



GLUTEN FREE "NEWS"

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Waterloo/Cedar Falls Celiac Support Group



FIRST ISSUE

March 2010

PRESIDENTS NOTES:

I hope this finds everyone healthy and happy. I am looking forward to spring as I am sure every one of you are. It has been a good winter but I am ready to see my flowers and to work outside. We had a great February meeting, several new members were present and everyone had a lot of good ideas and input about new gluten free products and new places to eat. What a way to start off the new year! Remember that the new year is a good time to check out new products and call on some old ones to make sure they are still gluten free.

There are so many products that say gluten free right on the label now making shopping so much easier than it was even 10 years ago. As our shopping gets easier we do not want to forget that we still need to read labels and make phone calls to keep us safe. With a little work on our part we can eat many many wonderful products.

If you like to go out to eat.....you will love our April Meeting. Diane and Renee have been working very hard on our April meeting (Sunday April 3 at 2:00 pm), they have invited 4 - 6 different restaurants to come and share with us. During this meeting we will have time for each vendor to tell us what they have to offer us that is gluten free, and what their staff does to keep us safe when we dine in their establishment. Last but not least they will be bringing some samples of the Gluten Free items they have to offer. This is something new for us and for them so bring your questions and your kind words to thank them for taking time out for us. This will also be a good time to give them ideas of what we would like to see on their Gluten Free menu.

I wanted to let you know about a fundraiser that I am checking into for our group to do. The Pizza Ranch on University Ave. has a Gluten Free Pizza (menu) now (Nicole says it's very good). They have a fundraiser where we sign up for a night to help out (not sure what we all have to do) and we get a % of all the sales they do during the time we sign up for. I will be checking into this more and will let you know what all is involved. I was thinking that May is Celiac awareness month and this would be a great way to get the awareness out there. We could all meet there and eat (more sales for us \$\$\$\$\$) then do whatever work we need to do. I think it sounds FUN. Please let me know if you are up for a night out with our group :) I will let you know as soon as I know more. The Gluten Free pizza's are about a medium size and are only \$10.00 just like their other pizzas.

Happy spring! See you all in April.

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 April 04, 2011
Time: 2:00 p.m.
Place: Covenant Medical Center Meeting Rooms 1&2
Theme: MINI Food Fair
Agenda: You do not need to bring a dish to share for this meeting. We have several restaurants already signed up to come and sample their Gluten Free products and talk about how they keep their restaurant "SAFE"..

Date: Sunday June 05, 2011
Time: 2:00 p.m.
Place: Covenant Medical Center Meeting Rooms 1&2
Theme: Breakfast Ideas
Agenda: Hy-Vee Dietitians

If you have any information for the newsletter please send it me. I would be more than happy to include it in the next edition. My e-mail is dlaunderville@hotmail.com

Awareness opportunities have no boundaries

Traditionally, since 1987, October has been celebrated as Celiac Disease Awareness Month in the US and Canada. In 2009 Canada began to provide special awareness activities in May. Awareness opportunities have no boundaries and the CSA Governing Board encourages celebrating awareness activities each and every month.

National Celiac Disease Awareness Day is September 13

Mary Schluckebier of the Celiac Sprue Association sets us straight on what she admitted was a fairly confusing series of events. Apparently, Congress never has approved a resolution naming either May or October the official month for celiac disease awareness. Between 1987 and 2008, Canada named October its official Celiac Disease Awareness Month, and private groups in the U.S. simply tagged along.

In 2009, however, Canada moved Celiac Disease Awareness Month to May in order to conform with official celiac awareness month designations in Italy and other European countries. Some private celiac groups followed suit. But since Congress hasn't set official U.S. policy for celebrating celiac awareness month, other groups stuck with October for *their* celiac awareness activities.

The U.S. Senate voted unanimously in August to name Sept. 13, 2010 as National Celiac Disease Awareness Day. But there's still no action on an official celiac disease month.

