



GLUTEN FREE "NEWS"

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Waterloo/Cedar Falls Celiac Support Group



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January 2012

PRESIDENT'S NOTES:

I would like to thank everyone for the great Christmas dinner we had in December. There was a bunch of great food and good times with friends. Once again you guys have stepped up to help make it great. It was a wonderful way to end the year.

As I look back at 2011, I ask myself, "Did we as a support group do what we set out to do?" Our goal: to always help our group and community to live a better, happier and healthier Gluten Free life. Denise and I feel very strongly that with everything we do this is our main focus and I do feel that we have accomplished this. I would say that 2011 was a great year but 2012 will be even better!

Denise has been working very hard on our Cedar Valley Gluten Free Food Expo. This is something that we have wanted to do for a while now and with a lot of her hard work it will happen on August 18th, 2012. We are looking forward to creating the opportunity to help many people around Iowa and neighboring states. Denise will be letting us know what and when she needs help with, so be ready to help. If you know of anyone who may want to be part of this Expo please get their information to Denise and she will follow up with them. A great big thank you to Denise for all her time and energy into making this happen! I am looking forward to seeing everyone at our February 5th meeting.

Kristi Jo Simmerman

**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**



~FUNDRAISERS~

The group will be doing some fundraising and your help will be needed!

Please call or e-mail Kristi Simmerman for details and to sign up for this at (319) 234-2104 or ksimmerman@mchsi.com

~MARK YOUR CALENDARS~ UPCOMING CELIAC SUPPORT GROUP MEETINGS

Note: We must have 15 members in attendance to hold meetings. Please call Kristi Simmerman at (319) 234-2104 if you are unable to attend.

Date: Sunday, February 5, 2012
Regular Meeting

Time: 2:00 p.m.

Place: Covenant Medical Center

Theme:  Warms the heart – Great winter or comfort foods

Agenda: Back to Basics

Date: Sunday, April 1, 2012
Regular Meeting

Time: 2:00 p.m.

Place: Covenant Medical Center

Theme: April Fool's – Something you were a "fool" for not trying earlier...

Agenda: Working on the Expo

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 surlygirl@mchsi.com

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



SAVE THE DATE!

**1st annual Gluten Free Expo in Cedar Falls, IA
at the McLeod Center by UNI-Dome**

Saturday, August 18th, 2012! 10 a.m. – 4 p.m.

This will be open to the public and free to attend.



~NEW PRODUCTS~

I found these at Menards: They are beef sticks that are Gluten Free. Klements Beef Sticks and Klements Honey Ham Sticks. ~ Deb Miller
http://www.klements.com/products/snack_items.html

One of my newest finds was Instant Rice Mac and Cheese meal, put out by Maplegrove Gluten Free Foods, Inc. They are great for lunches and remind me very much of Kraft Macaroni and Cheese. Just add water and microwave.
~ Shannon Jensen
<http://www.maplegrovefoods.com>

NEW BOOK ALERT

I have not read these books, nor do I endorse them. These are just some titles I have come across in my studies that look good and may get added to my own personal library. I thought I'd share.

Recipes

The Gluten Free Cookbook by DK Publishing
I haven't seen this book yet, but if it's done by DK, I'm sure it's wonderful. I love DK books. This comes out May 21, 2012.

Gluten Free Makeovers by Beth Hillson

Good Housekeeping Easy Gluten Free! : Healthy and delicious Recipes for Every Meal
Comes out April 3, 2012

Eat like a dinosaur!: Recipe and guidebook for Gluten-Free Kids by Paleo Parents and Elana Amsterdam
Out March 20, 2012

Reference

Revive: Stop feeling spent and start living again
by Frank Lipman, M.D.

~SHARED & SUBMITTED~

I am so excited to find this! Check this web site out!

They have even tested the Gluten Free food that does go out! If you want the email I received please let me know! Much healthier and made in bulk and sent to you! Amazing!

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

Submitted by Diane Ebert

Burger King's New Fries ARE Gluten-Free

The folks at Burger King have just confirmed that their new fry recipe, the first change since 1998, is gluten-free. The new fries are thicker, with reduced sodium and a coating that makes them crisper and keeps them hotter. They have been available in all of Burger King locations since December 5.

(This information is just provided. Eat at your own risk.)

Gluten Testing Results

There is a website that makes the results of testing gluten in foods available to you. There's a monthly subscription cost that helps defray the cost of testing the products listed. If you've never visited <http://www.glutenfreewatchdog.org/>, it's worth a look.



