



Gluten free

# **GLUTEN FREE "NEWS"**

Published by the  
Waterloo/Cedar Falls Celiac Support Group



Gluten free

FOURTH ISSUE 2012

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## **PRESIDENT'S NOTES:**

Happy Fall everyone! I am ready for some cooler temps that for sure. With fall well on its way I start to think of all the great fall foods. Fall is a great time to get the crock pot out for wonderful soups and stews. I am so thankful there are so many great gluten free options out there for us to make our favorite soup, stews and casseroles.

The state meeting is Saturday September 22. It looks like they have a great day planned. Early registration has passed, but you can still register until September 17 which will include lunch. If you sign up after the 17<sup>th</sup> you will not be able to eat at the conference, so if you are thinking of going please sign up before September 17. I am not able to go this year so if you go please make sure you fill all of us in about the day at our October 7th meeting.

Our next meeting is Sunday, October 7<sup>th</sup> at 2:00 pm. This is our soup and potato bar meeting. Make sure to bring your favorite soup/stew or your favorite topping for your baked potato. We will supply the baked potatoes and cheese sauce for the group. You can also bring your favorite dessert if you would like. You know our group; we always love great desserts.

Looking forward to seeing you all in October.

Kristi 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**

**Membership Form**  
**Waterloo/Cedar Falls Celiac Support Group**  
**Membership Form**  
**Waterloo/Cedar Falls Celiac Support Group**

Membership dues for 2013 are \$20.00.

Make check payable to: **Waterloo/Cedar Falls Celiac Support Group** and mail along with this form by Jan. 31, 2013 to: Denise Lauderville, 108 Celeste St., Hudson, IA 50643

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# ~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, October 7, 2012  
Regular Meeting

**Time:** 2:00 p.m.

**Place:** Covenant Medical Center

**Theme:** Baked Potato and Soup Bar  
(Potatoes will be provided. Please bring either a gluten free soup or potato topping to share.)  
**Lisa's Baked 2 Order will be at the meeting sampling her new GF cupcakes. She is thinking of expanding her business to include GF!**

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**Date:** Sunday, December 2, 2012  
Regular Meeting

**Time:** 2:00 p.m.

**Place:** Covenant Medical Center

**Theme:** Christmas Party

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](mailto:surlygirl@mchsi.com)

Check out our Website @ [www.wfceliac.com](http://www.wfceliac.com)  
and find us on Facebook @ Cedar Valley Celiacs



## SAVE THE DATE

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### September 22<sup>nd</sup>, 2012

Iowa Celiac Conference  
Ames, Iowa

<http://iowaceliacconference.blogspot.com/>

### October 14 & 15<sup>th</sup>, 2012

2<sup>nd</sup> Annual Gluten Free Living Now, LTD Expo  
Carmel, Indiana

[http://glutenfreelivingnow.org/2012\\_GF\\_Living\\_Now\\_2012.html](http://glutenfreelivingnow.org/2012_GF_Living_Now_2012.html)

### September 22<sup>nd</sup> – September 25<sup>th</sup>, 2013

15<sup>th</sup> Annual Celiac Disease Symposium is in  
Chicago, Illinois

<http://icds2013.org/>

### Local Restaurants serving up Gluten Free

Bourbon Street

Brown Bottle

Carlos O'Kellys

**\*\* Chuck E. Cheese's \*\* NEW**



CU Restaurant

Godfather's

Mama Nick's

Montage

Pepper's Grill and Sports Pub

Pizza Ranch



## ~NEW PRODUCTS~

[Katz Gluten Free](#) has expanded its product line with Munchkin-like cinnamon and powdered donut holes. Orders over \$50 include free shipping; otherwise, the flat rate is \$7.99. First-time customers can use promo code FACEBOOK for 35% off their orders.

Tyson's Grilled and Ready Chicken Breast Chunks



Hidden Valley will soon be marking their gluten free products. Look for this symbol  on any Hidden Valley products.

