



GLUTEN FREE "NEWS"

Published by the
Waterloo/Cedar Falls Celiac Support Group



SECOND ISSUE

May 2011

PRESIDENTS NOTES:

Summer is on the way, anyway I thought so last week when it was over 80° but today it is mid April 35° out and I have seen sun, snow, wind, rain, sleet & more snow but summer will be here before we know it and so will our June meeting. We are planning a breakfast theme so come hungry. I think Kristi is making pancakes.

Our Mini~Food Fair was a big hit. We had a large group in attendance and the vendors that came sampled some awesome items. Be sure to thank these vendors when you are dining at their establishments and let them know how much we appreciate all they do!

Pepper's, The CU, Rhonda Roberts, Carlos O Kelly's, Brown Bottle, Art House Café, Tony's.

We will be holding June and August meetings this year so mark your calendars for June 5th and August 7th. Be thinking about the October meeting which is October 2nd and election of officers!!.

Denise

**A Big Thank-you to Clark Printing for printing our
Newsletter Free of Charge. Please contact them if you
have any printing needs.
319-233-6637**



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 June 05, 2011
Regular Meeting

Time: 2:00 p.m.

Place: Covenant Medical Center

Theme: Breakfast

Agenda: Hy-Vee Dieticians/ and samples of Udi's Breakfast items.

Date: Sunday August 07, 2011
Regular Meeting

Time: 2:00 p.m.

Place: Covenant Medical Center

Theme: Family Favorites

Agenda:

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

Check out our Website @ www.wcfceliac.com and find us on Facebook @ Cedar Valley Celiacs

~FUNDRAISER~

Our group will be doing some fundraising

Our first fundraiser will be at Godfathers Pizza - 1946 Schukei Rd. Waterloo, IA. On May 12, 2011. For every coupon redeemed during the hours of 11 am and 10 pm our group will receive \$3.00. I have attached a coupon sheet in this newsletter and you may make copies and give them to everyone you meet. For any questions please contact Diane Ebert. @319-504-7493 or rdebert95@q.com

Our second fundraiser will be at Pizza Ranch on University Ave. on Monday June 20th. Pizza Ranch will have "Tip Jars" out and we will receive all the money in the "Tip Jars" along with 7% of the sales that occur between 5pm & 8pm. We will need at least 5-8 people to help at Pizza Ranch that evening, delivering pizza to the tables, cleaning off tables, etc. (some of volunteers need to be there at 4:30 or so). Please call or e-mail Kristi Simmerman for details and to sign up for this. 319-234-2104 - ksimmerman@mchsi.com.

CHECK IT OUT!!!

Our very own Rich Congdon did a cooking show with Luann Alemao called "Get Fit" on CFU 15. It will play many times over the next year. Luann wanted to do one on celiac. So if you are around a cfu cable connection you might see if it is on. He did a nice plug for our group!!.

NEW: Make and Bake Pizza Opening April 22nd. @ 226 Brandilyn Blvd. (by Wal-mart and Blaines) I have attached a coupon sheet from them. Although it does not list Gluten Free Pizza on the coupon you can use them for their Gluten Free Pizza's.



From Kraft Foods: Submitted by Deb Miller

Q: How can I tell if a Kraft product contains gluten?

A: We understand how important it is for people who have been medically diagnosed with gluten sensitivity to have accurate information about foods to help plan their meals and diets. Therefore, it has been a long standing policy for all Kraft and Nabisco products to list ingredients that contain gluten on the ingredient statement. These items will be listed using commonly known terms such as Wheat, Barley, Oats or Rye. For other ingredients that contain gluten, the grain source will be declared in parenthesis after the ingredient name. For example, if the ingredient "natural flavor" contains a gluten source, the label would read: natural flavor (contains rye). Other ingredients that contain gluten are: Triticale, Spelt, Kamut, Mir or Farina (also known as Far or Farro). For Kraft-branded products that contain vinegar, information from our vinegar suppliers assures us that the vinegar we use in our products is gluten free. All vinegar is distilled and through the distilling process protein gluten is removed. If you have additional questions about your personal dietary needs, please consult your doctor or a registered dietician. Lastly, here's a link for more information on Choosing Gluten Free Foods:
<http://www.kraftfoods.com/kf/HealthyLiving/Articles/FoodAllergiesSensitivities/GlutenFreeFoods.htm>

Counterfeit honey seized in Salem

Published: March 13, 2011 4:00AM PST
More than 10,000 gallons of counterfeit honey was seized from a warehouse in Salem, according to the U.S. Attorney's Office in Oregon.