That's not stopping the Celiac Sprue Association, which celebrates in both May and October. "Every month should be celiac disease awareness month," Mary said

This is the List of Restaurants that I have that I know that either have a Gluten Free menu or will cater to the Gluten Free Need:

As of February 14, 2011
(Diane Ebert 235-2045)



- ❖ CU Downtown Waterloo, 4th Street. Gluten Free Menu
- ❖ Longhorn Steakhouse Waterloo Ia Gluten Free Menu
- ❖ by Target at Crossroads
- ❖ Waterloo Brown Bottle 5th and Jefferson Streets Gluten Free Menu
- ❖ Cedar Falls Brown Bottle, North old 218/North Cedar Gluten Free Menu
- ❖ Cedar Falls IA
- ❖ Waterloo, and Cedar Falls Carlos OKellys Gluten Free Menu
- ❖ Crossroads and College Square
- ❖ Montage Parkade downtown Cedar Falls, Gluten Free Menu
- ❖ My Verona by Simpsons Furniture Cedar Falls IA Gluten Free Menu
- ❖ Peppers Sports Bar/Grill, Cedar Falls IA Gluten Free Menu
- ❖ Off Main Street By the Karate Club on 18th Street
- ❖ Bourbon Street, Cedar Falls IA Main street Gluten free Menu
- ❖ Barmuda Triangle(check for sure) Cedar Falls/Waterloo
- ❖ Biaggis *Cedar Rapids* Iowa, Gluten Free Menu
- ❖ Outback Steakhouse Cedar Rapids IA Gluten free Menu
- ❖ Johnny Rays in Grundy Center IA by the Hotel,
- ❖ They know what is GF and they have GF PIZZA!
- ❖ Doughey Joeys, GF PIZZA,,Cedar Falls and Waterloo IA Locations
- ❖ Godfathers Pizza locations, GLUTEN FREE PIZZA Waterloo, Cedar Falls, Waverly IA
- ❖ Tonys Pizza Downtown Cedar Falls Gluten Free Pizza
- ❖ East Bremer Diner Waverly IA (Main Street) Make specific requests known.
- ❖ HwY 63 Waterloo, IA Make specific requests known.

Kikkoman Offers New Gluten Free Soy Sauce

Kikkoman joins San-J and LaChoy with a new Gluten Free Soy Sauce now available on store shelves.

Kikkoman Gluten-Free Soy Sauce is naturally brewed from four all-natural ingredients, like legendary Kikkoman Soy Sauce. However, the traditional wheat is replaced with rice, creating rich brewed notes and a complex, pleasing aroma. Through the natural brewing process, Kikkoman Gluten-Free Soy Sauce develops a mellow flavor that enhances umami and blends seamlessly with other ingredients, without masking or overpowering them.

The new sauce is:

Gluten-free: Produced in accordance with FDA mandatory guidelines for a gluten-free declaration; thoroughly tested for gluten and other quality parameters.

Versatile: Enables chefs to offer a wider range of Asian and global menu items to customers with gluten-restricted diets. Low in calories; zero fat Kikkoman suggests you use to season stirfries, soups, stews, entrées, appetizers and grilled foods, during or after cooking.

Ingredients: WATER, SOYBEANS, RICE, SALT.

Johnsonville Brats (Diane Ebert)

In reference to your question, the majority of our products are made with gluten free ingredients. In fact, we only make two retail products that contain gluten as a result of the real beer used in our Beer 'n Bratwurst and Cooked Beer Brats. All other Johnsonville products are made with gluten free ingredients.

Increased Reflux and Irritable Bowel Syndrome in Celiacs Yields Lower Quality of Life By Diana Gitig Ph.D. Published 03/4/2011

Celiac.com 03/04/2011 - Celiac disease is similar to the inflammatory bowel diseases, ulcerative colitis and Crohn's disease, in the obvious sense that all are chronic inflammatory disorders of the



gastrointestinal tract. But more than that, they all also present daily psychological and social challenges to patients' lifestyles. In a recent study reported in the European Journal of Gastroenterology and Hepatology, researchers in the United Kingdom examined the prevalence of GI symptoms in patients with these diseases and correlated the incidence of these symptoms with quality of life (QoL). Not surprisingly, they found that increased severity of reflux and irritable bowel syndrome were associated with a diminished QoL. Patients with celiac disease had worse symptoms and QoL than those with ulcerative colitis, but they were better off than people with Crohn's disease.