### \*\*\*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

Artisanal Gluten-Free Cooking: 275 Great-Tasting, From-Scratch Recipes from Around the World, Perfect for Every Meal and for Anyone on a Gluten-Free Diet - and Even Those Who Aren't – Kelli Bronski

The Intolerant Gourmet: Glorious Food without Gluten and Lactose – Barbara Kafka

Unbelievably Gluten-Free! – Anne Byrn

### Reference

The Gluten-Free Edge: A Nutrition and Training Guide for Peak Athletic Performance and an Active Gluten-Free Life – Peter Bronski  
Gluten-Free Symptoms, Foods and Diets for Celiacs – Barbara Sharples

Adam's Gluten Free Surprise: Helping Others Understand Gluten Free – Debbie Simpson

## ~SHARED & SUBMITTED~



### Founder's Announcement - Discontinuing Our Line of Single Serve Frozen Soups

To all of our friends

In 2007, when the FDA announced a recommended standard for gluten free foods, I saw an opportunity to give back to a community that has meant so much to me and my family. As you may know, my daughter was diagnosed with Celiac Disease as an infant over 20 years ago, and at that time there were virtually no gluten free prepared foods available but there was a strong network of support from other families like ours. As such, it was a dream come true when in 2008 we were able to launch our line of restaurant quality, gluten free soups and offer a convenient solution to so many previously underserved people.

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



Since then, we have had the privilege of delivering soups to so many different people from all across the United States and Canada, and we have been humbled by your loyalty to us and to our soups. Therefore, it is with much heartache that I announce the discontinuation of our consumer line of single serving frozen soups. Unfortunately, despite our best efforts, we were not able to successfully build the frozen soup category. There are many great brands and products vying for space in the frozen food cases of supermarkets, and our products fell a little short of gaining the necessary sales momentum.

I want to personally thank you all for all of your amazing support and advocacy over the years, and I want to assure you that our commitment to serving great tasting gluten free foods remains as strong as ever. While we will no longer be selling products directly to consumers, we will continue to make premium quality, gluten free soups for restaurants and prepared foods departments in supermarkets.

You will still be able to find our single serving frozen products at select retailers for the next few months, but please call ahead to make sure they still have the varieties you are looking for.

Thank you again for allowing us to be a part of your lives, and if you have any questions I will do my best to respond in a timely manner. You can reach me directly at [jerry@kettlecuisine.com](mailto:jerry@kettlecuisine.com)

Jerry Shafir  
Founder & President

**Boar's Head Products**  
*Submitted by Diane Ebert*

Are your products Gluten Free?

All Boar's Head Brand® Meats, Cheeses and Condiments, as well as Hans Jurgen® Pickles are Gluten Free.

Of course we encourage you to always read labels, and check for any specific ingredients your doctor may want you to avoid. Always check

the labels on store prepared entrees and sandwiches as they may contain gravies and sauces that contain gluten.

If you have any further questions about specific ingredients, or products other than meats, cheeses and condiments, please contact us at our Nutritional Information Line by calling 800-352-6277.



"Maybe she's gluten intolerant."



## **The Gluten in Your Spice Rack: 3 Surprising Facts**

by Zach Rachins

*Submitted by Deb Miller*

Herbs and spices are simple. They are usually ground, shredded or whole seeds or leaves. No gluten there, right? Well, not so fast.

While bottled herbs and spices that contain just one ingredient are almost always gluten-free, there are a few secret sources of gluten that may be lurking in your spice cabinet.

Here are 3 surprising facts about gluten in herbs and spices...

### **1. Asafoetida (hing), a common spice in Indian cooking, nearly always contains wheat flour.**

Asafoetida is a powder made of dried gum of a root called *ferula*. It is known for its unpleasant smell and its delicious oniony, garlicky flavor. It is an important part of many Indian dishes. Although the powder is naturally gluten-free, it is almost always manufactured by diluting it significantly with wheat flour.

The only American company making a verifiably gluten-free asafoetida is Frontier Naturals, which makes an asafoetida powder that is cut with rice flour instead. When eating at Indian restaurants, be sure to ask if asafoetida (often referred to as hing) was used in the preparation of your meal.

### **2. Taco seasoning is not always gluten-free.**

Taco seasoning in bottles or packets usually contains a blend of spices such as cumin, cayenne, garlic and more. It generally also has flavoring agents and fillers such as monosodium glutamate (MSG), maltodextrin, and flour. MSG is gluten-free, though some people have

reactions to it. In the U.S., maltodextrin is gluten-free unless the packaging specifies that it is derived from wheat. Flour is obviously problematic for celiacs, and it is a listed ingredient in several brands of taco seasoning, including Lawry's and Pace.

