



GLUTEN FREE "NEWS"

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Waterloo/Cedar Falls Celiac Support Group



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**Please join us for our April Meeting. 2:00 pm
Sunday April 3rd, Covenant Medical Center**

If you were not at our February meeting you missed a nice sampling of what the new Hy-Vee Market Grille has to offer.

Please come to the meeting in April with ideas for the June meeting. Let's kick off SUMMER with something fun, informative, and delicious.

Membership Form

Waterloo/Cedar Falls Celiac Support Group

Membership dues for 2016 are FREE.

IF YOU WERE NOT AT THE FEBRUARY MEETING AND WOULD LIKE TO RECEIVE FUTURE INFORMATION THAT WE MAIL, OUT PLEASE FILL OUT AND RETURN

Mail this form to: Denise Lauderville, 108 Celeste St., Hudson, IA 50643

Name _____

Address _____

City _____

State _____, Zip _____

Phone _____

E-Mail _____



~FUNDRAISERS~

If you have any ideas of FUNDRAISERS the group can participate in please let us know.

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, April 3, 2016
Regular Meeting

Time: 2:00 p.m.

Place: Covenant Medical Center

Theme: Spring Fling.. Bring your favorite Spring time and Summer foods to share-

Date: Sunday, June 5, 2016
Regular Meeting

Time: 2:00 p.m.

Place: Covenant Medical Center

Theme: Picnic Favorites

If you have any recipes or 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

Iowa Celiac Conference
Saturday, September 24, 2016
One day event with vendors, speakers and GF lunch
Centre Hall
1211 4th St. S.W.
Waverly, Iowa

Local Restaurants serving up Gluten Free

Brown Bottle	Hurricane Grill and Wings
Café Due'	Mama Nick's
Carlos O'Kellys	Montage – Cedar Falls
Chad's Pizza	Noodles & Company
Chuck E. Cheese's	Peppers – Cedar Falls
CU Restaurant	Pizza Ranch
Godfather's	Whiskey Road



That will be \$16.00 PLUS an extra \$5.50 because you wanted it Gluten-Free



~SHARED & SUBMITTED~

Email response to Deb Miller from Mulligan's Brickhouse in Cedar Falls:

We do not have a separate gluten free menu but we do have many items that are gluten free. Let me know if I can help any further.

Thanks,
Ryan

Email response to Deb Miller from Pancho's restaurant:

Hi Deb,
The only item in our restaurant that contains gluten in our tortilla dough.
That being said, there is always a possibility of cross contamination at our restaurants. We make everything fresh, in-house and all of our food travels across the same make line.
Due to one's sensitivity, it may not be safe for he/she to eat at our restaurants.
Hope this helps!

Email response to Deb Miller from McCormick Products:

Dear Ms. Miller:
Thank you for taking the time to contact us. We appreciate your interest in our McCormick products and welcome the opportunity to be of assistance to you.
Since the late 1990's, McCormick has used "Plain English" allergen labeling to communicate our product ingredients to our consumers. Gluten is listed as "wheat" or "barley" in our ingredient statements. This labeling policy adheres to the FDA regulations that were implemented as of January 1, 2006.
If a product does not have an ingredient statement, it is a pure spice or herb with nothing added and contains no added glutens. In addition, the alcohol in all of our retail extracts is not from grain and is gluten free. Because we are constantly improving our products, we do not offer a list of our products that do not currently contain glutens. We encourage you to

read the ingredient statement on your package at the time of purchase to ensure accurate, up to date information.
In addition, we follow good manufacturing practices at our plants. Our employees are trained in the importance of correct labeling and the necessity of performing thorough equipment wash-downs to eliminate cross-contact of ingredients.

Although we cannot guarantee our products to be 100% free of allergens not listed on the label, we want you to know that we take allergen concerns seriously and have taken extra precautions to eliminate the possibility of mislabeling or cross-contact.

If we can be of further assistance, please call us at [1-800-632-5847](tel:1-800-632-5847). If you wish to respond to this note by e-mail, please include your name and e-mail address. We hope to have the continued pleasure of serving you.

Sincerely,

Bob
Consumer Affairs Specialist

Email response to Deb Miller from Mrs. Grimes products:

Dear Deb,

Thank you for your contact concerning Mrs. Grimes products. Mrs. Grimes products are all gluten free.

Barb Edwards
Consumer Relations

Email response to Shannon Jensen from Beck's Taproom Grill in Waterloo:

Hi Shannon,
I hope you had a great holiday weekend. Attached is our gluten free menu.
As mentioned, it's rather limited because I won't put anything on it that I can't 100% guarantee is safe.

