



# **GLUTEN FREE "NEWS"**

Published by the  
Waterloo/Cedar Falls Celiac Support Group



FIRST ISSUE 2015

MARCH 2015

## **FAMILY PIZZA NIGHT**

**PIZZA RANCH  
ON UNIVERSITY IN CEDAR FALLS**

**WEDNESDAY, APRIL 8<sup>th</sup>, 2015 6:00 PM**

**GLUTEN FREE PIZZA WILL BE ORDERED AND PROVIDED  
FOR MEMBERS OF THE GROUP**

**FAMILY MEMBERS ARE WELCOME AND INVITED TO JOIN US.  
THEY MAY ORDER AND PAY FOR WHAT THEY'D LIKE AND THEN JOIN  
US IN THE BACK ROOM.**



# Membership Form

## Waterloo/Cedar Falls Celiac Support Group

Membership dues for 2015 are FREE.

We would still like member updated information.

Mail this form by Jan. 31, 2015 to: Denise Lauderville, 108 Celeste St., Hudson, IA 50643

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_, Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

Yes, I will accept my newsletters via e-mail to save postage and printing costs

No, I would like my newsletters mailed to the address listed above

Comments and Ideas: \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_



## ~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](mailto: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, April 5, 2015

**Time:**

**Place:**

**Theme:** No meeting – Easter Sunday  
**See page 1 for April Event**

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**Date:** Sunday, June 7, 2015  
Regular Meeting

**Time:** 1:00 p.m.

**Place:** Covenant Medical Center

**Theme:** Favorite Summer Foods

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)

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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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#### Local Restaurants serving up Gluten Free

Bourbon Street – Cedar Falls

Brown Bottle

Café Due'

Carlos O'Kellys

Chad's Pizza

Chuck E. Cheese's

CU Restaurant

Godfather's

Hurricane Grill and Wings

Mama Nick's

Montage – Cedar Falls

Noodles & Company

Peppers – Cedar Falls

Pizza Ranch

Whiskey Road



## ~NEW 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 searching that look good and may get added to my own personal library. I thought I'd share.

Bread-free bread: Amazingly healthy, gluten-free, grain-free breads, muffins, cookies & more by Nerissa Oden

The paleo kitchen: Finding primal joy in modern cooking by Julie Bauer and George Bryant

### \*\*\*NEW PRODUCT ALERT\*\*\*

Do you shop at Aldi's? They sell these, they are gluten free and I'm addicted! ☺ If you're like me and either can't find the GF Rice Krispies, or aren't much of a dessert maker, these were a perfect find! They are not a part of their GF line, but they are labeled gluten free and I've had no problems. I've eaten about 20 boxes!



Healthy Choice has some new gluten free café steamers available: Beef merlot, Cajun style Chicken and Shrimp and Chicken Fresca with chardonnay.

If you are a licorice lover, there is a company, Lovely Candy Co. with a certified gluten-free licorice made with true licorice extract, in three flavors, cherry, strawberry and original black.

It's kosher with no HFCS, soy or other artificial ingredients. [www.lovelycandyco.com](http://www.lovelycandyco.com)

These look really good!  
<https://www.mikeysmuffins.com/our-products.html>

## ~SHARED & SUBMITTED~

### There are some new restaurants open in Cedar Falls with gluten free offerings:

*Chad's Pizza* at 909 W. 23<sup>rd</sup> Street: I did contact them about their product as they had listed they had gluten free pizza available. Here is what they had to say: Our Gluten Free crust is made at a gluten free facility, then frozen and sent to us through distribution. We are proud of this crust! We must state that we are not a gluten free facility, however, we do take additional precautions such as taking ingredients from sealed containers, compiling the ingredients in other parts of the kitchen, and using only freshly sanitized pizza cutters.

We do use the same oven as other pizzas, but the crust does not leave the disposable pan throughout the entire process.

*Café Due'* at 419 Main Street: They have a Facebook page and I did ask if they have any gluten free offerings. They said there are several items that are naturally gluten free and some that could be made gluten free by eliminating some items, and they'd be more than happy to discuss if/when we went in.