This cross-sectional study was performed by sending patients surveys through the mail. One thousand and thirty-one people were included; 225 patients with celiac, 228 with ulcerative colitis, 230 with Crohn's disease, and 348 healthy age- and sex-matched controls. As this was a postal survey, there is a potential inclusion bias – it is possible that those patients faring the worst would be most likely to send back the questionnaires. Seventy one percent of the celiac patients reported adhering to a gluten-free diet, but this was not corroborated endoscopically. One of the surveys assessed physical and mental QoL and another considered depression and anxiety. Participants were also asked to report and rate GI symptoms they had experienced over the past month, including reflux, heartburn, regurgitation, belching, dysphagia (difficulty swallowing), and retrosternal pain.

Barrat et al. found that the celiac patients had higher rates of belching and dysphagia than inflammatory bowel diseases sufferers in this study and also than reported previously. They highlight that despite the high (71%) degree of adherence to the gluten-free diet, 22% of celiac patients still reported severe enough IBS symptoms to affect their QoL. They infer from this finding a couple of noteworthy things. First, that the gluten-free diet may not adequately control IBS symptoms in celiac patients. But also, that doctors are perhaps not inquiring about

reflux and IBS during consultations, or patients are under-reporting their prevalence. The authors thus suggest that QoL might be improved for these patients if doctors were more diligent in assessing them for reflux and irritable bowel syndrome

Latest research shows link between celiac disease and asthma

March 5th, 2011

Reuters Health has reported the results of a Swedish study showing celiac sufferers are 60% more likely to develop asthma than non-celiacs.

To investigate whether celiac had any association with asthma, Dr. Jonas Ludvigsson of Orebro University Hospital and the Karolinska Institutet in Sweden and his colleagues compared more than 28,000 Swedes diagnosed with celiac to a control group of more than 140,000 non-celiacs.

For every 100,000 people with celiac disease, they concluded, 147 will have asthma that would not have occurred in the absence of the disorder. Those diagnosed with asthma were also more likely to develop celiac disease, the report noted.

Dr. Ludvigsson cautions that the research shows a correlation between the two diseases, not a causal link, and speculates that Vitamin D deficiency may play a role, as celiacs are also more likely to develop osteoporosis and tuberculosis, two other diseases in which vitamin D is implicated. If a person with celiac also has low levels of vitamin D, says Dr. Ludvigsson, this could affect the immune system, which could increase the risk of developing asthma.

"Another potential mechanism could be that asthma and celiac disease share some immunological feature," he added. "If you have it, you are at increased risk of both diseases."

Mouse Study Suggests New Clues to Celiac Disease



Retinoic acid might spur digestive disorder in those with genetic susceptibility

Wednesday, February 9, 2011

WEDNESDAY, Feb. 9 (HealthDay News) --

A key discovery into how celiac disease develops may pave the way toward preventing this painful digestive disorder in those most at risk, a new animal study suggests.

Using mice, scientists at the University of Chicago have identified a biochemical interaction that may trigger an autoimmune reaction in the intestines of genetically susceptible people.

Specifically, the researchers found that retinoic acid, a form of vitamin A, seems to work together with high levels of a pro-inflammatory substance known as interleukin-15 (IL-15) to break the body's tolerance to gluten, a protein found in wheat, barley and rye.

"This is the first time that we actually show how inducing a specific dysregulation in the intestines can lead to losing tolerance to a food antigen, and in particular to gluten," said study author Dr. Bana Jabri, co-director of the university's Digestive Disease Research Core Center.

The finding is important, she added, "because we may now have a way to reintroduce tolerance to gluten since we know what to target." It should be noted that promising research done with animals often fails to produce beneficial results for humans.