Thanks,
Abby Lathan
General Manager
Beck's Taproom Grill
3295 University Avenue
Waterloo, IA 50701
Phone [\(319\) 234-4333](tel:319-234-4333)



Email response to Shannon Jensen from Hurricane's Grill & Wings:

Shannon,
Here is a list of the sauces that we serve that contain soy sauce and/or modified food starch:

Teriyaki, Hot Teriyaki, Thai Ginger, BBQ, Honey BBQ, Honey Chipolte BBQ, Ancho Chile Lime, Maple Pepper, Roasted Garlic Inferno, Firecracker, Cyclone.

We do offer a Gluten free bun for sandwiches and our grilled items such as Chicken, Mahi, Salmon, or Shrimp would not contain gluten.

On you next visit ask for myself or Ally and we can help with you during your ordering process.

Thanks,

Nick DuCharme
General Manager
Hurricane Grill & Wings
Waterloo IA, 50702
[319.833.9464](tel:319.833.9464)

Submitted by Deb Miller:

Hi guys,
If you haven't tried Canyon Bakehouse bread you are missing something..wow it is better than Udi's. Target Wloo carries it. I've tried the multigrain, the rye (makes a great patty melt and tastes just like rye bread) and the focacci bread.(we made cheese bread with this (I actually bought this one on vacation from a waitress that she gets in Osage Beach where we were and she used it for garlic bread. I have an order form and am giving it to Hy-Vee Crossroads and University to see if they will carry these.

3 Steps To Recover After Getting Glutened

Submitted by Rita Smith

1. The more quickly you can get the gluten out of your system, the better you'll feel.
The three tips below will help you do that promptly and effectively.

Digestive Enzymes. Digestive enzymes help speed up the breakdown and absorption of macronutrients. Be sure to take an enzyme that includes dipeptidyl peptidase (DPP-IV), which helps break down gluten specifically. In fact, I recommend that those with

celiac and gluten intolerance take enzymes with [DPP-IV](#) when dining out.

Binding agents. Activated charcoal and bentonite clay bind toxins and help reduce gas and bloating. It's best to increase water intake when taking either of these to avoid constipation, which will only delay healing.

Hydration. Fluids will help flush your system and keep you hydrated if you're vomiting or have diarrhea. In addition to regular water, you can try coconut water, which contains electrolytes that may have been lost through vomiting or diarrhea.

2. Decrease inflammation.

Inflammation occurs naturally in our body when there has been an insult or injury to it. Decreasing this inflammation is essential to healing your gut. These three tips will help you reduce inflammation quickly.

Omega-3 fatty acids. Fish oils, flax and chia seeds are full of anti-inflammatory omega-3 fatty acids. I recommend 1-2 grams of omega-3 oils daily. You can go up to 4 grams a day for a week after accidental gluten ingestion.

Ginger has high levels of gingerol, which gives it a natural spicy flavor and acts as an anti-inflammatory in the body. It also has potent anti-nausea properties and can ease stomach cramping. Drinking warm ginger tea is a great idea.

Turmeric is a member of the ginger family that contains the active ingredient curcumin, which is known for its antioxidant and anti-inflammatory properties. My [anti-inflammatory smoothie](#) with turmeric is a great drink to help you quickly recover from getting glutened.

3. Heal your gut.

Nearly 70% of our immune system is in our gut. Having a healthy gut is crucial for optimal health. The six tips below will help you heal your gut.

Probiotics. Routinely, I recommend taking a [highly concentrated probiotic](#)(25-100 billion units) a day. I advise my patients to "double-up" on their probiotic dose for a week after a gluten exposure.

L-Glutamine. [Glutamine](#) is an amino acid that is great for repairing damage to the gut, helping the gut lining to regrow and repair, undoing the damage caused by gluten. I recommend 3-5 grams a day for a week after exposure.

Slippery elm. Slippery elm contains mucilage, which stimulates nerve endings in the gastrointestinal (GI) tract to increase its secretion of mucus. Mucus forms a barrier in the gut to protect it and promote healing.



Deglycyrrhizinated licorice (DGL). DGL is an herb that's been used for more than 3,000 years in the treatment of digestive issues, including ulcers and indigestion. DGL also supports the body's natural processes for maintaining the mucosal lining of the GI tract.

Marshmallow root is a multipurpose supplement that can be used for respiratory or digestive relief. Like slippery elm, it contains mucilage, which eases the inflammation in the stomach lining, heals ulcers, and treats both diarrhea and constipation by creating a protective lining on the digestive tract.