*Whiskey Road* at 402 Main Street also has several items listed as gluten free on their menus. Lunch seems pretty sparse but there are several options on their supper menu. They even have a specific gluten free section on their website: <http://www.whiskeyroadcf.com/gluten-free-cedar-falls/>



# ~RECIPES~

## Drinks

### Red/Christmas Punch

2 boxes sugar free strawberry Jello  
1 pkg raspberry Kool-aid (nutrasweet)  
4 cups hot water  
1 ½ to 2 cups Splenda

Mix all together until dissolved.

Add:

6 cups cold water  
1 – 8 oz bottle Real Lemon  
1 – 46 oz can pineapple juice

Stir. Put in freezer for 6 hours – remove from freezer and stir every hour – at serving time add 1 quart of Ginger Ale.

## Soups, Salads, and Breads

### Hobo Bread

*Submitted by Betty Gleason*

½ cups raisins  
1 ½ teaspoons baking soda  
1 cup sugar  
2 Tablespoons shortening  
½ teaspoon salt  
1 egg  
2 cups Gluten free flour  
½ cup nuts  
1 cup water

Pour 1 cup boiling water over 1 ½ cups raisins and 1 ½ teaspoons baking soda. Let cool. Mix 1 cup sugar, 2 Tablespoons shortening, salt. Add 1 egg. Beat. Mix in 2 cups flour and nuts. Add raisin mixture, mix well. Bake at 300 degrees for 70 minutes.

## Appetizers and Side Dishes

### Scalloped Cheesy Carrots

*Submitted by Mary Gray*

12 carrots, sliced – cooked and drained (about 2#)  
¼ cup butter  
1 small onion, minced  
¼ cup gluten free flour  
½ teaspoon salt  
½ teaspoon dry mustard  
1/8 teaspoon pepper  
¼ teaspoon celery seed  
2 cups milk  
½ lb cheddar cheese, shredded

Crumb topping:

½ cup dry GF bread crumbs  
1 Tablespoon butter, melted  
1/8 teaspoon salt

Brown onion lightly in butter. Stir in flour mixed with next four ingredients. Add milk and cook until thick. In buttered 2 quart casserole arrange in layers carrots, sauce, and cheese. Top with buttered bread crumbs. Bake at 350 degrees until crumbs are browned.

### Fiesta Corn Salsa

*Submitted by Shannon Jensen*

3 cans Fiesta or Mexi-corn, drained  
¾ cup mayonnaise  
1 cup cheddar cheese, shredded  
1 cup sour cream  
1 small bunch green onions, chopped  
1 small bunch cilantro, chopped  
1 teaspoon cumin  
½ teaspoon cayenne pepper

Mix all ingredients together and allow to chill for four hours (or more) before serving. Serve with tortilla chips, corn chips, Doritos, or fresh veggies.



### **Hashbrown Potatoes**

*Submitted by Mary Baker*

2 lbs frozen hashbrowns  
1 can GF cream of mushroom soup  
8 oz sour cream  
1 stick margarine or butter, melted  
½ teaspoon salt  
¼ teaspoon pepper  
2 Tablespoons minced onion  
8 oz cheddar cheese, shredded  
1 ½ cups crushed potato chips or rice chex

Mix all ingredients well and put into a greased 9x13 pan. Cover with 1 ½ cups potato chips or rice chex and 2 Tablespoons melted butter or margarine. Bake at 350 degrees for 1 hour.

### **Crockpot Mashed Potatoes**

*Submitted by ?*

5 lbs Yukon gold or Russet potatoes, peeled and diced  
1 stick butter, cut into cubes  
½ teaspoon minced garlic  
1 ½ cups chicken broth  
2 teaspoons Lawry's seasoned salt  
1 teaspoon black pepper  
8 oz cream cheese, cut into cubes  
1/3 cup sour cream  
1/3 cup heavy cream (optional)

Dump potatoes, chicken broth, butter and garlic into crockpot. Cook on high 4 ½ hours. Mash while in crockpot. Add Lawry's salt, pepper, sour cream and cream cheese. Mix well. Add heavy cream if desired. Serve!

