



# CENTRAL IOWA CELIAC CONNECTION

April 2011 GF NEWSLETTER AND RECIPES

## GREETINGS TO ALL OUR GLUTEN FREE FRIENDS!

“Everything Chicken” was our theme! We had 3 different kinds of chicken nuggets...Domata breader, parmesan crusted, and spicy lemon mayo (all cut and made by members of the steering committee). We also had thighs and drumsticks baked with Cookie’s Flavor Enhancer. Thanks to everyone for all the great sides, salads and desserts! It was a fantastic meal! The Children’s program was coordinated by Kathy Titus and Lisa Huyette. Kathy also makes the copies of the newsletter to send out USPS! New member packets are compiled by Kay Crow. Kay again generously donated 2 of her very creative gift baskets for the drawing. We had numerous other give-aways as well. Everyone who attended the luncheon received a give-away!

Michelle Manning, our resident librarian, coordinated our gluten free “library” of books and magazines that have been donated by our members. We have also purchased a number of new books for you to check out. These included: Living Gluten Free for Dummies; The First Year: Celiac Disease and Living Gluten Free; Cooking for Isaiah: Gluten Free and Dairy Free Recipes for Easy, Delicious meals; Celiac Disease: A Hidden Epidemic; The GF Kid: A Celiac Disease Survival Guide; Nick and the Shrinking Inner Spaceship. At each meeting she will be located close to the registration table before and after the meetings so people can see what books are available to check out. We will continue to add to the collection of books as we can. If anyone has any books they no longer need please bring them to our meetings so we can let others use them! Thanks, Michelle, for doing this! Thanks to Angie Wagner for arranging for so many of the samples and give-aways! And thanks to Denny and Sharon Grimm for donating the plastic-ware for the luncheon!

We were fortunate to have so many samples and donations for our meeting:

Friedrich’s coffee from Colleen Meyer!

Mrs. Glee’s Pasta sent rigatoni bags many people to take.

Domata donated a new product, “Bakeable Breader” we used for some of our baked chicken nuggets. They also sent seasoned flour and a door prize. Both flours can be used for frying but the new “breader” is great for baking. It will be available in stores soon!

Some of the chicken nuggets were baked in a parmesan crust. The recipe is in the recipe section.

Cookies Flavor Enhancer was used for the drumsticks and thighs.

Robert Rothschild sent samples of their dips and sauces. These are sold at Scheel’s at Jordan Creek Mall.

Udi’s Cinnamon Raisin Bread, Cinnamon Raisin Bagels & Whole Grain Bagels, Granola, and Hot Dog and Hamburger Buns. The buns are available at the Windsor Heights Hy-Vee. The hamburger buns (4pk) are \$4.29. The hot dog buns (6pk) are \$4.19.

Schar Bread, Baguettes, Cheese Bites and Vanilla Wafers (I asked for these, but I’m not sure if we’re getting all 4 items.)

Mediterranean Snack Food Baked Lentil Chips

Rocky Mountain White Cheddar Popcorn

Specialty Cakes and More brought white and chocolate cakes and cinnamon pastry roll-ups.

**Yes! to Cookies**

**Canyon Bakehouse Bread** - According to their website, their products are made in a dedicated gluten free facility. <http://canyonbakehouse.com/> This is sold at some Hy-Vees.

**Krissi** from the **Windsor Heights Hy-Vee** passed out 10% off coupons to be used in their health market.

**Katie Rigg** brought a few loaves of Udi's Cinnamon Raisin Bread and a few packages of the Kettle Cuisine soups for the giveaways.

**Des Moines Area Gluten Free Restaurant Listing!**

After much research, the steering committee has developed a list of restaurants in the Des Moines Metro area that say they can provide a gluten free meal. The listing consists of **3 categories of restaurants: those that say they have a gluten free menu, those that don't have a gluten free menu but say they can accommodate a gluten free diet, and those that make gluten free pizza.** I was not able to go personally to each restaurant to ask how they prepare their GF items, nor could I be sure they would not cross contaminate your meal. I'm merely passing along information that I was given. When you go to a restaurant, ask to speak to the manager or chef. They are the two people that can assist in assuring your safety. Either one should be able to tell you about the menu and your gluten free options. If the restaurant is making pasta for you, make sure they are using clean pasta water, a clean pot and a non-contaminated colander to drain the pasta. **We all must be vigilant when we dine in restaurants and not assume that the eatery understands the diet just because they put a "gluten-free" label on the page or the menu item.** Please keep this in mind when you are looking at our new GF restaurant listing! Another thing I want you to remember, **we are not endorsing any of the listed restaurants. We are simply providing you with the information we have accumulated.** Many restaurants will allow you to bring in bread or pasta if they do not have it available. The proper practice is to call ahead and ask if this is allowed, then bring your items in a sealed package. Where and what we eat is a personal choice, so we hope that all of you will be diligent in your inquiries wherever you go. **If you have other eateries that you know can provide a GF meal, please pass that along to me and I will make sure it is added to the list.** This list will be available on the Central Iowa Celiac Connection website: [www.gfiowa.us](http://www.gfiowa.us).