There are several [gluten-free brands](#), such as Ortega and McCormick's, which make gluten-free taco seasoning, and you can also easily [make your own from scratch](#). Be similarly cautious about Cajun seasoning and other blends – wheat flour is not a common ingredient; luckily, gluten-free replacements are always available.

### **3. Bulk herbs and spices purchased from bulk bins may be cross-contaminated.**

If you purchase your herbs and spices from bulk bins or jars, be sure the store hasn't previously stored spice mixes (taco seasoning, Cajun seasoning, etc.) or asafetida (hing) in the same bin or jar. Bulk containers are not always cleaned well, they can be difficult to clean completely, and they may be a [source of cross-contamination](#). Take care that Indian spices bought in bulk were not exposed to asafetida in particular.

The general rules about [gluten-free shopping](#) apply when spice shopping. Read labels, and know which brands are reliable about avoiding cross-contamination and labeling allergens.

McCormick's and Frontier are two brands that are especially consistent about disclosing any gluten-containing ingredients clearly on the packaging. Now that the FDA requires allergen labeling for wheat, all brands should disclose in the ingredient list if there is wheat in any products, but they may not declare barley, rye or (non-gluten-free) oats based ingredients as clearly. In addition, some brands label their gluten-free products as such in a clear place on the label, which can help make shopping easier.



Although gluten is present in some spice mixes, gluten-free alternatives abound, and recipes for making them from scratch abound as well.

Making spice mixes from scratch also helps you avoid MSG, preservatives, fillers and flavorings.

## **Open a Cold One: The Best New Gluten-Free Beers**

by Max Librach

Traditional beers aren't an option when you have celiac disease or gluten intolerance. Most beers, whether you're a fan of an American-style beer or a dark stout, are made from barley or wheat.

Lucky for us, a few major companies and a number of microbreweries now offer gluten-free beer, enabling you to have one while you watch the game, [enjoy a summer picnic](#) or indulge in your favorite gluten-free pizza.

What's the status of the booming gluten-free beer market? We've gone ahead and "researched" the various offerings (and had plenty of fun while doing it!).

We're happy to present you with our findings on the various big-name brands, as well as the less-known beers that are definitely worth keeping an eye out for.

### *The Big Name Gluten-Free Beers*

***While you won't find gluten-free beer in every liquor store or bar, a few brands are becoming more common.***

- Redbridge is an American-style beer produced by Anheuser-Busch. If you enjoy American beers, Redbridge won't disappoint.
- New Grist is a very light beer, without a lot of flavor. If you don't like beer, but do enjoy fizzy drinks, you might like New Grist, otherwise you may be disappointed.
- Bard's offers a rich flavor, with tones of fruit and caramel. This is a bolder beer,

and may appeal if you favor microbrews over standard American beers.

### *The Lesser Knowns: Gluten-Free Ales Worth the Search*

- New Planet offers microbrews to the gluten-free crowd. Offerings include a fruity, bubbly raspberry ale and an excellent pale ale called *Off the Grid*.
- If you favor European-style beers, Green's, from Belgium, can provide you with a pricey, but tasty traditional beer. Green's makes a Belgian-style Dubbel Dark Ale, a fruity Tripel Blonde Ale and an Amber Ale. The Amber Ale is a balanced, drinkable beer without a bitter finish.
- St. Peter's is a British offering. The G-Free Sorghum beer is very much a European lager with a slight orange flavor, somewhat comparable to Blue Moon.
- If you have a local brewery, check their offerings. A few small breweries produce, but don't ship, gluten-free beers. In Wisconsin or surrounding states, look for brews from the Sprecher Brewery.

### *A Just-as-Fun Alternative: Hard Cider*

If you can't find gluten-free beer in your area, hard cider is a tasty gluten-free alternative. You'll find a variety of hard pear and apple ciders in most liquor stores. Most often, they're simply fermented apple juice, pear juice or a mixture of the two. Flavors range from sweet and bubbly to rather dry. You'll also find cider available at many well-stocked bars and pubs.

So this summer when you get tired of the same old wine or gluten-free cocktail, perform your own "research" and find your favorite gluten-free beer!