The counterfeit honey, which was discovered to be compound malt sweetener, was imported from Hong Kong and falsely labeled as honey from Thailand.

A firm called Eastern Commodity Co. imported the honey to a warehouse in Wisconsin and eventually shipped it to a warehouse in Salem.

The seizure was part of an ongoing joint investigation conducted by the U.S. Attorney's Office in Oregon, the U.S. Attorney's Office in Chicago and the Department of Homeland Security.

CELIAC DISEASE SYMPTOMS CAN BE ELUSIVE

NFCA -National Foundation for Celiac Awareness

There are more than 300 symptoms of celiac disease, and symptoms may vary amongst different people. One person might have symptoms of diarrhea and abdominal pain, while another person has irritability or depression. Some patients develop celiac symptoms early in life, while others feel healthy far into adulthood. Some people with celiac disease may not show any symptoms. These differences can make celiac diagnosis extremely difficult resulting in 95% of celiacs undiagnosed or misdiagnosed with other conditions. Left untreated, people with celiac disease can develop further complications such as other autoimmune diseases, osteoporosis, thyroid disease, and cancer. Some of the **most common symptoms of celiac disease** include:

- | | |
|-------------------|------------------|
| Bloating or Gas | Joint Pain |
| Diarrhea | Poor Weight Gain |
| Constipation | Delayed Growth |
| Fatigue | Thin Bones |
| Itchy Skin Rash | Infertility |
| Tingling/Numbness | Depression |
| Pale Mouth Sores | Discolored Teeth |
| Headaches | Irritability |

Anemia, delayed growth, and weight loss are signs of malnutrition. Malnutrition is a serious problem for anyone, but particularly for children because they need adequate nutrition to develop properly. Failure to thrive during childhood development is a common indicator of celiac.



Some people with celiac disease may not have symptoms.

This is known as asymptomatic celiac disease. The undamaged part of their small intestine is able to absorb enough nutrients to prevent symptoms. However, people without symptoms are still **at risk for the complications** of celiac disease.

Key Differences Between CD and Gluten Sensitivity

UNIVERSITY OF MARYLAND SCHOOL OF MEDICINE RESEARCHERS IDENTIFY KEY PATHOGENIC DIFFERENCES BETWEEN CELIAC DISEASE AND GLUTEN SENSITIVITY

Study from University of Maryland Center for Celiac Research Places Gluten Sensitivity on Center Stage of Spectrum of Gluten-Related Disorders

Celiac Disease Foundation-

Baltimore, MD – March 10, 2011. Scientists at the University of Maryland School of Medicine's Center for Celiac Research have proven that gluten sensitivity is different from celiac disease at the molecular level and in the response it elicits from the immune system. The research, published online in BMC Medicine, provides the first scientific evidence of a different mechanism leading to gluten sensitivity. It also demonstrates that gluten sensitivity and celiac disease are part of a spectrum of gluten-related disorders.

"We found differences in levels of intestinal permeability and expression of genes regulating the immune response in the gut mucosa," says lead investigator Alessio Fasano, M.D., professor of pediatrics, medicine and physiology at the University of Maryland School of Medicine and director of the Center for Celiac Research. The research documents the genes and the pathways—a sequence of reactions in the small intestine—possibly associated with gluten sensitivity. "Identifying and isolating specific 'biomarkers' in the immune response of people with gluten sensitivity could lead to diagnostic

tools for the condition," says Dr. Fasano, who also directs the University of Maryland School of Medicine Mucosal Biology Research Center. In people with celiac disease, gluten sets off an autoimmune reaction in the small intestine. The complex proteins found in wheat, rye and barley trigger the immune system of a person with celiac disease to attack the person's small intestine. Left undiagnosed and untreated, celiac disease can lead to the development of other autoimmune disorders, as well as osteoporosis, infertility and neurological conditions and, in rare cases, cancer.