The deleterious effect of retinoic acid was particularly surprising, Jabri said. "Retinoic acid has long been viewed as a regulatory factor when this inflammation occurs, but our findings suggest a completely new role," she said.

The study, which will appear in a future print issue of the journal *Nature*, was published online on Feb. 9.

According to the U.S. National Institutes of Health, one out of 133 people is estimated to have celiac disease, which causes cramping, bloating and diarrhea. Over time, the condition can lead to problems absorbing nutrients, damage to the small intestine and, in some cases, joint pain, chronic fatigue and depression.

For the study, Jabri and her colleagues examined the records of patients at the university's Celiac Disease Center, which

showed that many of them had high levels of IL-15 in their intestines. Then they conducted experiments using a new mouse model of the disease developed in Jabri's lab. When the researchers increased levels of IL-15 in mice, the animals developed all the early symptoms of celiac disease. Adding retinoic acid only worsened the disease. But when the researchers blocked IL-15 in the mice, their symptoms improved and they could tolerate gluten again. Dr. Alessio Fasano, medical director at the University of Maryland's Center for Celiac Research, called the findings "an extremely important piece of the puzzle."

"What's really intriguing, I think, is the role of retinoic acid, which we've always thought helped to prevent the immune response rather than make it worse. It's a most provocative finding," Fasano said.

A recent study by Fasano and his colleagues suggests that celiac disease is on the rise, particularly among the elderly, but at the same time many more people today are misdiagnosing themselves, he said.

"This is partly because people assume that if they have symptoms that go away when they are on a gluten-free diet, then this means that they have celiac [disease], but that's not necessarily true," Fasano explained.

In many cases, the problem may be gluten sensitivity, which is thought to affect roughly 7 percent of the population. "Gluten sensitivity is a totally different animal than celiac disease, because it doesn't involve the autoimmune response and it doesn't have the same long-term consequences," Fasano noted.

SOURCES: Bana Jabri, M.D., Ph.D., associate professor, medicine and pathology, and co-director, Digestive Disease Research Core Center, University of Chicago; Alessio Fasano, M.D., medical director, Center for Celiac Research, and professor, pediatrics, medicine and physiology, University of Maryland School of Medicine, Baltimore; Feb. 9, 2011, *Nature*, online

Better Celiac Diagnosis Has No Impact On Death Rates



Celiac.com 03/02/2011 - New blood screening tests have improved rates of diagnosis for celiac disease in recent decades, but better diagnosis has not reduced celiac-associated deaths, according to a report by UK researchers in the American Journal of Gastroenterology.

After serologic tests became available, there was an approximate tenfold increase in the numbers of people being diagnosed with celiac disease. Intuitively, one would expect this increase in diagnosis to be followed by a decrease in celiac-related deaths. The idea being that earlier diagnosis means earlier treatment with gluten-free diet, and, ideally, less associated conditions and deaths.

However, the newest study in this area shows evidence of any change in all-cause mortality among people with celiac disease. That means that even with better, earlier diagnosis, people with celiac disease are still dying at the same rates as before.

Researcher Dr. Matthew J. Grainge, of the University of Nottingham, told Reuters Health that his team "found that people with celiac disease have a 37% increase in all-cause mortality compared with the general population."

His team found that people diagnosed with celiac disease since 2000 have a similar mortality risk as those diagnosed earlier despite the introduction of serological tests, "which has probably resulted in milder cases being identified," Grainge said.

For their study, the research team reviewed data on 1092 celiac disease patients diagnosed from the late 1950s onward, and who had been followed for a minimum of two years.

The team examined outcomes from 1978 until death or through the end of 2006. All study subjects were diagnosed at a single center and the study covered both the pre- and post-serology era. The study covered more than 10,000 person years of follow-up, and tallied a total of 142 deaths.

The study revealed a significantly increased all-cause standardized mortality ratio (SMR) of 1.37. This was higher for men (SMR, 1.86) than for women (SMR, 1.10). Study subjects had higher rates of death from cancer (SMR, 1.61) digestive (SMR, 2.19) and respiratory diseases (SMR, 1.57) compared to the general population. In all, there were 21 deaths from respiratory diseases, 11 of those from pneumonia.