## You Just Got "Glutened" – 5 Things You Can Do to Reduce Gluten Side Effects

by Zach Rachins



### Gluten free

It happens to everyone, even the most vigilant celiac. You read your food labels and ingredient lists diligently, avoid cooking with gluten-contaminated utensils, ask lots of questions at restaurants, discuss your gluten sensitivity with your server...

And still, occasionally, whether it's fifteen minutes or three hours after you eat, you just *know*. Your body tells you, loud and clear: "You've been glutened."

Getting "glutened" is colloquial celiac shorthand for accidental ingestion of gluten, whether by [cross-contamination](#) or because you unwittingly ate a gluten-containing food.

Cross-contamination refers to the small amounts of gluten transmitted from gluten-containing foods to otherwise ["gluten-free" foods](#) via shared utensils, production lines that aren't cleaned effectively, foods packaged using equipment that isn't fully gluten-free, and other situations where accidentally or due to carelessness small amounts of gluten end up in our food.

Gluten side effects from cross-contamination might include symptoms such as stomach cramping, diarrhea, indigestion, fatigue, headaches or neurological issues. Whatever the signs, they are there to send you an important message: what you just ate wasn't gluten-free, and it's time to enter damage control mode!

There is no way to ensure that those small particles of gluten won't damage the villi in your gut and cause uncomfortable symptoms, but there are a few things you can do to make yourself feel better:

- Stick to a very easy-to-digest, safely gluten-free diet for several days. Think a "BRAT" (bananas, rice, apple sauce, and gluten-free toast) type of diet. Avoid eating at restaurants for a little while and stick to foods that are certified gluten-free, or that you've prepared from scratch. You may want to stick to a somewhat bland diet if you're experiencing a lot of GI symptoms, such as a low-acid diet that isn't too [high in fiber](#). Base your diet temporarily around white rice, potatoes and low-to-moderate fiber vegetables and fruits as well as lean proteins. You may need to stay away from dairy products if flaring celiac symptoms include lactose intolerance.
- Load up on [probiotics](#). Even those who are lactose intolerant can often digest probiotic-rich kefir (a fermented yogurt drink), or you can take a supplement.
- Eat plenty of [anti-inflammatory foods](#), such as berries, fatty fish, green tea, and leafy greens and walnuts if you're able to tolerate the fiber. [Fish oil supplements](#) will help as well.
- Address the symptoms directly. If you're experiencing GERD, heartburn symptoms, acid reflux or indigestion, take an antacid. If you're experiencing excessive diarrhea, take an anti-diarrheal. Gas can also be addressed through over the counter medication. For constipation, a gentle stool softener may be helpful. Natural remedies for these conditions, such as



spearmint tea for heartburn or peppermint capsules for lower GI problems, are also available. Take a moment to do some research to make sure the brands you use are gluten-free!

- Some people find that using laxatives to speed the food along the digestive tract is helpful in alleviating gluten side effects, but overuse of laxatives can in fact be addictive to the body so most doctors don't recommend this. Similarly, one might think that using an anti-diarrheal will just keep the offending foods in the gut longer, but they are generally regarded as safe to use for celiacs experiencing diarrhea.
  
- Drink lots of water.

When you start feeling a little better, be sure to take some time to make a plan for avoiding future contamination. Start by identifying the potential source(s) of your "glutening." Then try to figure out how to avoid having it happen again. A registered dietitian can help you identify the most likely culprits for accidental gluten exposure and how to keep yourself truly gluten-free.



## ~RECIPES~

### **Summer Corn Salad**

*Submitted by Shannon Jensen*

- 2 15oz cans whole kernel corn, drained \*\*\*
- 2 medium tomatoes, diced
- 1 bell pepper, seeded and diced
- 1 small onion, diced
- 1 cup GF Italian dressing (I used Wishbone)

Combine all ingredients in a large bowl. Stir well to combine. Cover and refrigerate for several hours. Can be made up to 2 days ahead of time.

\*\*\* Can use fresh or frozen corn. Just cook in water until tender and drain well.