Unlike celiac disease, gluten sensitivity is not associated with these serious conditions. Common symptoms of gluten sensitivity include abdominal pain similar to irritable bowel syndrome, fatigue, headaches, "foggy mind" or tingling of the extremities. There is also evidence that a subgroup of schizophrenic patients and autistic children might be affected by gluten sensitivity.

The Center for Celiac Research estimates that approximately six percent of the U.S. population, or 18 million people, suffers from gluten sensitivity. This group reacts with some of the same symptoms as people with celiac disease, but gluten-sensitive individuals typically test negative for celiac disease in diagnostic blood tests and show no signs of the damage to the small intestine that defines celiac disease.

"Imagine gluten ingestion on a spectrum, says Dr. Fasano. "At one end, you have people with celiac disease, who cannot tolerate one crumb of gluten in their diet. At the other end, you have the lucky people who can eat pizza, beer, pasta and cookies—and have no ill effects whatsoever. In the middle, there is this murky area of gluten reactions, including gluten sensitivity. This is where we are looking for answers about how to best diagnose and treat this recently identified group of gluten-sensitive individuals," says Dr. Fasano.

"The Center for Celiac Research is leading the way in the effort to better understand the spectrum of gluten disorders," says E. Albert Reece, M.D., Ph.D., M.B.A, vice president for medical affairs, University of Maryland, and John Z. and Akiko K. Bowers Distinguished Professor



and dean, University of Maryland School of Medicine. "I have no doubt that further research will lead to new diagnostic tools and treatments for those who suffer from gluten sensitivity."

The latest research was conducted in collaboration with the Johns Hopkins School of Medicine, the Department of Experimental Medicine of the University of Naples in Italy, and the Institute of Food Sciences in Avellino, Italy. The BMC Medicine article is titled "Divergence of Gut Permeability and Mucosal Immune Gene Expression in Two Gluten-Associated Conditions: Celiac Disease and Gluten Sensitivity."

The University of Maryland School of Medicine's Center for Celiac Research has been at the forefront of education, research, diagnosis and treatment for more than a decade. A groundbreaking 2003 study conducted by the Center for Celiac Research estimated that 1 in 133 people in the United States suffers from the disease. In 2000 the Center for Celiac Research developed a diagnostic blood test that is used to identify the disease. Founded in 1995, the Center for Celiac Research is an international leader in promoting the awareness of celiac disease to provide better care, better quality of life, and more adequate support for the celiac disease community worldwide. Visit www.celiaccenter.org for more information

**Hy-Vee Ice Cream no longer considered
Gluten Free**

Submitted by Tracey Brueseke

Dear Tracey,

Thank you for writing to the Hy-Vee Web Site regarding our Hy-Vee private label ice cream. I am sorry the Hy-Vee ice cream products were removed the listing because of the chance of cross contamination with gluten containing products in the facility.

I am hopeful that we will be able to provide in the future a listing that will specify on the listing when a product is technically gluten free in the ingredients, but is manufactured in a gluten containing facility.

Again, thanks for your email and allowing me the opportunity to assist you. If you ever have questions on our Hy-Vee private label products, please do not hesitate to contact me.

Sincerely,
Missy Petty
Hy-Vee, Inc.

**Kellogg's Announces Gluten-Free
Rice Krispies for Summer 2011**

I could wax poetic on the topics of breakfast and my childhood for a couple of paragraphs here, but I think it's probably best if I don't beat around the bush with this exciting news.

So, without further ado and according to Kelloggs.com:

"After hearing from so many gluten-free families out there, we're happy to bring you NEW Kellogg's® Rice Krispies® Gluten Free cereal, made with brown rice. It'll be available in June, so be sure to ask your local supermarket to stock up!"



Celiac-Safe Wheat??

Arcadia Biosciences Inc.