According to the research team, this data supports current guidelines recommending pneumococcal vaccination for people with celiac disease.

In conclusion, the researchers note that the results may offer doctors "an opportunity to reduce mortality following pneumococcal infection by increasing the uptake of vaccination against this pathogen as vaccination rates are currently well below 50%."

Celiact is a Nutritional Supplement Created Just for People with Celiac Disease

CeliAct™ is a nutritional supplement designed specifically for people with celiac disease. An enormous amount of research shows that following a gluten free diet by itself is not enough for people with celiac disease. Supplementation is a vital next step. CeliAct features five core components found in one pill, with each vitamin, mineral, and nutrient backed by research to provide much-needed nutritional support.

These five components are:

1. Multivitamin / Multimineral Complex - The intestine of someone with celiac disease doesn't absorb essential vitamins and minerals as well as it should. CeliAct contains high-potency nutrients that people with celiac disease need.
2. Bone-Building Formula - One in four people with celiac disease suffers from osteoporosis, a chronic disease that results in weak and brittle bones. Another 40% of celiac patients suffer from osteopenia, a condition that results in reduced bone mass. CeliAct contains



- three core bone density nutrients to reduce the risk of these conditions.
3. intestinal Healing Blend – To repair the intestine, CeliAct contains nutrients that can help to boost and accelerate intestinal healing.
 4. probiotic Defense Complex – probiotics are the friendly bacteria that live in the gut, and Dr. Alessio Fasano says they might someday turn out to be a cure for celiac disease. While this therapy does not yet exist, probiotics help to eliminate bad intestinal bacteria and play an essential role in healthy digestion.
 5. Digestive enzyme Support – Because the damaged intestine does not absorb nutrients well, CeliAct contains digestive enzymes to assist in breaking down food and release more vitamins and minerals to reduce the risk of nutrient deficiencies.

You can read more about this exciting new nutritional supplement at www.CeliAct.com, and you can send comments, questions, and feedback to support@celiact.com.

Celiac Disease Can Develop at Any Age Study Shows Disease Can Occur in People Who Previously Tested Negative

Sept 27, 2010 –WEB MD- New research shows that you can develop celiac disease at any age -- even if you previously tested negative for this autoimmune intestinal disorder.

During the past 30 years, there has been a fivefold increase in the prevalence of celiac disease, and a lot of these cases occurred in elderly people, according to a study published in the *Annals of Medicine*.

"This has been such an unexpected result," says study researcher Alessio Fasano, MD, director of the University of Maryland's School of Medicine Center for Celiac Research and their Mucosal Biology Research Center in Baltimore. "Our impression was always that this disease began in childhood, and went under the radar screen and surfaced later on with symptoms."

Symptoms of celiac disease include abdominal cramps, constipation, diarrhea, bloating, and nausea. The disease is triggered by ingesting gluten, the protein in specific cereal grains including all types of wheat, barley, and rye. Gluten-free foods are becoming more available and accessible due to the dramatic increase in rates of celiac disease, as well as other conditions that may respond to gluten-free diets.

Celiac Disease on the Rise

Researchers analyzed blood markers from more than 3,500 adults who participated in a two-part study conducted in 1974 and in 1989. They found that the incidence of celiac disease had doubled since 1974. The number of people with blood markers of celiac disease increased from one in 501 in 1974 to one in 219 in 1989, the study shows. The Celiac Disease Foundation states that one in of 133 people now have celiac disease.

The incidence of celiac disease rose as study participants aged, which is in line with a 2008 study that showed the elderly are at greater risk for developing celiac disease. These findings challenge the commonly held belief that the loss of gluten tolerance develops in childhood.

"This study says absolutely not," Fasano says. "There are situations where you can be exposed to gluten for up to 60 years, and then develop celiac disease."