### **Chilled Asian Noodle Salad**

*Delight Gluten Free Newsletter*

Yield: 4-6 servings

Gluten-Free, Dairy-Free, Egg-Free, Corn-Free

- 1 package rice noodles
- 1 teaspoon sesame oil
- 1 teaspoon hot chili oil
- 2 tablespoons rice wine vinegar
- 3 tablespoons gluten-free Tamari soy sauce
- 1 tablespoon peanut butter
- 1 cucumber, peeled, seeded, and thinly sliced
- 1 carrot, peeled, and thinly sliced
- 1 granny smith apple, peeled and thinly sliced
- 1 cup bean sprouts
- ½ cup bok choy, thinly sliced
- ½ cup purple cabbage, thinly sliced
- 2 tablespoons cilantro, finely chopped
- ¼ cup unsalted peanuts, rough chopped for garnish

Bring water to a boil in a large pot. Cook rice noodles as directed on package. Cool noodles in an ice bath to end the cooking process. Remove the noodles from the water, drain well, and set aside.

In a small bowl, whisk together sesame oil, chili oil, rice wine vinegar, gluten-free Tamari soy sauce and peanut butter until well combined.

Add noodles, all vegetables, and cilantro to a large bowl. Toss to combine.

Pour the dressing over the noodle salad, and toss gently with tongs to mix well. Garnish with the chopped peanuts and serve immediately, or after refrigeration if desired.

### **Festive Broccoli-Cauliflower Salad**

© Taste of Home 2012

#### SALAD:

- 1 bunch broccoli, cut into florets
- 3 cups fresh cauliflowerets
- 1 medium green pepper, julienned
- 2 medium carrots, thinly sliced
- 1/2 cup thinly sliced red onion
- 1/2 cup small pitted ripe olives, halved
- 1/2 cup cubed sharp cheddar cheese

#### DRESSING:

- 1 cup mayonnaise
- 1/2 cup ranch salad dressing
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dillweed
- 1/2 cup sunflower kernels

In a large bowl, combine the first seven ingredients.

In a small bowl, whisk the mayonnaise, salad dressing, Italian seasoning, garlic powder and dill. Pour over salad; toss to coat. Cover and refrigerate for at least 1 hour.

Just before serving, sprinkle with sunflower kernels. Yield: 14 servings (2/3 cup each).



### **Peking Chicken**

*Glutenfreechecklist.com*

1 green onion, thinly sliced  
3 tablespoons GF soy sauce  
2 tablespoons GF chicken broth  
1/3 cup cornstarch  
1 teaspoon ground ginger  
1 teaspoon sugar  
1/4 teaspoon white pepper  
2 lbs boneless, skinless chicken thighs, cut into 1-inch chunks  
2 tablespoons vegetable oil  
White rice

In a medium bowl, combine scallion, soy sauce, chicken broth, cornstarch, ginger, sugar and pepper; mix well. Add chicken chunks and toss to coat completely. Cover and marinate in refrigerator for 3 hours. In a large skillet, heat oil over medium heat. Remove chicken from marinade, discarding marinade, and cook chicken in batches 8-10 minutes, or until crispy on all sides and no pink remains. Cook rice and serve alongside.

### **Apple Cider Chicken**

*www.celiac.com*

4-5 boneless chicken breasts or thighs  
1 1/2 cups apple cider  
1 small onion, chopped  
1 apple, sliced into 1/4-inch wedges  
2 cloves garlic, chopped  
2 tablespoons olive oil  
2 tablespoons butter, divided  
1 teaspoon fresh thyme  
1 teaspoon fresh rosemary  
Salt and pepper for seasoning

Rinse and pat dry chicken. Sprinkle with salt and pepper.

In a large skillet, heat oil and 1 tablespoon butter over medium heat. Sear chicken on each side about 4-5 minutes. Remove from pan and set aside.

Add the remaining butter, onion, apple, garlic,

and herbs to skillet. Sauté for 7 minutes, until onions and apples are soft.

Add cider and chicken and bring to a boil. Reduce heat and simmer covered for another 10-12 minutes until chicken is cooked through.

### **Pizza Beef Casserole**

*Submitted by Lynda Steffan*

1 lb ground beef  
1/3 green pepper, chopped  
1 small onion, chopped  
1/2 t garlic salt  
1 16 oz can pizza sauce  
1 cup Mozzarella cheese, shredded  
1 4oz can mushrooms, drained  
1 pkg sliced pepperoni or 1/2 cup diced ham or Canadian bacon  
1 cup water  
2 cups uncooked GF macaroni

In microwave:

Combine beef, green pepper, and onion in 2 quart casserole dish. Cover & cook on high for 5 minutes, stirring once or until beef loses its pink color. Drain. Add remaining ingredients except for cheese and mix well. Cover and cook 15-17 minutes on HIGH, stirring in 4 minute intervals. Top with mozzarella cheese, recover and let stand 5-10 minutes. Makes 6 servings.