Arcadia has received a Small Business Technology Transfer Program (STTR) grant from the National Institutes of Health in partnership



with Washington State University (WSU) to research novel lines of wheat with reduced celiac disease-causing proteins. The grant was the first step in the company's effort to identify and develop wheat varieties that can significantly expand the dietary options for people on gluten-free diets. Working with Dr. von Wettstein and his colleagues at WSU, Arcadia will use TILLING® technology to identify wheat plants in which harmful gluten proteins are minimized. The research program is in its very early stages. For more information on celiac disease, please contact the Celiac Disease Foundation or visit www.celiac.org.

A new Treatment for Celiac Disease??

According to a recent article published in *Nature*, scientists at the University of Chicago might be on the road to a new treatment for celiac disease. In a study conducted on mice, research shows that blocking the inflammatory protein, interleukin-15 (IL-15), may reverse symptoms of celiac disease and prevent the development of the disease.

The mice in this study were genetically altered to have celiac disease. Researchers then blocked IL-15 in the mice and quickly found that the celiac symptoms reversed. The mice were also able to consume gluten without any adverse side effects.

Based on this research, it is now thought that the mechanism by which people lose their tolerance to gluten has been identified. IL-15 seems to play a major role in this mechanism along with retinoids. Retinoids are derivatives of Vitamin A and enhance the effects of IL-15 in people with celiac disease.

Currently, a drug that can block IL-15 in humans is only theoretical. This type of drug would not be used as a cure for all of those with celiac disease. It would be used along with a gluten-free lifestyle and would only be considered as a treatment for those who have a very severe form of celiac disease and do not show any response to a gluten-free diet. WebMD Health News, Feb. 9, 2011

Hydrolyzed Wheat OK for Celiacs?

A recent article published on About.com suggested that hydrolyzed wheat protein could be safe for Celiac Disease sufferers. Betty Barfield, President of the North Texas Gluten Intolerance Group, sent the article to Dr. Alessio Fasano of the University of Maryland's Celiac Disease Research Center to get his opinion on this matter. Dr. Fasano's response was that those with celiac disease should NOT consume hydrolyzed wheat flour. Dr. Fasano has a detailed statement about this issue on his Facebook page, www.facebook.com/pages/Center-for-Celiac-Research/128798800407?ref=ts

From Denver Co. Celiac Group
Did You Know...?

In a recent survey conducted by Tricia Thompson, MS RD, 57% of the 1000 respondents want the FDA to define the term "gluten-free" to mean no detectable gluten in their final ruling on gluten-free labeling of food. Another 12% want it to mean less than 5 parts per million (ppm) gluten, and another 9% want it to mean less than 10 ppm gluten. In total, 78.8% of respondents want "gluten-free" to mean an amount lower than 20 ppm gluten in the FDA's proposed ruling. To learn more about Ms. Thompson's survey, visit www.glutenfreedietitian.com.

New study reveals Celiac's have weaker bones.

At the December 2010 Annual Conference of the Endocrine Society of India (ESICON), Dr. Ameya Joshi presented a paper on the reduced bone density, and elevated risk of bone fracture faced by people with both celiac disease and type 1 diabetes. The paper was awarded second prize among conference presentations. Dr. Joshi's research was conducted under the auspices of the endocrinology department of BYL Nair



Hospital, and the super-vision of department head, Premlata Varthakavi. In his recent study, Dr. Joshi found that people with both celiac disease and type 1 diabetes have been found to have poor bone mineral density, making them susceptible to fractures. For his study, Dr. Joshi's research team tested 80 type 1 diabetics. They found that 11 of the 80 patients had celiac disease. A control group of 22 patients suffered from type 1 diabetes without celiac disease. Patient ranged in age from 12 years to 40 years. —While many suffer from typical symptoms such as gastrointestinal problems, others suffer from fractures from unrecognized trauma,|| said Dr Joshi, adding, —Simple dietary measures can reverse these symptoms and improve bone density.||

Living Without Magazine

Substitution Solutions

Milk

Replace 1 cup cow's milk with one of the following:

- 1 cup soy milk (plain)
- 1 cup rice milk
- 1 cup fruit juice
- 1 cup water
- 1 cup coconut milk
- 1 cup goat's milk, if tolerated
- 1 cup hemp milk

Buttermilk

Replace 1 cup buttermilk with one of the following:

- 1 cup soy milk + 1 tablespoon lemon juice or 1 tablespoon white vinegar (Let stand until slightly thickened.)
- 1 cup coconut milk
- 7/8 cup rice milk
- 7/8 cup fruit juice
- 7/8 cup water

Yogurt

Replace 1 cup yogurt with one of the following:

- 1 cup soy yogurt or coconut yogurt
- 1 cup soy sour cream
- 1 cup unsweetened applesauce
- 1 cup fruit puree

Butter

Replace 8 tablespoons (1 stick) butter with one of the following:

- 8 tablespoons (1 stick) Fleischmann's unsalted margarine
- 8 tablespoons Earth Balance (Non-Dairy) Buttery Spread
- 8 tablespoons Spectrum Organic Shortening
- 8 tablespoons vegetable or olive oil

For reduced fat:

- 6 tablespoons unsweetened applesauce + 2 tablespoons fat of choice

Eggs

Replace 1 large egg with one of the following:

- 3 tablespoons unsweetened applesauce (or other fruit puree) + 1 teaspoon baking powder
- 1 tablespoon flax meal, chia seed or salba seed + 3 tablespoons hot water. (Let stand, stirring occasionally, about 10 minutes or until thick. Use without straining.)
- Egg Replacer, according to package directions
- 4 tablespoons pureed silken tofu + 1 teaspoon baking powder

Replacing more than two eggs will change the integrity of a recipe. For recipes that call for a lot of eggs, like a quiche, use pureed silken tofu. Because egg substitutions add moisture, you may have to increase baking times slightly.

Note: To replace one egg white, dissolve 1 tablespoon plain agar powder into 1 tablespoon water. Beat, chill for 15 minutes and beat again.

Nuts

Replace tree nuts or peanuts with an equal amount of the following:

- Toasted coconut
- Sunflower seeds
- Toasted sesame seeds (use only 2 to 3 tablespoons)
- Crushed cornflakes
- Crushed crispy rice cereal
- Crushed potato chips
- Pumpkin seeds



Gluten-Free Flour Substitutions

To make a flour blend, thoroughly combine all ingredients. Store in a covered container in the refrigerator until used. You can double or triple these recipes to make as much flour mix as you need.

Note: If you purchase a commercial flour blend, read the ingredient list carefully. Some blends contain salt and xanthan or guar gum. If so, there is no need to add more.

All-Purpose Flour Blend

Use this blend for all your gluten-free baking.

1/2 cup rice flour
1/4 cup tapioca starch/flour
1/4 cup cornstarch or potato starch

Each cup contains 436 calories, 1g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 99g carbohydrate, 3mg sodium, 2g fiber, 5g protein

High-Fiber Flour Blend

This high-fiber blend works for breads, pancakes, snack bars and cookies that contain chocolate, warm spices, raisins or

other fruits. It is not suited to delicately flavored recipes, such as sugar cookies, crepes, cream puffs, birthday cakes or

High-Protein Flour Blend

This nutritious blend works best in baked goods that require elasticity, such as wraps and pie crusts.

1 1/4 cups bean flour (your choice), chickpea flour or soy flour

1 cup arrowroot starch, cornstarch or potato starch
1 cup tapioca starch/flour

1 cup white or brown rice flour

Each cup contains 588 calories, 3g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 128g carbohydrate, 24mg sodium, 6g fiber, 11g protein.

Self-Rising Flour Blend

Use this blend for muffins, scones, cakes, cupcakes or any

cupcakes.

1 cup brown rice flour or sorghum flour

1/2 cup teff flour (preferably light)

1/2 cup millet flour or Montina® flour

2/3 cup tapioca starch/flour

1/3 cup cornstarch or potato starch

Each cup contains 428 calories, 2g total fat, 0g saturated fat, 0mg trans fat, 0mg cholesterol, 92g carbohydrate, 19mg sodium, 5g fiber, 8g protein.

recipe that uses baking powder for leavening.
1 1/4 cups white sorghum flour
1 1/4 cups white rice flour
1/2 cup tapioca starch/flour
2 teaspoons xanthan or guar gum
4 teaspoons baking powder

1/2 teaspoon salt
Each cup contains 514 calories, 3g total fat, 0g saturated fat, 0mg trans fat, 0mg cholesterol, 113g carbohydrate, 1163mg sodium, 8g fiber, 10g protein.