"You can't write this off at any age. Even in an elderly patient, you can't say 'it can't be celiac disease,'" he says. "If somebody tested negative for celiac disease at age 50, and then develops symptoms at age 65, test them again because you can develop gluten intolerance at any age."

Blood tests that look for the presence of certain antibodies are usually the first step in making a celiac disease diagnosis. A positive blood test is typically followed by a biopsy of the small intestine to confirm the diagnosis. This biopsy can also help assess the degree of celiac-related damage. There were no biopsy results available for the study participants.

Losing Tolerance to Gluten



"We are really on verge of an epidemic, and something is happening to make us more vulnerable," he says. "This is likely due to a change in environment."

The new findings may open up some new avenues for future research by allowing the investigators to work backward and determine how people can tolerate gluten for so many years, and then develop celiac disease.

"The prevalence of celiac disease appears to be increasing," says Mark Sapienza, MD, associate chief of gastroenterology at Englewood Hospital Center in New Jersey. "We need to be more aware about celiac risk in older populations."

"People may be losing their tolerance to gluten for some reason," he says. "This may be due to something in our food supply or in the environment. Just because you were screened for celiac disease 30 or 40 years ago, doesn't that you can't develop it."

If you have risks for celiac disease and some symptoms, talk to your doctor about a celiac panel, Sapienza advises.

"The new findings highlight the importance of looking for celiac because it is more common and untreated, it causes a lot of problems," agrees Barry Zingler, MD, chief of gastroenterology at Englewood Hospital Center. Untreated celiac disease increases the risk for the brittle bone disease osteoporosis due to the body's inability to absorb calcium and vitamin D, fatigue, and certain cancers.

Not so fast, says Mel Heyman, MD, MPH, the Anita Ow Wing Endowed Chair and Professor of Pediatrics, chief of pediatric gastroenterology, hepatology, and nutrition at the University of California, San Francisco Benioff Children's Hospital.

Heyman tells WebMD that the blood test for celiac disease is not fail-safe. "We know that the test is not perfect, so some of these people could have been a false negative [in the first part of the study], which is why sometimes we go on to do a biopsy."

"RECIPES"

Little Smokies in Oriental Sauce (Bev Boesen)

1 cup brown sugar, packed
1 ½ tablespoons cornstarch
1 cup crushed pineapple (fruit & juice)
½ cup vinegar
2 teaspoon dry mustard
1 ½ teaspoon GF Soy Sauce
2 pounds Little Smokies

Blend sugar and cornstarch in saucepan. Add remaining ingredients (except Little Smokies). Heat over medium heat, stirring occasionally until mixture boils and thickens. Add Little Smokies and continue heating until thoroughly hot. Serve.

Note: I like these a little sweeter, so I use only ¼ cup of vinegar.

Dill Pickle Wraps (Sherry Hoefler)

3 (2 ½ ounce) packages dried beef or ½ pound ham
8 ounces cream cheese
1 large jar Vlasic Kosher Dill pickles
½ teaspoon onion flakes
2 teaspoons garlic salt

Have cream cheese at room temperature. Mix in onion flakes and garlic salt thoroughly. Place pickles on paper towels to dry for about one hour. Spread slice of dried beef or ham generously with cream cheese. Place pickle on top. Use two slices per pickle and roll up. Refrigerate for at least one hour. Slice and serve.

Corn and Black Bean Salsa (Rich & Rita Congdon)

1 can corn, drained
1 can black beans, rinsed and drained
1 bunch green onions, thinly sliced



1 small can chopped or sliced olives
½ red pepper, diced
½ bunch cilantro, finely chopped
1 tablespoon olive oil
1 tablespoon balsamic vinegar
1 ½ teaspoon lime juice
½ teaspoon cumin
½ teaspoon sugar
salt and pepper to taste
corn chips

Drain and mix the corn and beans. Mix all of the first seven ingredients in a bowl. Whisk the liquid and dry ingredients together and pour over the vegetables. Cover and refrigerate. Serve with corn chips.

Note: This is better if it has time to marinate for several hours before serving. I have been told this will keep up to five days, but it has never lasted that long at our home!