In oven:

In a pan, brown ground beef, green pepper and onion. Drain. Put in 2 quart casserole, add remaining ingredients except for cheese and mix well. Cover and bake at 350 degrees for 1 hour. Do not stir while baking. Remove cover, top with Mozzarella cheese and bake 5-10 minutes more. Let stand 5-10 minutes before serving.

### **Roasted Red Pepper Pizza Sauce**

*Tasty Kitchen Blog*

6 oz tomato paste  
6 oz jar roasted red peppers  
1 clove garlic  
1/2 whole white onion  
1 teaspoon ground pepper



1 dash of salt  
1 teaspoon Basil  
1 teaspoon Oregano

Mix all sauce ingredients in a food processor.  
Makes three servings.

### **Deb's Favorite Egg Casserole**

*Original version compliments of Melody Mossman*

*Gluten Free version via Deb McKinney*

Hy-Vee sausage links (pre-cooked) cut into slices  
(or equivalent)  
GF ham cut into chunks

#### **Croutons\***

Grated sharp cheddar cheese, (1 cup +/-)  
8 eggs  
Cream of chicken soup\*\*  
2 cups milk  
½ teaspoon pepper  
1 teaspoon dry mustard  
1 teaspoon Lawry's season salt

If using fresh sausage, fry and drain. Otherwise cut sausage slices. Cut ham into chunks/cubes. Spray 9x13 GLASS casserole dish with Pam or oil. Line dish with croutons. Sprinkle ham and sausage evenly over croutons. Sprinkle with ½ cup grated cheddar cheese.

In blender: mix eggs, cream of chicken soup, milk and seasonings. Slowly pour over crouton base. Sprinkle ½ cup grated cheddar cheese. Refrigerate overnight or at least for 4 hours. Bake for 1 hour to 1 hour 15 minutes at 300 degrees until eggs are set and cheese is lightly browned. Cut into squares to serve. Freezes well for up to 30 days.

#### **\*Gluten Free Croutons:**

Cut gluten free bread (homemade, Udi's etc.) into small squares. Put in large bowl. MOISTEN with Newman's Own Parmesan & Roasted Garlic dressing. Sprinkle with freshly grated Asiago/parmesan cheese (or Kraft refrigerated Parmesan, Romano, Asiago blend for ease). Mix well. Spread in single layer on baking sheets.

Bake at 380 degrees for 15 to 30 minutes, turning once or twice until light brown. Cool and freeze/use.

\*\*Pacific Naturals Organic Crm of Chicken Condensed GF aseptic package soup, 12 oz.

### **Banana Bread Muffins**

*Submitted by Holly Carlson*  
Gluten free and Dairy free

½ cup shortening (I use butter flavored)  
1 cup sugar  
2 egg whites and 1 whole egg  
3-4 bananas  
2 cups Pamela's Pancake mix

Smash bananas with a fork and set aside. Mix all dry ingredients. Add all other ingredients and mix until completely combined. Spoon into muffin tins. Bake at 350 degrees until toothpick comes out clean.

### **Lemon Poppyseed Muffins**

*Submitted by Sherry Hoefler*

2 cups GF Bisquick  
1 3.4 oz pkg instant lemon pudding mix  
1/8 cup poppy seeds (2 tablespoons or to taste)  
¼ teaspoon grated lemon peel  
3 eggs, lightly beaten  
1 cup milk  
¼ cup canola oil  
¾ cup powdered sugar  
1 tablespoon lemon juice

In a bowl, combine baking mix, dry pudding mix, poppy seeds, and lemon peel. In another bowl, whisk the eggs, milk and oil. Stir into dry ingredients just until moistened; batter will be thick. Fill greased or paper-lined muffin cups 2/3 full.

Bake at 375 degrees for 20-25 minutes for cupcake size and 10-12 minutes for mini muffins. Mix powdered sugar and lemon juice and drizzle over muffins.