Nutritional analyses of recipes are based on data supplied by the U.S. Department of Agriculture and certain food companies. Nutrient amounts are approximate due to variances in product brands, manufacturing and actual preparation

General Guidelines for Using Xanthan or Guar Gum

Gum (xanthan or guar) is the key to successful gluten-free baking. It provides the binding needed to give the baked product proper elasticity, keeping it from crumbling.

- Add 1/2 teaspoon xanthan or guar gum per cup of flour blend to make cakes, cookies, bars, muffins and other quick breads.
- Add 1 teaspoon per cup of flour blend to make yeast bread, pizza dough or other baked items that call for yeast.

Note:

If you purchase a commercial flour blend, read the ingredient list carefully. Some blends contain



salt and xanthan or guar gum. If so, there is no need to add more.

~RECIPES~

Announcing the first 1-2-3 Gluten Free Recipe Contest! There are 2 categories: (1) gluten-free (including sweet, savory, sides and main dishes); and (2) vegan gluten-free (no egg or dairy allowed). By entering, you could win 4 cases of 1-2-3 Gluten Free products and a one-year subscription to Gluten Free Living magazine; prizes valued over \$200! Entry form and contest rules are available on the 1-2-3 Gluten Free website at www.123glutenfree.com. Good luck and happy baking!

Entries will be accepted until 11:59 PM June 15, 2011



Gluten-free Cheddar Serrano biscuits

3 c almond flour
1 t baking soda
big pinch of salt
6 oz of cheddar cheese, grated
2 fresh serrano chiles, minced
3 eggs
1/4 c sour cream
1/2 c water

Directions

Preheat oven to 325 degrees. Combine almond flour, baking soda, and salt in a bowl. Mix in grated cheese and serranos. In a separate bowl, mix the eggs, sour cream, and water. Combine the wet and dry ingredients until they just come together. Drop batter in large spoonfuls onto a parchment paper-lined baking sheet. Bake for 20-25 minutes or until slightly browned on top. Makes 12 rounds.

Cinnamon Swirls

Dough:

1 Bag (3 1/2 Cups) Pamela's Gluten Free Bread Mix, reserve 1/4 cup for rolling dough
Yeast (enclosed packet)
1 stick (1/2 cup) unsalted butter
1/2 cup small curd cottage cheese
1 TBLS orange zest (optional)
3/4 cup warm water, divided
1 tsp sugar

Filling:

1 stick (1/2 cup) unsalted butter
1/3 cup sugar
3 to 4 tsp cinnamon
1/3 cup raisins
1/3 cup pecans, chopped (optional)

Glaze:

1 Cup Pamela's Vanilla Frosting Mix
2 to 3 TBLS water

From a bag of **Pamela's Gluten-Free Bread Mix**, remove the enclosed yeast packet and 1/4 cup of the mix for rolling out the dough. Dissolve yeast from the enclosed packet with 1/2 cup warm water and 1 teaspoon of sugar. Let stand for about 5 minutes until foamy. With a wire whisk in a stand mixer, cream butter, then combine with the cottage cheese. Reserving the 1/4 cup of bread mix set aside for rolling, add the **Pamela's Gluten-Free Bread Mix** to the butter and cottage cheese. Mix to combine on low. Add orange zest if using. Add dissolved yeast and continue mixing. Add remaining warm water 1 tablespoon at a time just until dough starts to come together. Lightly flour a sheet of parchment paper with some of the reserved bread mix. Place dough on the parchment, sprinkle lightly with left over mix and cover with second sheet of parchment. Roll dough to a thickness of 1/4 inch in a rectangle shape approximately 10-inches long and 8-inches wide. Remove top parchment paper. To make the filling, cream butter with sugar and cinnamon. Spread or distribute filling as evenly



as possible on rolled out dough, leaving no more than a 1/2-inch margin around the edge. Spread raisins, and nuts (if using) evenly over filling and press down with fingertips.