### **Sweet Potato Casserole**

*Submitted by ?*

1 cup chopped pecans (optional)  
2 cups mini marshmallows (optional)  
1 cup packed light brown sugar

1/3 cup GF all-purpose flour  
½ cup (1 stick) butter, softened, divided  
¼ cup sweetened flaked coconut (optional)  
2 – 29 oz cans sweet potatoes, drained and mashed  
¾ cup granulated sugar  
2 eggs  
½ cup milk  
1 teaspoon vanilla extract  
½ teaspoon salt

Preheat oven to 350 degrees. Coat a 3 quart casserole with cooking spray.

In a medium bowl, combine pecans, marshmallows or both, brown sugar, flour, ¼ cup butter and the coconut, if desired; mix until crumbly, then set aside.

In large bowl, combine remaining ingredients, including remaining butter; mix well. Spoon into casserole dish and sprinkle evenly with pecan/marshmallow mixture.

Bake 45-50 minutes, or until bubbly and heated through.

## **Entrees**

### **Easy Pork Chops**

*Submitted by Shannon Jensen*

8 pork loin chops  
6 tablespoons gluten-free soy sauce  
6 tablespoons gluten-free ketchup  
4 teaspoons honey

Place pork chops in freezer zip-seal bag. Mix remaining ingredients and pour over chops. Bake in baking dish at 350 degrees for 35 minutes or until pork is cooked through.

Serve with a potato, rice or quinoa pilaf.



## Desserts

### Chocolate Chex Treats

*Submitted by ?*

- ½ stick butter
- 10 bag GF marshmallows
- 1 heaping Tablespoon peanut butter
- 1 box Chocolate Chex cereal

Melt butter with marshmallows and stir constantly until smooth. Remove from heat and stir in heaping spoonful of peanut butter. Add 1 box of chocolate Chex cereal. Stir until covered and pour into greased pan.

Cover with 1 package chocolate chips of choice. Put in preheated oven for approximately 5 minutes or until chips will spread. Top with choice of caramel or coconut.

### Caramel Apple Cheesecake Bars

*Submitted by Rhonda Roberts*

Streusel Topping:

- 1 cup firmly packed brown sugar
- 1 cup GF all-purpose flour
- ¼ teaspoon salt
- ½ cup GF quick cooking oats
- 1 stick unsalted butter, softened

Apple Cheesecake Bars:

- 3 Granny Smith apples, peeled, cored, and chopped into ¼" pieces
- ½ cup + 2 Tablespoons white sugar, divided
- ¾ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 ½ cups GF all-purpose flour
- 1/3 cup brown sugar, firmly packed
- 1 ½ sticks unsalted butter, softened
- 2 (8oz) packages cream cheese, softened
- 1 ½ teaspoons vanilla extract
- 2 large eggs
- ½ cup caramel sauce, for topping

#### ***To prepare streusel topping:***

Place all streusel ingredients in a medium sized bowl. Gently, with your fingers, mix the dough

until it's crumbly with medium-size pieces. Cover with plastic wrap and refrigerate until needed.

#### ***To prepare apple cheesecake bars:***

First place an oven rack in the lower third of oven and preheat to 350 degrees. Grease a 9x13" baking dish with cooking spray. Set aside.

Toss the chopped apples, 2 Tablespoons sugar, cinnamon and nutmeg in a medium sized bowl. Set aside.

Combine the flour and brown sugar in a large bowl. Gently, with your fingers, add the butter and mix the dough until crumbly. Evenly press the mixture into the prepared pan and bake 25-30 minutes, or until light golden brown.

In the bowl of a stand mixer, fitted with a paddle attachment, beat the cream cheese, ½ cup sugar, and vanilla at medium speed until smooth. Add the eggs, 1 at a time, and mix until just incorporated. Pour the batter over the warm crust. Evenly spoon the apples (without the liquid it produced) over the cream cheese mixture, and sprinkle the streusel topping on top. Bake for 35-40 minutes, or until the filling is set.

Remove from oven and place on a cooling rack. Refrigerate for at least 6 hours, or overnight. Cut into desired sized bars and drizzle with caramel sauce before serving.