### **Frozen Fruit Cups**

*Submitted by Kristi Simmerman*

Yield 32 9oz. cups

1-12 oz can frozen orange juice  
1-12 oz can frozen lemonade  
2-20 oz can crushed pineapple  
2-20 oz can tidbit pineapple  
1-11 oz can mandarin oranges  
2 cups sugar  
6 bananas, sliced  
1 lb strawberries, sliced

Mix orange juice and lemonade (don't add water). Add all can fruit with all their juices and sliced fruit. Mix all together and ladle into 9 oz plastic cups. Cover and freeze.

### **Melon Salad with Ginger-Mint Dressing**

*Tasty Kitchen Blog*

¼ whole Watermelon, Cubed  
1 whole Cantaloupe, Cubed  
½ whole Honeydew Melon, Cubed  
FOR THE DRESSING:  
⅓ cups Orange Juice (about 1/2 An Orange)  
¼ cups Lime Juice (about 1 Lime)  
2 Tablespoons Chopped Fresh Mint  
2 teaspoons Grated Fresh Ginger  
1 teaspoon Honey  
⅛ teaspoons Salt

Place melon in a really large bowl—the one you take to potlucks. Whisk dressing ingredients together and pour over melon. Mix well and taste. If the dressing is too strong, add more melon.

Notes:

1. You might not want to do this too far ahead as the dressing extracts a lot of moisture from the melon. You'll have a lot of liquid at the bottom of the bowl in a few hours, but pour it into a glass and save it. It's delicious added to a smoothie or enjoyed as is!
2. Feel free to mix and match any melon (or other fruit) for the salad. Grapes or fresh pineapple chunks would be good additions! I wouldn't add anything that breaks down quickly, like berries.

### **Grilled Peaches with Honey-Ginger Cream Cheese Fluff**

*Tasty Kitchen Blog*

4 ounces, Cream Cheese, Softened  
1-½ tablespoons Honey  
½ teaspoons Ginger  
⅛ teaspoons Nutmeg  
4 ounces, Cool Whip, Thawed  
1 pound Peaches, Washed And Halved  
Honey And Nutmeg For Garnish

In a small bowl, add cream cheese and honey. Beat with a hand mixer until creamy, about 2 minutes. Add in the ginger and nutmeg. Beat again for another 2 minutes.

Gently fold in the Cool Whip with a spoon just until combined. Refrigerate while you grill the peaches.

Cover grate of grill with aluminum foil. Place peaches, cut side down, on grill. Grill on low heat for 3-6 minutes, or until soft.

Remove peaches to a plate. Top with cream cheese fluff. Drizzle with honey and sprinkle with nutmeg.

### **Salted Nut Roll Bars**

*Submitted by Bev Boesen*

1 can sweetened condensed milk  
1 (12 oz) pkg peanut butter chips  
2 tablespoons margarine  
1 large bag miniature marshmallows  
1 large jar dry roasted nuts

Melt together sweetened condensed milk, peanut butter chips, and margarine. In large bowl, pour mixture over marshmallows and nuts. Pour into a greased 9x13 pan. Cut after mixture has set.

(I used ½ bag of marshmallows)



## **Flourless Chocolate, Almond and Coconut Cookies**

*Tasty Kitchen Blog*

1 cup Unsalted Slivered Or Sliced Almonds  
1 cup Sweetened Shredded Coconut  
½ cups Plus 3 Tablespoons Unsweetened Cocoa  
3 cups Powdered Sugar  
½ teaspoons Kosher Salt  
4 whole Egg Whites, At Room Temperature  
1 Tablespoon Vanilla Extract  
¾ cups Mini Chocolate Chips

Preheat the oven to 350°F. Spread almond slivers and shredded coconut evenly on a large rimmed baking pan. Place in the oven and toast for about 7-8 minutes, turning/tossing once halfway through, until golden brown and fragrant. Reduce heat to 325°F.

Meanwhile, in a large bowl whisk together cocoa (1/2 cup plus 3 tablespoons total), powdered sugar, and salt. Continue whisking while adding egg whites and vanilla extract, mixing until just moistened. Don't over-whisk or the eggs will stiffen. Stir in almonds, coconut, and chocolate chips.