GF MENU	NO GF MENU - BUT CAN ACCOMMODATE	GF PIZZA	RESTAURANT	ADDRESS	CITY	PHONE
	X		801 Steak & Chop House	801 Grand Ave	Des Moines	288-6000
		X	America's Incredible Pizza Co	3799 NW 86 <sup>th</sup> St.	Urbandale	276-1472
	X		Applebee's Restaurant	11410 Forest Ave	Clive	222-9474
	X		Applebee's Restaurant	3900 Merle Hay Rd	Des Moines	254-9330
	X		Applebee's Restaurant	6301 SE 14th St	Des Moines	287-3322
	X		Applebee's Restaurant	1001 E 1st St	Ankeny	965-3444
	X		Applebee's Restaurant	3741 8th St SW	Altoona	957-0100
	X		Applebee's Restaurant	6190 Mills Civic Pkwy	West Des Moines	225-8646
	X		Bandit Burrito	5340 Merle Hay Rd	Johnston	254-9999
	X		Baru 66	6587 University Ave	Windsor Heights	277-6627
X			Biaggi's Ristorante Italiano	5990 University Ave	West Des Moines	221-9900
	X		Bistro Montage	2724 Ingersoll	Des Moines	557-1924

X		Bonefish Grill	650 Prairie View Dr	West Des Moines	267-0064
	X	Boston's Gourmet Pizza	12401 University Ave	Clive	440-6051
	X	Bravo Cucina Italiana	120 Jordan Creek Pkwy	West Des Moines	225-0660
	X	Brickhouse American Grill	1301 NW 114th St	Clive	222-3129
	X	Burger King	multiple locations		
	X	Café di Scala	644 18th St	Des Moines	244-1353
X		Carlos O'Kelly's Mexican Café	4055 Westown Pkwy	West Des Moines	225-4321
X		Carlos O'Kelly's Mexican Café	4371 Merle Hay Rd	Des Moines	334-3331
X		Carlos O'Kelly's Mexican Café	6250 SE 14th St	Des Moines	953-0554
	X	Centro	1007 Locust St	Des Moines	248-1780
X		Champp Restaurant & Bar	101 Jordan Creek Pkwy	West Des Moines	440-6565
	X	Cheesecake Factory	101 Jordan Creek Pkwy	West Des Moines	457-9888
	X	Chicago Speakeasy	1520 Euclid Ave	Des Moines	243-3141
X		Chili's Grill & Bar	11411 Forest Ave	Clive	226-1744
	X	Chipotle Mexican Grill	1551 Valley West Dr	West Des Moines	422-9800
	X	Chips Restaurant	2502 SE Tones Dr	Ankeny	964-2112
	X	Christopher's	2816 Beaver Ave	Des Moines	274-3694
	X	CK's Steak House	1250 Jordan Pkwy	West Des Moines	457-3224
	X	CK's Steak House	1250 128th St	Clive	327-5988
X		Club Car Restaurant & Lounge	13435 University Ave	Clive	226-1729
	X	Coach's Pizza	560 S Prairie View Dr	West Des Moines	223-2233
	X	Cool Basil	8801 University Ave	West Des Moines	225-8111
	X	Cosi Cucina Italian Grill	1975 NW 86th St	Clive	278-8148
X		Court Avenue Rest & Brewing Co	309 Court Ave	Des Moines	282-2739
X		Django	210 10th St	Des Moines	288-0268
X		Dos Rios Cantina	316 Court Ave	Des Moines	282-2995
	X	Famous Dave's Bar-B-Que	1720 22nd St	West Des Moines	267-0800
	X	Famous Dave's Bar-B-Que	4351 Merle Hay Rd	Des Moines	331-3300
X		Felix & Oscars	4801 Westown Pkwy	West Des Moines	457-1000
	X	Felix & Oscars	4050 Merle Hay Rd	Des Moines	278-8887
	X	Fia's Pizzeria Co	3801 SW 9th St	Des Moines	287-6666