"I HOPE THIS IS GLUTEN-FREE!"



Gluten-Free Restaurants

The Trend: "Gluten-free" food, free of wheat, barley and rye gluten, is one of the fastest-growing sectors of the food industry, as food manufacturers respond to the rapid rise in people suffering from celiac disease (gluten intolerance), those with other autoimmune diseases that improve on a gluten-free diet, and people who simply believe that avoiding gluten makes them feel better. Now restaurants are getting into the game. According to a report from the food service consulting firm Technomic, menu items promoted as gluten-free rose 61 percent between 2010 and 2011.

Make It Healthy: Even if you don't want, or need, to go 100-percent gluten-free, cutting back on the amount of wheat you eat, which is called for in gluten-free diets, could be a healthy habit to adopt, says William Davis, MD, preventive cardiologist and author of *Wheatbelly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health* (Rodale, 2011). "Modern wheat is a geneticist-created artificial plant that is a far genetic distance away from any wheat that ever existed in nature," he says, created by what he calls crude and often bizarre plant breeding techniques. As a result, "it wreaks disaster on the human gastrointestinal tract," leading to inflammatory bowel diseases, joint pain and even a condition recently identified by the Mayo Clinic called gluten encephalopathy, or dementia from wheat.

Local Restaurants serving up Gluten Free

Bourbon Street – Cedar Falls Tony's Pizzeria
Brown Bottle
Carlos O'Kellys
CU Restaurant
Godfather's
Mama Nick's
Montage – Cedar Falls
Pizza Ranch

Art House Café now delivering

The Art House Café at the Waterloo Center for the Arts is now offering delivery service to the Waterloo/Cedar Falls area. They are providing \$10 box lunches with soup, sandwich, dessert, drink, napkin and spoon and will provide gluten free upon request. Contact Dan at 296-5071 for more information.

Gorton's Seafood

Gloucester, Mass. - Gorton's Seafood has announced that they are now a proud sponsor of the Celiac Disease Foundation, a national nonprofit organization dedicated to raising awareness of Celiac disease and building a supportive community for patients, families and healthcare professionals through education, information and support services.

Gorton's recently announced that their line of Grilled fish is now gluten-free - consumers can simply look for the red gluten-free stamp below the nutrition label on the back of the package. With a wide variety of flavors and Grilled fish species including Grilled Salmon, Grilled Tilapia, All Natural Grilled Fillets made from Alaska Pollock, and Grilled Haddock, consumers with gluten concerns will have a broad range of new mealtime options to enjoy.

The Glue Vitamin: 5 Reasons Vitamin C is Essential for Celiac

by Zach Rachins

Vitamin C is the 'glue' vitamin. Why? Because it's one of the must-have daily nutrients that really keeps the whole bodily engine cohesive and running smoothly.

First discovered in the 16th century when sailors and pirates out at sea contracted [scurvy](#), it was quickly found that oranges cured it due to high vitamin C content. Scurvy caused wounds to reopen, teeth to fall out, and depression – and other symptoms followed.



For those with celiac disease, you need to stay on top of vitamin C every few hours. Vitamin C is much like the B vitamins in that it's also a water-soluble vitamin, so you excrete it easily. Because it's a water-soluble vitamin, drinking lots of water will help to absorb it better. You can learn about this in [my article on B vitamins too](#). B vitamins are one subset of nutrients that you can really feel the difference with on a daily basis – you'll see it in your energy levels.

While vitamin C, or ascorbic acid, is largely preventative and helps you more in the long-term, it serves many benefits that are just as important.

The Benefits of Vitamin C for Celiac Disease

1. **Increases Immunity** – Vitamin C protects the body from infection, [maintains healthy bones](#) and teeth, and improves the body's ability to quickly repair wounds. Due to the many other nutrient deficiencies associated with celiac, these problems often arise as a result of celiac. It also helps the body to recuperate faster from wounds and injuries like cuts, broken and injured bones, burns, and surgical incisions. It builds collagen, the main structural component for connective tissue, which builds skin, scar tissue, and blood vessels. Collagen helps protect bones, since it strengthens the infrastructure around them.
2. **Serves as an Antioxidant** – It has extremely powerful antioxidant properties. Antioxidants relieve the body from free radicals, which are byproducts of the digestive process and are also ingested as toxins in the air. Free radicals produce oxidative stress, which adversely affects cells and can lead to atherosclerosis (hardening of the arteries) and many types of cancer. Vitamin C also helps to regenerate vitamin E, another important antioxidant. Because you don't absorb antioxidants from fruits and vegetables as well, supplementation can help to strengthen cells.