Bone broth is very high in the anti-inflammatory amino acids glycine and proline. The gelatin in bone broth protects and heals the mucosal lining of the digestive tract that may get disrupted by being glutened.

Once you realize that you have been glutened, implement this three-step approach as soon as possible. If you are not seeing any improvement in your symptoms after three days or you're getting worse. I would advise you to follow up with your physician.

~RECIPES~

Drinks

Red Punch/Christmas Punch

2 boxes sugar free strawberry Jello
1 pkg. raspberry Kool-Aid (nutrasweet)
4 c. hot water
1 1/2 to 2 c. Splenda or sugar
Mix until dissolved.

Add:

6 c. 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 one quart of ginger ale.

Soups, Salads, and Breads

Potato Soup

Submitted by Holly Carlson

1 pkg southern style hash browns, cubed
1 can creamy gluten free mushroom soup
1 box chicken stock
1 pkg Baby Reds instant potatoes
1 pkg cream cheese
Optional: bacon bits, carrots, cheese

Combine in crockpot and cook.

Cranberry Chutney

1 navel orange
3/4 cup packed brown sugar
1/4 cup cider vinegar
1/4 cup water
1/3 cup finely chopped red onion
4- 1/4 inch thick slices fresh ginger
1 tsp mustard seeds
1/4 tsp salt
1/8 tsp crushed red pepper
1 12-oz package cranberries, rinsed
1 Granny Smith apple, peeled and chopped

Zest orange; set aside. Cut 1/4 inch the top and bottom of the orange. With a sharp knife, remove skin and white membrane from the orange. Working over a medium saucepan (to catch juice), separate and remove orange segments. Cut segments into small pieces and set aside. Squeeze remaining membrane over pan to extract any remaining juice.

Add brown sugar, vinegar, water, onion, ginger, mustard seeds, salt and crushed pepper to sauce pan. Bring to boiling over medium-high heat. Add cranberries and orange zest. Return to boiling; reduce heat. Cook, uncovered for 7 minutes, stirring occasionally. Add apple. Cook for 3 minutes more or until apple is just tender.

Remove from heat. Remove and discard ginger and stir in orange segments. Serve warm or refrigerate, covered, for up to 2 days. Bring to room temperature before serving. Makes 6 servings.

Spaghetti Salad

Submitted by Shannon Jensen

Recipe from Gluten Free Checklist

1 (12 oz) package gluten free spaghetti, broken in half
1 pint cherry tomatoes, sliced in half
1 cucumber, seeded and diced
1 green pepper, diced
1 red onion, diced

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8-10 oz. gluten free Italian salad dressing
1/8 teaspoon garlic powder
1/2 teaspoon paprika
1/4 teaspoon celery seed
1/8 teaspoon garlic salt
2 Tablespoons grated parmesan cheese

Directions

Cook gluten free spaghetti according to directions; rinse in cold water and drain. In a large bowl mix together spaghetti and vegetables. In a small bowl mix together the seasonings and salad dressing. Pour dressing mixture over the spaghetti mixture. Sprinkle with parmesan cheese and toss to coat. Cover and refrigerate at least 2 hours before serving. Toss before serving.

BLT Pasta Salad

Submitted by Bonnie

1/2 pound cooked bow tie gluten free pasta (Tinkyada Spiral Pasta)
1/2 cup Kraft Italian Salad Dressing
1 small purple onion, diced
1 tomato, cut into 1/4 to 1/2 in pieces
Pepper to taste
Natures Seasoning to taste

After mixing the ingredients in the order they are listed, add bacon:

1/2 lb bacon, fried until crispy and cut into pieces

Add lettuce just before serving:
5 leaves Romaine Lettuce, washed and cut into 1 1/2" pieces

Sesame Chicken Salad

Submitted by Shannon Jensen
Recipe from The Pioneer Woman

2 whole boneless, skinless chicken breasts
Salt and pepper
Olive Oil, for grilling or saute'ing
2/3 cup olive oil
1/4 cup gluten free soy sauce
1/4 cup rice wine vinegar (or white vinegar)
2 cloves garlic, minced
2 Tablespoons fresh garlic, minced
2 Tablespoons fresh ginger, minced
1 teaspoon toasted sesame oil
2 Tablespoons brown sugar (or more to taste)
Pinch of crushed red pepper flakes
1 package (10 oz) mixed greens
1/2 whole red onion, sliced thin

1 cup red grape tomatoes, halved
1 can mandarin oranges, drained
1 Tablespoon sesame seeds
1 Tablespoon black sesame seeds

To make the dressing: Put olive oil, soy sauce, vinegar, garlic, ginger, sesame oil, brown sugar, and crushed red pepper flakes into a blender. Blend until completely emulsified. Taste the dressing and adjust to your taste (I usually add more vinegar and brown sugar but tastes may vary.) (Note: Can make the dressing in advance to allow flavors to develop.)