Black Bean Burgers by Connie
(Modified from www.hacres.com recipes)

1 tablespoon extra virgin olive oil
1 small onion (coarsely chopped)
1 medium red pepper (chopped)
4 medium cloves of garlic (minced)
½ teaspoon cumin
¼ teaspoon turmeric
1 ½ cups cooked or canned organic black beans (drained)
1 cup cooked basmati rice
2 cups gluten free bread crumbs
Hot pepper sauce to taste (optional)
1 tablespoon ketchup (optional)
1 ½ teaspoon Celtic Sea salt

Heat 1 tablespoon of olive oil over medium heat. Add onion, red pepper, and garlic. Cook while stirring frequently until soft and onions are translucent. Stir in cumin, turmeric, and cook for an additional minute. In a food processor, combine beans, rice and onion/pepper/garlic mixture. Transfer to a large bowl. Add breadcrumbs and mix well. Season with salt and hot pepper if desired. Flatten ¼ cup amounts of

mix into patties and they are ready for the outdoor grill. Cook about 3-5 minutes on each side. Makes 8 burgers.

Note: This is very good and was served as a spread for crackers at the February 2011 CVCS meeting.

Cranberry-Nut Cinnamon Chex Mix
Serves 16

6 cups Cinnamon Chex Cereal
3 cups walnut halves
¼ cup brown sugar, packed
¼ cup frozen orange juice concentrate
2 tablespoons vegetable oil
½ cup sweetened dried cranberries

In large microwaveable bowl, mix cereal and walnuts; set aside. In 2-cup microwaveable measuring cup, microwave brown sugar, orange juice concentrate and oil on HIGH for 1 minute; stir. Microwave about 1 minute longer, stirring after 30 seconds, until mixture is hot. Pour over cereal mixture, stirring until evenly coated. Microwave uncovered on HIGH for 5 minutes, stirring every 2 minutes. Stir in cranberries. Spread on waxed paper or foil to cool. Store in tightly covered container.

Easy Peanut Butter Cookies – Gluten Free
(Mildred Perrin)

1 egg, slightly beaten
1 cup sugar
1 cup crunchy peanut butter
¼ teaspoon salt, optional

Mix together, form into balls (walnut sized). Place on ungreased cookie sheet and flatten with fork. Bake for 10-13 minutes at 350 degrees.

Soft Oatmeal Raisin Cookies
(Mary Gray)

(Original recipe submitted by Betty Bast in the "Let's Eat Gluten Free" Cookbook, p 153)



1 cup raisins
½ cup water
1 cup brown sugar
½ cup white sugar
1 cup butter
2 large eggs
2 teaspoons vanilla
2 cups Gluten Free flour
3 teaspoons baking powder
2 teaspoons Xanthan Gum (if not in flour)
½ teaspoon salt
½ teaspoon cinnamon
2 cups Gluten Free oatmeal
1 cup coconut
1 ½ cups nuts

Simmer raisins in water for 2 minutes; reserve liquid. Cream sugars and butter. Beat in eggs. Add vanilla and raisin water. Combine flours and add to creamed mixture. Stir in coconut, raisins and nuts. Chill. Drop by teaspoonfuls on greased cookie sheet. Bake 10-12 minutes at 350 degrees.

Note: Can use food processor on oatmeal for smaller flakes.

Gluten Free Ancient Grains Drop Biscuits (Lyn Gos)

¾ cup Ancient Grains Flour Blend
¾ cup yellow cornmeal
¾ cup King Arthur Gluten-Free Multi-Purpose Flour or brown rice flour blend*
1 teaspoon xanthan gum
1 tablespoon baking powder
½ teaspoon salt
½ cup butter
¾ cup buttermilk
¼ cup maple syrup, real maple syrup preferred for best flavor
1 large egg
*See recipe for this blend below.

Directions

1) Preheat the oven to 425°F. Lightly grease a baking sheet, or line with parchment paper.