3. **Lowers Blood Pressure** – While it helps to lower high blood pressure, vitamin C also ensures proper dilation of vessels, which helps prevent atherosclerosis, high cholesterol, and congestive heart failure. This also helps to heal wounds and encourages better circulation.
4. **Decreases Lead Toxicity** – A bigger concern in large urban areas, lead toxicity is quite dangerous. Vitamin C dramatically lowers blood lead levels, which in children can lead to developmental and learning problems, and in adults it can lead to kidney disease and heart disease, which are both already linked to celiac disease. Our own Brian Dean also wrote about the link between celiac disease and heart disease in his article in the Journal of Gluten Sensitivity earlier this year.
5. **Reduces Odds of Cataracts** – Vitamin C deficiency causes low blood flow to the eyes, which causes cataracts – a condition where the eyes' lenses become opaque causing vision to blur. Vitamin C increases blood flow to the eyes, and thus decreases the chance of cataracts.

Vitamin C is mostly found in fruits and vegetables. The most powerful sources are sweet red and bell peppers, orange juice, strawberries, broccoli, and grapefruit. In addition, parsley, lemon juice, papaya, cauliflower, and kale are good sources of vitamin C.

Many medical professionals believe that you should get nine servings of fruits and vegetables per day, but for most of us, that's pretty idealistic.

Because celiac disease damages your small intestine and thus causes nutrient deficiencies, this further decreases the viability of fruits and vegetables as the sole solution for adequate vitamin C.

Because of how crucial vitamin C is to your diet, many doctors also write off fruits and vegetables as the practical solution to get all of the vitamin C



you need. If you're one of the people that can't get those nine servings a day (most of us), supplementation should play an integral role as part of your nutritional routine.

How do you make sure you're getting as much vitamin C as you should each and every day? Let us know in the comments below!

From- Celiac Central web site

SPINS: Gluten-Free Sales Exceeded \$6.2 Billion in 201

12/19/2011

Gluten-free market grew 16.9% over the last year, according to market research.

Everyone's talking about gluten-free food, but does that add up at the checkout? According to SPINS, a market research and consulting firm for the Natural Products Industry, gluten-free product sales in 2011 exceeded \$6.2 billion - a 16.9% increase from 2010 (SPINscan Natural, 52 weeks ending Sept. 3, 2011).

The numbers are based on sales of natural and specialty products labeled "gluten-free," from September 2010 to September 2011, according to Mary Ellen Lynch, Director of Consumer Insights & Strategic Partnerships for SPINS.

The gluten-free market has escalated in response to rising demand from gluten-free consumers. More individuals are eating gluten-free due to celiac disease, gluten sensitivity and other health issues. [Celebrities](#) and media coverage have also popularized gluten-free as the latest health trend. Gluten-free interest has also prompted more companies to introduce gluten-free options, from specialty products to mainstream favorites like [Rice Krispies Gluten-Free](#), which launched earlier this year.

In Memory of Dawn

Please remember the Recker family in your thought and prayers.

Celebrating The Life Of



Dawn Michelle Recker

September 11, 1974

December 29, 2011

Dawn Michelle Recker, 37, of Waterloo, died Thursday at the Cedar Valley Hospice Home.

She was born September 11, 1974, in Waterloo, the daughter of Robert and Kay Gardner Recker.

Dawn graduated from Waterloo West High School in 1994. She was employed as an aide at A-Z Daycare from 1996 until 2009.

Survivors include: her parents of Waterloo; a brother, Chris (Angie) of Woodbridge, VA.

Preceded in death by: paternal grandparents, Florian and Helen Recker; maternal grandparents, Claude and Marie Gardner; her Uncle/Godfather, Don Recker and Uncle Thomas Recker.



~RECIPES~

Gluten Free Lasagna

Submitted by Shannon Jensen

1 lb ground beef
1 lb Italian sausage
1 29 oz can tomato sauce
1 15 oz can tomato sauce
1 6 oz can tomato paste
1 15 oz container Ricotta cheese
2 eggs
1/2 cup Parmesan cheese
2 cups shredded Mozzarella cheese
1 cup shredded cheddar cheese
1 pkg gluten free lasagna noodles (10-12 total)
UNCOOKED
Spices to taste

Brown ground beef and Italian sausage with garlic salt/garlic powder/onion salt until cooked. Add tomato sauce and tomato paste and stir. Add in spices (I use Italian Seasoning or Pizza Seasoning to taste - about 1-2 T) Simmer on low, covered for about 20 minutes.