Salt and pepper both sides of the chicken and heat olive oil in a skillet or on a grill pan. Cook the chicken on both sides over medium heat until it has nice color on the surface and is totally cooked through, about 10 minutes. Remove from heat, allow to rest for 5 minutes, and cut into cubes.

Place the cubed chicken into a bowl and pour 1/3 of the dressing over it, tossing to coat. Allow to sit for a few minutes, then sprinkle both colors of sesame seeds over the chicken and toss so that the seeds stick to the chicken. Add more seeds if you prefer a thicker coating.

To assemble the salad, place the salad greens, sliced onion, and the halved tomatoes in a large bowl. Pour on half the remaining dressing, reserving the rest if you'd like more later. Toss to coat. Arrange chicken, mandarin oranges all over the greens. Serve immediately.

Note: Wait until just before serving to toss the salad!

Bisquick 7-Up Biscuits

Submitted by Rita Smith

1/4 cup butter
2 cups gluten Free Bisquick (about 1 box) or other GF Biscuit mix
1/2 cup sour cream
1/2 cup 7-Up or Sprite

Preheat oven to 425°F.

Once oven is heated, place butter in 9x13" inch glass baking dish and heat in oven till melted. Keep an eye on it so it doesn't burn or melt in microwave.

In a large bowl or food processor, cut sour cream in Bisquick. Add 7-Up and mix well. The dough will be



very soft. If it seems too crumbly, add a little more soda and sour cream.

Sprinkle some flour/baking mix on a silpat or counter. Pat dough until coated with baking mix. Knead dough out and cut biscuits using a round biscuit/cookie cutter. Place biscuits on top of melted butter and bake 2 425° for 12-15 minutes or until brown.

Appetizers and Side Dishes

Sausage Stuffed Mushrooms

Submitted by Shannon Jensen

Recipe from The Recipe Critic

24 oz white button mushrooms
½ lb hot pork sausage
2 Tablespoons olive oil
¼ cup onion, diced
4 cloves garlic, finely minced
8 ounces cream cheese, softened
1 egg yolk, whole
1 cup Parmesan cheese, grated
2 Tablespoons fresh parsley, finely chopped
Salt and pepper, to taste

Pop off the stems to the mushrooms and chop them finely. Set aside. In a medium skillet brown the sausage and drain. Set aside to cool. In the same skillet add the olive oil, onion, garlic, and chopped mushroom stems. Sauté for about 3 minutes or until tender. Set aside to cool.

In a medium sized bowl add cream cheese and egg yolk. Stir together with parmesan cheese and parsley. Add cooled sausage and onion mixture and combine until incorporated.

Stuff each mushroom with the mixture making a small mound on the top. Place on a baking sheet and bake mushrooms at 350 degrees for 25 minutes until they are slightly brown on the top.

French Onion Dip

Submitted by Shannon Jensen

Recipe from The Pioneer Woman

1 cup sour cream
1 Tablespoon dried onion

1 teaspoon onion powder
1 pinch garlic powder
¼ teaspoon salt
1 Tablespoon finely chopped fresh parsley, or 1
teaspoon dried parsley

Place sour cream in a small bowl. Add dried onion, onion powder, garlic powder, salt, and parsley. Mix together very well until completely uniform. Taste with a chip and adjust seasonings if necessary.

Refrigerate for 1 hour to allow the flavors to meld and the dried onion to soften. Store in the refrigerator for 5–7 days.

Entrees

Caribbean-Style Roasted Pork

Submitted by Shannon Jensen

Recipe from Gluten Free Checklist

1 1/2 teaspoon salt
1 1/2 teaspoon pepper
1 teaspoon ground allspice
1 teaspoon ground ginger
3 Tablespoons lime juice
1 1/2 lbs. pork tenderloin
2 cups white rice
1 (19 oz.) can black beans, undrained
Garnish, fresh pineapple slices, if desired

Sauce Ingredients

1 cup pineapple juice
1/2 cup orange juice
3 Tbs. brown sugar
1/2 tsp. ground allspice
1/2 tsp. ground ginger
1/2 tsp. salt