Line 2 large baking sheets with parchment paper. (I highly suggest using parchment paper. I had one cookie that wouldn't fit and baked straight on the pan and I couldn't get it off later!) Spoon batter by the tablespoon onto the baking sheet (this makes 24) or by heaping tablespoons (this makes 18 large cookies).

Bake for 14-16 minutes, turning pans and shifting the top to bottom rack halfway through. Cookies are finished when tops are shiny and cracked. Slide the cookies off the pans and allow to cool completely before removing.

## **Raspberry Mocha Cake**

*Submitted by Holly Carlson*

Wheat/gluten free, egg free, dairy free, soy free, nut free

3 cups King Arthur all purpose GF flour  
1 ½ cups sugar  
2 teaspoons baking soda  
½ cup baking cocoa  
¼ cup oil  
1 ½ teaspoon vanilla  
2 tablespoons vinegar, dissolved in ¼ cup water  
¾ cup strongly brewed coffee  
¾ cup raspberry preserves

Mix together flour, sugar, baking soda and baking cocoa in a large bowl. Slowly incorporate oil, vanilla, vinegar/water, coffee and then raspberry preserves. Mix until smooth and creamy.

Pour into 2 greased and GF floured round pans. Bake at 350 degrees until a toothpick comes out cleanly.

Top with additional raspberry preserves.

## **Key Lime Tart**

*Delight Gluten Free*

Yield: 8 servings

Gluten-Free, Nut-Free, Soy-Free

*For the Crust:*

½ cup unsalted butter, very cold  
1½ cups all-purpose gluten-free flour blend  
1 teaspoon lime zest  
½ teaspoon salt  
¼ cup granulated sugar  
3 to 4 tablespoons ice water

*For the Filling:*

3 egg yolks  
2 ½ teaspoons lime zest  
1 (14-ounce) can sweetened condensed milk  
¾ cup key lime juice or regular lime juice  
Optional: whipped cream for topping



Cut butter into small pieces, about ½-inch thick. Place pieces of butter in a bowl and place in the freezer until ready to use.

In the bowl of a food processor, combine gluten-free all-purpose flour blend, lime zest, salt and sugar. Pulse just until blended.

Add in the butter pieces and pulse until the dough forms into coarse pea-sized granules. Add the ice water, one tablespoon at a time until the dough begins to pull together. Remove the dough from the food processor and mold into a large ball.

Place the dough into a gallon-sized ziplock bag or between two layers of plastic wrap. Using a rolling pin, roll the dough into a large disc. Refrigerate for 2 hours.

Meanwhile, to make the filling, combine egg yolks and lime zest in the bowl of a standing mixer. Using the whisk attachment, beat the yolks and zest until they are light and very fluffy, about 4 to 5 minutes. Slowly add in the sweetened condensed milk and lime juice and mix on low-speed just until combined.

Preheat oven to 350 degrees F. Remove the crust from the refrigerator and let it sit on the counter at room temperature for 10 minutes.

Place the disc of dough on top of a large piece of wax paper that has been dusted with all-purpose gluten-free flour. Sprinkle a bit more gluten-free flour on the top portion of the disc and roll the dough until it is approximately 12-inches in diameter. Carefully transfer the rolled-out dough to a 9-inch tart shell and press it into place.

Pour the key lime filling into the tart shell and bake for 10 to 12 minutes until the center begins to set. Remove tart from oven, cool to room temperature and then refrigerate for 2 hours before serving. Top with fresh whipped cream if desired.

## ~WEB WORTHY~

I rely heavily on the Internet to help me with my disease. I scour it daily for websites to do just that. 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](mailto:surlygirl@mchsi.com)

### Magazines

Delight  
[www.delightglutenfree.com](http://www.delightglutenfree.com)

Gluten Free Living  
[www.glutenfreeliving.com](http://www.glutenfreeliving.com)

Living Without  
[www.livingwithout.com](http://www.livingwithout.com)

Simply Gluten Free  
<http://simplyglutenfreemag.com>

### Recipes

Celiac Family  
<http://celiacfamily.com>

Cook IT Allergy Free  
<http://cookitallergyfree.com>

Tessa, the domestic diva  
<http://www.tessadomesticdiva.com>

### Support

Celiact  
<http://www.celiact.com>

Delightfully Gluten Free  
<http://delightfullyglutenfree.com/blog/>

# *Don't miss the Annual Iowa Celiac Conference*

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

Gluten free

