8" square baking dish or fill pan leaving room for crumb topping.

Sprinkle 1 tsp. cinnamon and 1 tsp. salt over apples. Pour ¼ cup water over this.

Crumb together:

- ¾ cup Gluten Free flour
 - 1/3 cup margarine
 - 1 cup sugar
- Add to top of apples.

Bake at 350° for 1 hour or until light golden brown.

Sweet Party Mix
(Bev Boesen)

- ¾ cup brown sugar
- ¾ cup margarine
- 1 cup nuts (optional)
- 3 cups Rice Crunch-Ems
- 3 cups Corn Crunch-Ems

Melt brown sugar and margarine. Pour mixture over cereal and nuts. Spread on large baking sheet. Bake in 325° oven. Stir every 5 minutes for a total of 15 minutes. Bake until crisp.



Pear Crumble Pie (Mary Gray)

2 TBLS Gluten Free Flour
½ cup sugar
½ tsp. salt
Combine these 3 ingredients and add:
2 large eggs
1 cup thick sour cream
mix this well and add:
½ squeezed lemon & zest
nutmeg to taste
2 to 2 ½ cup chopped pears

Pour in pie shell. Sprinkle nutmeg on top. Bake 425° for 15 minutes reduce to 325° or 350°. Bake about 20 minutes longer until firm. Sprinkle crumbly mixture on top & bake 10-20 minutes longer until golden brown. Chill

Crumbly Mixture
2/3 cup gluten free flour
1/3 cup sugar
¼ cup butter
combine to crumbs

Pastry Crust (double) (Mary Gray)

1 cup gluten free mixed flours (all purpose)
¾ cup tapioca flour
½ cup sweet rice flour
1 TBLS sugar
½ tsp. salt
1 ½ tsp. Xanthan Gum
½ cup shortening
2 TBLS butter
¼ cup milk
1TBLS lemon Juice
(egg Whites)
Mix all dry ingredients well. Add shortening and butter, mix real well. Add milk and lemon juice. Mix well and pat in to pie pan. Put egg whites over all to prevent soaking. Add pie mixture and bake.

Short Bread Recipe

1 cup corn starch or gluten free flour
1/3 cup brown sugar
1 stick unsalted butter

Preheat oven to 350°. Use electric mixer and combine flour (corn starch), butter & sugar. Press dough evenly into 9X9 square pan. Bake until golden around edges. 18-20 min. Let shortbread cool slightly in pan. Cut into squares and transfer to rack to cool completely.

Optional additions-
½ tsp. Vanilla, 1 TBLS sugar on top before baking, crushed nuts.

Cranberry Orange Mousse (Gluten-Free)

1 bag cranberries (12 oz.)
¾ cup sugar
1 teaspoon grated orange zest
¼ cup orange juice
2 tablespoons Grand Marnier
1 cups heavy whipping cream

Rinse and pick over cranberries and place in a large saucepan. Add sugar and cook over medium heat about 5 minutes, until cranberries have burst and the mixture has a thick jam-like consistency. Cool.

Rub through a strainer to remove skins. Stir in zest, orange juice, liqueur, and mix thoroughly. Whip cream and fold into cranberry puree. Place mousse in bowl or wine glasses or place in a serving bowl. Decorate with whipped cream before serving if desired.

Membership Form

WATERLOO/CEDAR FALLS CELIAC SUPPORT GROUP

Membership dues for 2008 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

<input type="checkbox"/>	Yes, I would like to join the Waterloo/Cedar Fall Celiac Support Group. Attached is my check.
<input type="checkbox"/>	
<input type="checkbox"/>	No, I am not interested in joining the support group at this time.

Name _____

Address _____

City _____ State _____ ZIP _____

Phone _____ Email _____

Suggestions and ideas for up coming meetings and events:

Don't Forget to Register for 2008!

Waterloo/Cedar Falls
Celiac Support Group
108 Celeste St.
Hudson, IA 50643