Combine first 4 ingredients. Sprinkle lime juice over pork, and rub evenly with spice mixture. Place on a lightly greased baking sheet. Bake at 450° for 25 to 30 minutes or until a meat thermometer inserted into thickest portion registers 160°. Cut into slices. Prepare rice according to package directions; set aside. Cook all sauce ingredients in a small saucepan over medium-high heat about 10 minutes or until slightly thickened. Cook black beans in a saucepan until thoroughly heated; drain and spoon over rice. Top with pork slices and prepared Spiced Pineapple Sauce. Garnish, if desired. (Serves: 6)



Schezuan Pork

Submitted by Shannon Jensen

Recipe from Gluten Free Checklist

6 oz King Soba Organic 100% Buckwheat Gluten-Free Noodles, uncooked
2 teaspoons dark sesame oil
1 (1-pound) pork tenderloin, trimmed and cut into 2-inch strips
1 Tablespoon Huy Fong Foods chili garlic sauce
1 teaspoon ground fresh ginger
 $\frac{3}{4}$ cup red bell pepper, sliced thin
 $\frac{1}{4}$ cup gluten free chicken broth
1 $\frac{1}{2}$ Tablespoons Gluten-free soy sauce
1 Tablespoon natural peanut butter
 $\frac{3}{4}$ cup (2-inch) diagonally cut green onions (about 4 green onions)

Cook noodles according to package directions. Rinse with cold water; drain. Heat oil in a large nonstick skillet over medium-high heat. Add pork, chili garlic sauce, and ginger to pan; stir-fry for 2 minutes. Add bell pepper to pan; stir-fry 2 minutes. Add broth, soy sauce, and peanut butter to pan. Reduce heat to low; cook for 1 minute or until sauce is slightly thick. Stir in onions. Serve over noodles.

Thai Peanut Skillet Chicken

Submitted by Shannon Jensen

Adapted from The Recipe Critic

A 30 minute one skillet meal that is full of amazing flavor and veggies! The thai peanut sauce glazes the chicken perfectly and this will be a hit for dinner!

4 chicken thighs, bone in and skin on (you can also use boneless chicken breasts)
1 Tablespoon oil
1 large carrot, sliced
1 red bell pepper, sliced thin
1 orange bell pepper, sliced thin

Sauce:

$\frac{1}{4}$ cup gluten free soy sauce
 $\frac{1}{2}$ cup water
 $\frac{1}{4}$ cup peanut butter
2 Tablespoons white vinegar
2 Tablespoons brown sugar
2 garlic cloves, minced
Juice of one lime

For serving:

1 cup steamed snow peas
Red pepper flakes
Green onions

In a medium sized skillet, heat oil over medium high heat in a large skillet. Cook the chicken on each side for about 7-10 minutes. Add the peppers and continue to cook until they become tender and chicken reads 165 degrees with a thermometer. Remove the chicken and veggies and set aside on a plate.

Add the soy sauce, water, peanut butter, white vinegar, brown sugar, garlic and lime juice. Whisk until it comes to a boil and reduce heat. Add chicken and veggies back to the skillet and let simmer for another 3-5 minutes.

Serve with steamed snow peas, red pepper flakes, and green onions over rice if desired.

Slow Cooker Garlic Thyme Chicken

Submitted by Shannon Jensen

Recipe from It's a keeper

2 lbs boneless chicken breasts or thighs
6 cloves garlic, minced
2 teaspoons dried thyme leaves
2 Tablespoons balsamic vinegar
 $\frac{1}{2}$ cup orange juice

Spray bottom of slow cooker with non-stick spray. Season chicken with salt and pepper, and layer in bottom of slow cooker. In a small bowl, combine garlic, thyme, balsamic vinegar and orange juice. Pour over chicken. Cook on low 4-6 hours or until chicken reaches 165 degrees on thermometer.

If desired, remove chicken from crock and pour remaining juices into small saucepan. Reduce the liquid by bringing to a rolling boil for 5-7 minutes, stirring occasionally.
Serve sauce over chicken.

Desserts

No Flour Peanut Butter Chocolate Chip Cookies

Submitted by Mary Baker

Beat together:

1 cup peanut butter

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1 cup brown sugar
1 egg
1 teaspoon baking powder

Stir in 1/3 cup chocolate chips

Drop rounded Tablespoons onto parchment lined cookie sheet.

Bake 350 degrees for 10 minutes. Cool on pan.

Chocolate Lush

Submitted by Mary Gray

1 cup gluten free flour
1/2 cup butter
3/4 cup chopped walnuts (optional)
1 8oz. package cream cheese
1 cup powdered sugar (optional)
1 16oz carton Cool Whip
2 3oz packages of chocolate instant pudding
3 cups milk

Combine flour, butter and optional walnuts. Pat mixture into 13x9" pan. Bake at 350 degrees for 15 minutes. Allow to cool.