While simmering meat sauce, mix together eggs, Ricotta cheese and Parmesan cheese. Set aside.

Coat a 9x13 dish with cooking spray.

Spread about 1/3 of meat sauce on the bottom of the pan.

Lay out 4 GF noodles lengthwise and 1 widthwise at the bottom. Scoop and spread 1/2 of Ricotta cheese mixture over noodles, cover with 1/2 of remaining meat sauce, 1 cup of Mozzarella cheese and half cup of Cheddar.

Repeat with another layer of noodles, remaining Ricotta, remaining meat sauce and cheese. Sprinkle with parsley.

Cover with foil. Bang dish on counter about 10-15 times (this is important!)

Bake in 350 degree oven, covered, for 55 minutes. Take out of oven, uncover and bake 10 minutes more. (I usually crank the oven to 450 to get the top nice and brown, but that's our preference!) remove from oven and allow to sit for 10-15 minutes.

Serve with garlic toast, a side salad, cottage cheese or just eat a bunch of lasagna! :)

*** I use Hodgson Mills lasagna noodles because I prefer the taste and texture to them over Tinkyada, but use what you like. The size differs too, which is why I have an approximate for the noodles. A little overlap is okay but you don't want too much.

**** This can also be made with glutened noodles as well.

*** Lasagna is a fun dish to play around with. Add veggies to your meat sauce, leave the meat out altogether, make with taco meat and salsa and a Mexican cheese blend to make a Mexican lasagna, use chicken and broccoli with a white sauce, the possibilities are endless.

I've never boiled a lasagna noodle in 20+ years and I get compliments on my lasagna all the time! The key is having an abundance of sauce to cook the noodles.

Beef and Broccoli Noodle Bowl

8 oz. gluten free wide noodles
3 c. broccoli florets
12 oz. top sirloin steak, cut uniformly
1 medium onion, cut into 1/2-inch slices
2 cloves garlic, minced
1 Tbs. vegetable oil
1 Tbs. gluten free, all-purpose flour
Coarse salt & fresh ground pepper, to taste
15 oz. beef broth
1/4 c. tomato paste
1 tsp. prepared horseradish

Cook noodles according to package directions,



adding broccoli the last 3 minutes of cooking; drain and keep warm. Trim fat from beef. Cut beef into thin bite-size strips. In a large skillet cook beef, onion, and garlic in oil until onion is tender and beef is desired doneness; remove from heat. Sprinkle flour, salt, and pepper over meat. Stir to coat. Add beef broth, tomato paste, and horseradish to skillet with beef. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more. Remove from heat. To serve, divide noodle mixture among four bowls. Spoon beef mixture over noodle mixture. Serves 4.

Green Bean Casserole

2 cans GF creamy mushroom soup
1 ½ packets dry French onion soup mix
6 cans French style green beans

Mix soup and French onion soup mix. Add in green beans. Bake @ 350 degrees until hot and bubbly.

Oven Carrots

Submitted by Bev Boesen

4 cups carrots, sliced (canned or precooked)
¾ stick butter or margarine
½ lb American cheese
¾ cup cornflakes (crushed) (I used Natur's Path Honey'd Corn Flakes)

Melt most of margarine in casserole dish. Add carrots and toss. Cover with cheese. Sprinkle cornflakes on top. Dot with remaining margarine. Bake @ 350 degrees for 30-40 minutes. (I put in slow cooker for the potluck.)

Maple Raisin Carrots

2 Tablespoons butter
2 Tablespoons brown sugar
2 Tablespoons maple syrup
3 Cups sliced carrots, frozen
¼ cup golden raisins
¼ teaspoon salt
¼ teaspoon pepper

In a large saucepan, melt butter. Stir in brown sugar and syrup. Cook, uncovered, over medium heat for 3-5 minutes or until thickened. Stir in carrots and raisins. Sprinkle with salt and pepper. Cook 3-5 minutes longer or until carrots are tender. Yield: 4-6 servings.

Corn Noodle Casserole

1 can creamed corn
1 can corn – drained
¼ cup butter, melted
1 cup Velveeta cheese, cubed
1 egg, beaten
3 cups dry GF pasta – boiled until done

Mix all ingredients together and place in greased baking dish. Bake @ 350 degrees for 45 minutes or in crock pot on high for 2 hours.