2) Whisk together the dry ingredients, then use a fork, pastry blender, or electric mixer to work in the butter, mixing until everything is crumbly with some pea-sized pieces of butter remaining.

3) Whisk together the wet ingredients and stir into dry ingredients until just combined. The dough will be very wet.

4) Drop golf-ball sized portions onto the prepared baking sheet about 2" apart. A tablespoon cookie scoop, generously filled, is helpful for this.

5) Bake the biscuits for 12 to 14 minutes, until they're light golden brown. Remove them from the oven, and serve warm.

Yield: about 24 biscuits.

*Make your own blend

Many of our gluten-free recipes use our King Arthur Gluten-Free Multi-Purpose Flour, which includes ingredients that reduce the grittiness sometimes found in gluten-free baked goods. Our flour also increases the shelf life of your treats, keeping them fresh longer.

The following make-at-home blend, featuring stabilized brown rice flour, works pretty well when substituted; and it tastes better than a blend using regular brown rice flour.

Whisk together 6 cups (32 ounces) King Arthur stabilized brown rice flour; 2 cups (10 ¾ ounces) potato starch; and 1 cup (4 ounces) tapioca flour or tapioca starch. Store airtight at room temperature. Note: You can substitute white rice flour for the brown rice flour if you like; it'll make your baked goods grittier (unless you manage to find a finely ground version).

Flourless Chocolate Cake (Rich Congdon)

Ingredients:

7 oz really good (45–50% cocoa) semisweet chocolate
¾ cup butter
1 cup sugar, divided



4 eggs, separated

Directions:

1. Preheat oven to 350°F. Melt chocolate and butter in a double boiler. Stir together half the sugar and four yolks; add to melted chocolate concoction.

2. Using an electric mixer, beat the egg whites; slowly add remaining 1/2 cup sugar until stiff peaks form. Fold mixture into chocolate. Pour into a greased 9-inch cake pan.

3. Bake 40 minutes, or until a toothpick inserted in center comes out with just a few crumbs on it. Cool 30 minutes before removing from pan. Dust with powdered sugar.

CHOCOLATE COVERED POPCORN (Rita Smith)

12 C Popped Corn (2/3 c popcorn)
1 cup sugar
2/3 cup light or dark corn syrup
1 tablespoons butter
1 (6 oz) pkg semi-sweet chocolate pieces
T tsp vanilla extract

About 3 hours before serving or up to 1 week ahead:

Preheat oven to 250 degrees. Place popped corn in large open roasting pan 17 1/4" by 11 1/2"; set aside.

In 2 quart saucepan over medium heat, heat sugar, corn syrup and butter to boiling, stirring constantly. Remove saucepan from heat; stir in chocolate pieces and vanilla extract until chocolate is melted.

Pour hot chocolate mixture over popped corn, stirring to coat well.

Bake popped corn 1 hour, stirring occasionally. Spoon chocolate covered popcorn into another large roasting pan or onto waxed paper to cool, stirring occasionally to separate. Store popcorn in tightly covered containers to use up within 1 week. Makes 12 cups. 60 calories per 1/4 cup.

The Gluten Free Swiss Chocolate Roll came from the following company:

<http://www.shabtai-gourmet.com/>

The moist chocolate cake with frosting came from the following company:

<http://www.namastefoods.com/>

Crackers:

<http://www.crunchmaster.com/home.aspx>

CRANBERRY ORANGE MOUSSE (Diane Ebert)

1 bag cranberries (12 oz)
3/4 cup sugar
1 tsp. grated orange zest
1/4 cup orange juice
2 Tbsp. 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.

TIP: Add Crispy Brown Rice- Gluten Free cereal to your favorite oatmeal raisin cookie recipe for an extra crunch!

Gluten Free Corn Beef (Diane Ebert)

Great for St Patricks day

Sold @ Wal-Mart & Sam's Club: Grobbel's Corned Beef, labeled MSG and Gluten Free. They sell flat cut and point cut, cook in crock-pot and enjoy it.

Don't miss the Mini-Food Fair at our April Meeting!

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