Combine cream cheese, optional sugar, and 1 cup of Cool Whip. Spread on cooled crust.

Mix pudding and milk until smooth. Spread evenly over cream cheese layer.

Top with remaining Cool Whip. Chill and serve.

Krispy Cookies (1-2-3 Cookies)

Submitted by Bev Boesen

1 cup butterscotch chips
2 Tablespoons peanut butter
3 cups shoestring potatoes

Melt the chips and peanut butter together in microwave for 2-3 minutes.

Stir in shoestring potatoes.

Drop by teaspoon onto wax paper. Chill.

Black Bean Brownies

<http://chocolatecoveredkatie.com/2012/09/06/no-flour-black-bean-brownies/>

1 1/2 cups black beans (1 15oz can, drained and rinsed very well)
2 Tablespoons cocoa powder
1/2 cup quick gluten free oats
1/4 teaspoon salt
1/3 cup pure maple syrup, agave or honey
2 Tablespoons sugar
1/4 cup coconut or vegetable oil
2 teaspoons pure vanilla extract
1/2 teaspoon baking powder
1/2 cup - 2/3 cup chocolate chips

Preheat oven to 350 degrees. Combine all ingredients except chips in a food processor, and blend until completely smooth. Blend very well. Stir in the chips, then pour into a greased 8x8 pan. Optional: Sprinkle extra chocolate chips over the top.

Bake brownies for 15-18 minutes, then allow to cool at least 10 minutes before trying to cut into them. If they still look a bit undercooked, you can place them in the fridge overnight and they will magically firm up!

Makes 9-12 brownies.

The trick with these: Serve them first, and then reveal the secret ingredient. In all the times I've served bean desserts, not one single person who didn't know beforehand has ever guessed!

(Disclaimer: This is how the recipe was written. I would caution against this surprise, as we know surprise ingredients with food intolerances and sensitivities are really no fun!)

Fruit Crisp

Mix together in a bowl and spoon into a greased 13x9" baking dish:
4 cups fruit (fresh or thawed frozen)
1 Tablespoon lemon juice
2 Tablespoons brown sugar
1 teaspoon cinnamon
1 dash of thyme
1 dash of rosemary

Use a food processor or old-fashioned butter-cutting technique to make the topping:

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2 cups gluten-free oats
1 cup gluten-free flour (*I like to use ½ cup almond & ½ cup sorghum flour, 1/8 cup tapioca starch & ½ teaspoon guar gum for this recipe*)
1 cup brown sugar
1 cup white sugar
2 sticks butter, softened

After spreading the topping over the fruit mixture, I like to press down lightly to keep it from bubbling over, and it makes an almost crust when it's done baking. I also sprinkle about ¼ to ½ cup chopped pecans on top.

Bake at 350 degrees for about 45 minutes or until it starts to bubble.

Enjoy with ice cream for dessert or over yogurt for breakfast.

Chocolate-Cherry Deluxe

Put 4 cups miniature marshmallows in the bottom of a 9x13" cake pan.

Mix 1 Chocolate Cake mix according to directions on package. Pour cake mixture over marshmallows. Place 1 can Cherry Pie Mix over top of cake mix.

Bake for 45 minutes at 250 degrees and later serve with cool whip on top of each square. Delicious!

For smaller Gluten Free Cake mixes, I used Betty Crocker cake mix for a 9x9 pan and used 2 cups marshmallows and ½ can cherry pie filling.

Heavenly Hash

1 1/2 cups long grain rice
1 – 29 oz Del Monte freestone sliced peaches (reserve juice)
1 half pint whipping cream
1 ¼ package dream whip (whipped with ½ cup milk)

Rinse rice and put in 3 quart pan with 3 cups water. Bring to a boil. Reduce heat, cover, and let simmer 15 minutes or until water is absorbed. Let cool.

Put rice in bowl, add peaches cut up into chunks and ½ of juice from can. Let set and absorb juice overnight in refrigerator. Whip cream until peaks form and

set aside. Whip dream whip with the milk. Combine with whipped cream and Dream Whip. Mix in the rice and peaches. Refrigerate or serve.

Hot Fudge Sauce

Submitted by Rita Smith

1/2 cup semi-sweet chocolate chips
2 Tablespoons butter
1/3 cup sugar
1/3 cup heavy whipping cream or evaporated milk
2 Tablespoons water
pinch of salt

In a medium sauce pan, melt butter and chocolate chips.