Gluten Free Hash Brown Supreme

Submitted by Deb McKinney

2 # GF hash brown potatoes, (thawed in fridge if frozen)
½ cup chopped onion
8 oz. shredded cheddar cheese (+/- to taste)
1 pint GF sour cream
½ teaspoon Lawry's season salt
½ teaspoon garlic salt
2-12 oz. boxes Pacific Natural Foods organic GF cream of chicken soup

Combine all ingredients in a large bowl, mix well and pour/spoon into a 9 x 13 pan.

Topping: Crush 2 cups GF cornflakes (or use GF canned cornflake crumbs like Southern Homestyle). Mix with 1/3 cup melted butter. Spread over top. Bake at 350 degrees for 1 hour and 15 minutes. Can freeze leftovers.

I have made a smaller version of this using one Crystal Farms Simply Potatoes 20 oz. refrigerated GF hash browns and half all other ingredients.



Creamy Coleslaw

Submitted by Shannon Jensen

1 pkg coleslaw mix
4 Tablespoons GF mayonnaise
3 Tablespoons GF sour cream
1 – 1 ½ T vinegar
¼ cup sugar
Celery seed and salt to taste

Mix all wet ingredients and spices together. Add coleslaw mix. Stir to incorporate. Let chill for at least two hours before serving. Sometimes I add a chopped apple for sweetness.

Sauerkraut Salad

Submitted by Mary Baker

1 can (14.5 oz) sauerkraut
½ cup celery
¼ cup onion, chopped
½ cup sugar
2 Tablespoons vegetable oil
Red and green peppers, chopped

Mix together and refrigerate. Keeps very well.

Sweet Potato Puff

POTATO PUFF

4 cups baked, peeled and cubed sweet potatoes
4 egg whites or 2 whole eggs
1/4 C sugar (or 1 Tbsp + 2 tsp Truvia)
1 tsp GF Vanilla 2 Tbsp GF flour

PECAN TOPPING

1/2 C packed brown sugar (or 1/4 C Br sugar + 1 Tbsp + 2 tsp Truvia)
3 Tbsp GF Flour
2 Tbsp Softened butter
1/2 C chopped Pecans

To make Potato Puff: Preheat oven to 350. Spray a 1 1/4 quart casserole with no-stick spray. Set casserole aside. Using food processor or electric mixer, mix sweet potatoes, eggs, sugar (or Truvia) vanilla and flour until smooth. Transfer mixture to prepared casserole.

Pecan Topping: In a small bowl, use your fingers to rub together brown sugar, flour and butter until

crumbly. Stir in chopped pecans.

Sprinkle mixture on top of the potato puff. Bake @ 350 about 30 minutes until golden brown.

Serves 6 to 8.

Fantasy Fudge

3 cups sugar
¾ cup (1 ½ sticks) of butter
1 can (5 oz) evaporated milk
12 oz Semi-Sweet Chocolate Chips
1 jar (7 oz) Jet puffed marshmallow crème
1 cup walnuts, chopped
1 teaspoon vanilla

Line a 9 inch square pan with foil. Bring sugar, butter and milk to full rolling boil in large saucepan on medium heat.

Stirring constantly, boil 4 minutes or until 234 degrees F on candy thermometer. Remove from heat.

Add chocolate chips and marshmallow crème, stir until melted. Stir in nuts and vanilla. Pour in pan. Cool.

Gluten Free Twinkies

Cake:

1 yellow GF cake mix
1 small pkg GF vanilla instant pudding
½ cup oil
3 eggs
¾ cup water
1 Tablespoon GF vanilla

Twinkie Filling:

5 Tablespoons GF cornstarch
1 cup milk
1 cup sugar
½ cup GF shortening
½ cup butter
Dash of salt
1 Tablespoon GF vanilla

Mix all ingredients well for cake batter and pour into a greased 9x13 pan. Bake at 325 degrees for 35-40 minutes. Use the toothpick test to determine doneness. Do not over bake. Set



aside; after 10 minutes, remove from pan and let cool completely.

Filling: In a saucepan mix together cornstarch and milk. Cook over medium heat, stirring constantly, until thickened. Let cool. Pour into a mixer. Beat until fluffy, add remaining ingredients. Beat until very fluffy; this will take a while.