### Easy Gluten Free Chocolate Glazed Doughnuts

Submitted by Shannon Jensen

makes about 18 doughnuts

For the doughnuts:

- 1 gluten free chocolate cake mix ( I used King Arthur)
- 2 eggs
- 1/2 cup butter, melted
- 1 cup milk

For the glaze:

- 1 cup gluten free semi sweet chocolate chips
- 4 tablespoons butter
- 4 tablespoons corn syrup



2 teaspoons water

Preheat oven to 350 degrees.

In a bowl combine gluten free cake mix, eggs, butter, and milk. Beat until smooth, about 2 minutes.

Spread into greased doughnut pans.

Bake for 13-15 minutes.

Remove from pan and cool on wire racks.

For Glaze:

In a microwave safe bowl combine chocolate chips, butter, and corn syrup and cook until melted. I cook 30 seconds, stir, cook 30 seconds, stir, and repeat until smooth and melted. Stir in water to thin it out a little.

Dip cooled doughnuts in glaze. The glaze will harden slightly as it sits.

Enjoy!

<http://www.lynnskitchenadventures.com>

### **Strawberry Shortcake Cupcakes**

*Againstallgrain.com*

2½ cups blanched almond flour

¾ teaspoon baking soda

¼ teaspoon sea salt

⅔ cup honey

⅓ cup coconut oil, melted

4 large eggs, room temperature

1 tablespoon lemon juice

2 teaspoons vanilla extract

½ teaspoon lemon zest

½ cup finely chopped strawberries

Frosting

2 egg whites, room temperature

⅓ cup honey

¼ teaspoon lemon juice or vinegar

1½ tablespoons strawberry preserves (freshly pureed strawberries will work too)

Instructions:

Preheat the oven to 325 degrees F.

Line a standard muffin tin with baking cups.

Combine the honey, coconut oil, eggs, lemon juice, vanilla, and lemon zest in the jar of a blender.

Puree on medium speed for 20 seconds or until frothy and smooth.

Add the dry ingredients and blend on high for 30-45 seconds. The batter should be very smooth and contain no lumps. If needed, scrape down the sides with a spatula and blend again for a few seconds until all of the dry mixture is incorporated.

Gently fold the chopped strawberries in by hand. Divide the batter evenly into the muffin tin, filling about ¾ of the way full.

Bake for 16-18 minutes, until a toothpick can be inserted into the middle and comes out clean.

Let the cupcakes cool completely on the counter before frosting.

Frosting

Once the cupcakes have cooled, make your Italian meringue.

Bring your honey to a boil in a saucepan over medium-high heat.

Meanwhile, beat the egg whites and lemon juice until frothy and you can just begin to see trail marks from your beaters. When you lift out the beaters, you should see soft peaks.

With the beaters or mixer running, slowly pour in the boiling honey in a steady stream. Continue beating for 6-8 minutes, until the meringue is cool to the touch.

Gently fold in the strawberry preserves. Put the frosting into a piping bag for a pretty design, or spread onto cupcakes with a knife.

Tips

For easier separation, separate the whites from the yolks when they are cold.

Meringue will not stiffen if you use a dirty bowl (usually because of leftover oil) or let any of the yolk get in with the whites

Over beating will cause the meringue to fall. Stop once you can lift the beaters out and see stiff peaks.

The frosting needs to be piped immediately and is best served immediately as well. Once it's on the cupcakes though, it will hold up in the refrigerator for 24 hours.



## ~WEB WORTHY~

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)

Easy Eats (digital magazine)

[www.easyeats.com](http://www.easyeats.com)

Gluten Free Living

[www.glutenfreeliving.com](http://www.glutenfreeliving.com)

Living Without

[www.livingwithout.com](http://www.livingwithout.com)

Living Without's Gluten Free and more

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

Simply Gluten Free

<http://simplyglutenfreemag.com>

### **Recipes**

Beard and Bonnet

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

Gluten Free Girl

<https://glutenfreegirl.com/>

Gluten Free Mom

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

Gluten Free Vegan Girl

<http://www.gluten-free-vegan-girl.com/>

Poor and Gluten Free

<http://poorandglutenfree.blogspot.ca/>

Serious Eats

<http://www.serious eats.com/recipes/columns/gluten-free-tuesday/>

# PIZZA PARTY

# APRIL 8TH, 2015

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