Add cream, sugar, water and salt and bring to a boil.

Reduce heat and boil over a low flame for 9 minutes stirring occasionally.

Remove from heat and let it sit for a couple of minutes. Serve while still warm over ice-cream.

Store unused fudge sauce in the refrigerator. Reheat the sauce in the microwave on high power for 30 – 50 seconds.

ETA: I made a double batch before I went to visit my dad in Kansas and when I returned home the 1/2 cup of leftover fudge sauce was a little dry and gritty. I heated it for 30 seconds, then stirred in 2 teaspoons of milk, and heated it for another 20 seconds (until it just started to boil). I stirred it one more time and it was lovely again.

Crock Pot Chocolate Cream

1 ½ cups heavy cream
1 can sweetened condensed milk (14 oz)
2 cups milk chocolate chips
6 cups milk
1 tsp vanilla extract

Put in crockpot for 2 hours. Whisk well, stir often.

Foolproof Pie Dough

Submitted by Rita Smith

2 ½ cups GF All Purpose flour mix
1 teaspoon table salt

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2 Tablespoons sugar
12 Tablespoons unsalted butter, cut into ¼ inch slices
½ cup vegetable shortening, cut in 4 pieces
¼ cup Vodka
¼ cup cold water

Process 1 ½ cups gf flour, salt and sugar in food processor until combined about 2 one-second pulses. Add butter and shortening and process until homogenous dough just starts to collect in uneven clumps, about 12-15 seconds (dough will resemble cottage cheese curds and there should be no uncoated flour). I process for 12 seconds.

Scrape bowl with rubber spatula and redistribute dough evenly around processor blade.

Add remaining one cup flour and pulse until mixture is evenly distributed around bowl and mass of dough has been broken up, 4-6 quick pulses.

Empty mixture into medium bowl. Combine vodka and water. Sprinkle liquid over mixture.

With rubber spatula or wooden spoon, use folding motion to mix, pressing down on dough until dough is slightly tacky and sticks together.

Divide dough into two even balls, wrap in plastic wrap, and flatten each into 4 inch disk. Refrigerate at least 45 minutes or up to 2 days. Freezes very well. I like to make a full recipe each time. If I only need one disk, I freeze the other for future use.

Can't Fail 5 Minute Fudge

Submitted by Bev Boesen

Mix 2/3 cup (one small can) undiluted evaporated milk
1 1/3 cups sugar
½ tsp salt

Mix in saucepan over medium heat. Bring to boil; cook 5 minutes, stirring constantly. (time from when mixture starts to bubble around the edges of the pan).

Add
1 ½ cups (16 medium) diced marshmallows
1 ½ cups semi sweet chocolate pieces
1 tsp vanilla.

Stir vigorously for 1 minutes (or until marshmallows melt). Pour into 8" square buttered pan. Garnish with nuts. Cool. Cut in squares. Makes about 2 pounds.

For Peppermint Fudge: Sprinkle ¼ cups coarsely broken peppermint stick candy over top of fudge in pan.

For Upside Down Coconut Fudge: Spread 1 cup flaked coconut on bottom of buttered 8" square pan. Top with fudge.

For Nut Fudge: Add ½ cup chopped nuts to fudge mixture before pouring into pan.

Heavenly Hash Bars

Submitted by Traci Massman

1 pkg mini marshmallows
1 can mixed nuts
1 cup peanut butter
2 cups gluten free butterscotch chips
2 cups semi-sweet chocolate chips

Sprinkle marshmallows and nuts in greased 9x13 pan. Melt chips and peanut butter on low heat until smooth. Pour over marshmallows and nuts. Let stand 8-10 minutes. Gently stir to coat. Refrigerate until set, cut into bars.

Sweet Potato Pie

1 pound sweet potatoes
½ cup butter (melted is okay)
1 cup sugar
½ cup milk
2 eggs
½ tsp nutmeg
½ tsp cinnamon
1 tsp vanilla

Peel and boil sweet potatoes until soft. Mash in a bowl. Allow to cool somewhat so that the eggs won't scramble when added to hot mixture. Add the rest of the ingredients. Pour into prepared pie crust and bake one hour at 350° or until middle is set and no longer soupy. If edges of crust become brown while baking, cover with foil to protect them from burning.

Crust (Make First)

I usually double the crust recipe because the pie filling makes enough for 2 pies. I eat one fresh and freeze the other for later.