Split the cake in half the long way, cutting through the entire cake. Lay the top layer aside. Spread the filling over the bottom layer, cover with the top layer and press slightly to bond. Gently cut into Twinkie-sized rectangles. Wrap them tightly in plastic wrap and freeze.

For a variety, try a chocolate cake mix with chocolate instant pudding.

Note: These are good eaten immediately. You could also make cupcakes with the batter and shoot the filling into each cupcake with a pastry tube.

Chocolate Pudding Cake

Submitted by Bev Boesen

1 favorite GF chocolate cake mix
chocolate pudding mix
Milk (according to pudding mix)
Chocolate chips
Nuts

Make pudding mix on stove according to pudding directions using the milk. Take the pudding off stove and stir in the cake mix. Spread mixture in a well greased 9 x 13 inch pan. Sprinkle chocolate chips and nuts over top. Bake @ 325 degrees for 15-20minutes.

Microwave Chocolate Pudding Cake

Submitted by Bev Boesen

1 pkg regular chocolate pudding mix
1 pkg GF chocolate cake mix
1 pkg pecan pieces
6 oz pkg chocolate chips

Make chocolate pudding according to directions. Cook on level 8 for 5-7 minutes. Stir cake mix into cooked pudding. Work quickly as cake mix starts to cook. Pour into 8x12 inch pan and top with chips and pecans. Cook for 7-8 minutes on full power. Turn cake one time while cooking.

Gluten Free Sugar Cookies

Found on BettyCrocker.com

Submitted by Deb Miller

1 box Betty Crocker® Gluten Free yellow cake mix
1/2 cup butter, softened
1 teaspoon vanilla
1 egg
Colored sugar

Heat oven to 350 degrees. In large bowl, stir all ingredients except colored sugar with spoon until dough forms.

Shape dough by teaspoonfuls into balls. On ungreased cookie sheets, place balls 2 inches apart. Flatten with bottom of glass dipped in colored sugar.

Bake 9 to 11 minutes or until set. Cool 2 minutes; carefully remove from cookie sheets to cooling racks.

Cranberry Orange Mousse

Submitted by 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.

Donut Muffins

1/2 cup white sugar
1/4 cup margarine, melted
3/4 teaspoon ground nutmeg
1/2 cup milk
1 teaspoon baking powder
1 cup GF flour
1/4 cup margarine, melted
1/2 cup white sugar
1 teaspoon ground cinnamon

Preheat oven to 375 degrees. Grease 24 mini-muffin cups (I used a regular cupcake pan, don't remember if I had to cook them longer or not, but they turned out fine)

Mix 1/2 cup sugar, 1/4 cup margarine, and nutmeg in a large bowl. Stir in the milk, then mix in the baking powder and flour until just combined. Fill the prepared mini muffin cups about half full.

Bake in preheated oven until the tops are lightly golden 15-20 minutes (I just continually checked with toothpick until they were done)

While muffins are baking, place 1/4 cup of melted margarine in a bowl. In a separate bowl, mix together 1/2 cup of sugar with the cinnamon. Remove muffins from their cups, dip each muffin in the melted margarine, and roll in the sugar-cinnamon mixture. Let cool and serve.

Quick Dessert

Peel, core and slice an apple then place the slices in a baking dish. Chop an original-flavored Butterfinger bar and sprinkle it on top of the apples. Bake at 350 degrees for 15 minutes. If you really want to be decadent, spoon a scoop of ice cream on top before serving.

WEB WORTHY~

I am an Internet nut and I scour it for websites to help me deal with the disease. Each month, I will post some noteworthy websites that have to do with Celiac/Gluten-free living for your Internet browsing pleasure. If you have a favorite website that the group should be aware of, please send the info to me at surlygirl@mchsi.com

Magazines

Easy Eats
<http://www.easyeats.com>

Recipes

And love it too...
<http://andloveitto.com/>

Celiac teen
<http://www.celiacteen.com/>

Gluten Free Shoestring
Gluten Free on a tight budget
<http://glutenfreeonashoestring.com/>

Simply...Gluten Free
Celebrating the abundance of gluten free living
<http://simplygluten-free.com/>

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Triumph Dining
The essential gluten free blog
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Membership Form
Waterloo/Cedar Falls Celiac Support Group
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Membership dues for 2012 are \$20.00.

Make check payable to: **Waterloo/Cedar Falls Celiac Support Group** and mail along with this form by Jan. 31, 2012 to: Denise Lauderville, 108 Celeste St., Hudson, IA 50643

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THINK SPRING

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