Starting with the longest edge of the dough, peel dough off paper and roll to form a log. Use fingertips to pinch edge of dough closed to form a cylinder. 10. Lightly oil an eight-inch round cake pan. 11. Use a sharp knife to slice log into individual pieces, each about 1-1/2 to 2-inches wide. A serrated knife works best. Lay pieces on sides in a lightly oil 8-inch round cake pan. Place with the swirls showing. Place all pieces in the same pan.

Allow dough to rest for 60 to 90 minutes at room temperature. Bake in preheated 350° oven for 45 to 55 minutes or until golden brown. Let rest in pan for 10 minutes before inverting onto a plate. Use a second plate to invert a second time so that the tops of swirls are showing.

Glaze hot swirls with sugar icing made from 1 cup ***Pamela's Vanilla Frosting Mix*** combined with just enough water to create a thick glaze. Or create your own glaze with powdered sugar and a small amount of water, mixed until thick.

Cinnamon swirls can be made the night before.

The log can be wrapped in plastic and refrigerated, or the swirls can be placed into the pan, covered and refrigerated. In the morning, remove the log, (slice and pan them) or remove rolls from refrigerator, unwrap and let all rest for 60 to 90 minutes. Bake in preheated 350° oven for 45 to 55 minutes or until golden brown. Glaze and serve.

Yields 5 to 6 Cinnamon Swirls.

PORTABELLA MUSHROOMS WITH HERBS

(from the Cedar Rapids Group Newsletter)

2 tablespoons olive or vegetable oil 1 tablespoon balsamic vinegar 1 teaspoon chopped fresh or 1/4 teaspoon dried oregano leaves 1 teaspoon chopped fresh or 1/4 teaspoon dried thyme leaves 1/8 teaspoon salt 1 clove garlic, finely chopped 4 fresh portabella mushroom caps (about 4 inches in diameter) 1/4 cup crumbled herb-and-garlic feta cheese (1 oz) In large glass or plastic bowl or reseal able food-storage bag,

mix oil, vinegar, oregano, thyme, salt and garlic. Add mushrooms; turn to coat. Cover dish or seal bag; refrigerate 1 hour. Heat coals or gas grill for direct heat. Remove mushrooms from marinade (mushrooms will absorb most of the marinade). Cover and grill mushrooms over medium heat 8 to 10 minutes or until tender. Sprinkle with cheese

Peanut Butter-Chocolate Chip Bars with Chocolate Frosting (Gluten Free)

1 box Betty Crocker® Gluten Free chocolate chip cookie mix
1/3 cup butter, softened
1/3 cup gluten-free peanut butter
1 teaspoon gluten-free vanilla
1 egg
1 cup Betty Crocker® Rich & Creamy chocolate frosting

1. Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom only of (8- or 9-inch) square pan.
2. In medium bowl, stir together cookie mix, butter, peanut butter, vanilla and egg with spoon until soft dough forms (dough will be crumbly). Pat dough into pan. Bake 18 to 22 minutes or until edges are dry and golden brown. Run knife around inside edge of pan. Cool on wire rack about 1 hour.
3. Spread frosting over bars. Cut into squares, 4 rows by 4 rows.

Makes 16 servings

Waterloo/Cedar Falls Celiac Support Group Fundraiser

at



Godfather's Pizza®

Location: 1946 Schukei Rd. Waterloo

May 12, 2011 11am-10pm

For every coupon redeemed, Godfather's will donate
\$3.00 to

Waterloo/Cedar Falls Celiac Support Group

Share coupons below with family, friends, and co-workers

Eat at Godfather's Pizza

Support

Waterloo/Cedar Falls Celiac Support Group



Godfather's Pizza

CUT AND SHARE COUPON

1946 Schukei Rd. Waterloo

233-3000

SUPPORT

**Waterloo/Cedar Falls Celiac
Support Group**

May 12, 2011 11am-10pm

Turn in this coupon and save \$4 on Jumbo, \$3
on a large, \$2 on a medium, or \$1 on a small.

Godfather's Pizza will donate \$3 to

Waterloo/Cedar Falls Celiac Support Group
for every coupon redeemed.

Not valid with any other coupons or offers.

Offer valid only at address listed above.

Eat in, Carry-out or Delivery.

Only one coupon redeemed per offer.



Godfather's Pizza

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Godfather's Pizza

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THINK SUMMER

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