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½ cup cold butter
2-4 Tbsp water
¾ cup flour (almond, sorghum, coconut, etc.)
½ cups starch (tapioca, potato, etc.)
1 tsp xanthan or guar gum
1 tsp salt
2 Tbsp sugar
1 cup chopped Pecans

Cut or squeeze butter into the rest of the ingredients, except for the water which should be added last in small amounts. Press into a pie tin and bake at 350° for 15 minutes. Allow to cool a little before added sweet potato mixture and baking with a pie.

Tips: Gluten free pies and most baked goods bake much better if you allow your GF ingredients that you store in the fridge or freezer to warm to room temperature before baking. I usually measure my flours, starch, guar gum and baking soda/powder into a bowl and let them sit out for an hour or so before I put them in the oven.

Apple Streusel Cheesecake Bars

Submitted by Deb Miller

1 box Betty Crocker gluten free yellow cake mix
1/2 c cold butter
2 8 oz packages cream cheese (softened)
1 tsp vanilla
1 egg
1 can 21 oz apple pie filling
1/2 tsp ground cinnamon
1/3 c of chopped walnuts

Heat oven to 350 Spray bottom and sides of 13x9 pan with cooking spray. (I used my glass pan)
Place cake mix in large bowl with pastry blender or fork cut in butter until mixture is crumbly and coarse. Reserve 1 1/2 c crumb mixture, press remaining crumbs in bottom of pan and bake 10 minutes.
Meanwhile in a large bowl beat cream cheese, sugar, vanilla and egg with electric mixer on med speed until smooth.
Spread cream cheese mixture evenly over partially baked crust. In med bowl mix pie filling and cinnamon. Spoon evenly over cream cheese mixture. Sprinkle reserved crumbs over top. Sprinkle with walnuts.
Bake 35-40 minutes longer or until lightly golden brown.
Cool about 30 minutes. Refrigerate to chill about 2 hrs. Cut into 6 rows by 4 rows. Store covered in the refrigerator.

Chocolate Butterscotch Rice Krispy Treats

Submitted by Deb Miller

1/2 c cold semi sweet chocolate chips
1/2 c cold butterscotch chips
4 cups of mini marshmallows
5 cups gluten free Rice Krispies
5 T unsalted butter

Topping

1 cup semi sweet chocolate chips
1 cup butterscotch chips

Get all ingredients ready and near you.

Measure out 1/2 cup of both chips and put them in a bowl and in the freezer to be ready when you need them so they don't melt as you are cooking the other ingredients.

Measure 5 cups Rice Krispies and 4 cups marshmallows.

Melt the butter in a large saucepan over medium low heat. When the butter is melted throw in the marshmallows, stir until melted and then add the Rice Krispies. Stir until mixed.

Throw in the cold semi sweet and butterscotch chips. Stir until mixed.

Press the mixture into a lightly greased 8x8 pan. In a microwaveable bowl melt the chocolate chips and butterscotch chips and pour over the marshmallow treats.

Let the topping harden, and then cut when cool.

Gluten Free Salted Caramel Chocolate Mug Cake

Submitted by Shannon Jensen

Simply Gluten Free Magazine Online recipe

3 tablespoons unsalted butter
4 tablespoons gluten free flour blend or sweet rice flour
4 tablespoons unsweetened cocoa powder
¼ teaspoon baking powder
3 tablespoons milk
3 tablespoons light brown sugar
1 large egg
½ teaspoon pure vanilla extract
3 caramels
Pinch kosher or fine sea salt

Directions

In a microwave-safe mug or bowl, melt the butter in the microwave for about 30 seconds. Swirl the melted



butter to coat the inside of the mug. Add the flour, cocoa powder, baking powder, milk, brown sugar, egg, and vanilla to the mug and whisk until the batter is smooth. Push two of the caramels down into the batter and make sure the batter covers them. Microwave on high power for 90 seconds.

Cut the remaining caramel in half, place on top of the cake and sprinkle with some sea salt. Microwave for another minute or until the cake is firm and the caramel on top has softened and starts to melt.

Servings: Makes one quick and easy gluten free cake.

Gluten Free Cinnamon Rolls? Yes, please.

← Comments



Jessica Metcalf Douga

Bob's Red Mill makes a gfree pizza crust mix in the bag. The back of the bag has a cinnamon roll recipe on it 😊 so good!

2 hours ago · Like · 11 · Reply



David Becca Bird

Do u know what's in the mix corn or almond flour?

2 hours ago · Like · Reply



Jessica Metcalf Douga



~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

Blogs

Top 50 gluten free blogs

Submitted by Shannon Jensen

<http://www.culinarynutrition.com/top-50-gluten-free-blogs/>

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