	X	Fire Creek Grill	800 S 50th St	West Des Moines	224-0500
X		Fleming's Prime Steakhouse	150 S Jordan Creek Pkwy	West Des Moines	457-2916
	X	Godfather's Pizza	8801 Hickman Rd	Urbandale	278-8100
	X	Godfather's Pizza	5919 Ashworth Rd	West Des Moines	226-8880
	X	Godfather's Pizza	4119 University Ave	Des Moines	277-6344
	X	Godfather's Pizza	1810 SW White Birch Cir	Ankeny	965-0003
	X	Granite City Food & Brewery	12801 University	Clive	224-1300
	X	Happy Joe's Pizza & Ice Cream Parlor	3751 EP True Pkwy	West Des Moines	222-1788
	X	Happy Joe's Pizza & Ice Cream Parlor	8056 Douglas Ave	Urbandale	270-0695
	X	Hardee's	multiple locations		
X		Hickory Park BBQ	1404 So. Duff Ave.	Ames	515-232-8940
X		HuHot Mongolian Grill	4100 University Ave	West Des Moines	457-9090
	X	Iowa Machine Shed Restaurant	11151 Hickman Rd	Urbandale	270-6818
	X	Iron Wok	6630 Mills Civic Pkwy	West Des Moines	224-2100
X		Jason's Deli	3910 University Ave	West Des Moines	222-9797
	X	Jimmy John's ("Unwiches")	9 Locations in Des Moines, West Des Moines, and Johnston		
X		Joe's Crab Shack	130 S Jordan Creek Pkwy	West Des Moines	226-9966
	X	John and Nick's Steak & Prime Rib	15970 Hickman Rd	Clive	987-1151
X		Johnny's Italian Steakhouse	6075 Mills Civic Pkwy	West Des Moines	333-5665
X		Johnny's Italian Steakhouse	6800 Fleur Dr	Des Moines	287-0848
	X	King and I Thai Cuisine	1821 22nd St	West Des Moines	440-2075
	X	Latin King Restaurant	2200 Hubbell Ave	Des Moines	266-4466
	X	Legends American Grill	640 S 50 St	West Des Moines	267-6474
	X	Legends American Grill	5906 Ashworth Rd	West Des Moines	440-4562
	X	Legends American Grill	8460 Birchwood Ct	Johnston	270-6300
	X	Legends American Grill	1280 Copper Creek Dr	Pleasant Hill	564-1100
	X	Legends American Grill	216 Court Ave	Des Moines	243-0700

X		Lone Star Steakhouse & Saloon	1801 22nd	West Des Moines	223-9606
	X	Lucky Bamboo	1555 SE Delaware Ave #1	Ankeny	965-5749
X		Mama Lacona's Italian Restaurant	3825 121st St	Urbandale	270-0022
	X	Maxie's Restaurant & Lounge	1311 Grand Ave	West Des Moines	223-1463
	X	McDonald's	multiple locations		
X		Mimi's Café Restaurant	490 S 68th St	West Des Moines	440-0040
	X	Mojo's	6163 NW 86th	Johnston	334-3699
	X	Nick's Bar & Grill	9769 University Ave	Clive	221-1338
	X	Noodle Zoo	6750 Westown Pkwy	West Des Moines	440-0411
	X	Ohana Steak House	2900 University Ave	West Des Moines	225-3325
	X	Okoboji Grill	1225 Copper Creek Dr	Pleasant Hill	265-8055
X		Olive Garden Italian Restaurant	3600 Westown Pkwy	West Des Moines	224-0824
X		Outback Steakhouse	10901 University Ave	Clive	221-3309
X		Outback Steakhouse	2410 SE Tones Dr	Ankeny	963-1243
X		P.F. Chang's China Bistro	110 S Jordan Creek Pkwy	West Des Moines	457-7772
	X	Palmer's Deli and Market	4949 Westown Pkwy	West Des Moines	223-0123
	X	Palmer's Deli and Market	2843 Ingersoll	Des Moines	274-4004
	X	Palmer's Deli and Market	7509 Douglas Ave	Urbandale	270-6561
X		Pizza Ranch	448 E University	Waukee	978-6603
X		Raccoon River Brewing Co	200 10th St	Des Moines	362-5222
X		Red Lobster	3838 Westown Pkwy	West Des Moines	226-2150
	X	Red China Bistro	2925 Ingersoll	Des Moines	274-0097
X		Red Robin Gourmet Burgers	6255 Mills Civic Pkwy	West Des Moines	223-0859
X		Ruby Tuesday	4900 86th St	Urbandale	278-4476
	X	Sam & Gabe's Italian Bistro	8631 Hickman Rd	Urbandale	271-9200
	X	Sam & Louie's New York Pizzeria	8561 Hickman Rd	Urbandale	537-8361
	X	Samurai Sushi & Hibachi	7125 Mills Civic Pkwy #110	West Des Moines	223-4888
	X	Sbrocco Restaurant	208 Court Ave	Des Moines	282-3663
X		Shane's Rib Shack	12695 University Ave	Clive	327-7427
	X	Smokey D's BBQ	1200 Locust St, # 1201	Des Moines	288-1000
	X	Smokey D's BBQ	5055 NW 2nd Ave	Des Moines	243-2747

	X	Smokey D's BBQ	601 Locust (Skywalk)	Des Moines	245-3800
	X	Spaghetti Works/Comedy Club	310 Court Ave	Des Moines	243-2195
	X	Splash Seafood Bar & Grill	303 Locust St	Des Moines	244-5686
X		T.G.I. Friday's	3340 Westown Pkwy	West Des Moines	223-8443
X		Tally's Restaurant Bar & Catering	2712 Beaver Ave	Des Moines	279-2067
	X	Tasteful Dinners	121 SE Shurfine Dr, Suite 6	Ankeny	965-3324
	X	Texas Roadhouse	8744 Northpark Dr	Urbandale	251-4597
	X	The Urban Grill	3651 86th St	Urbandale	278-1016
X		Trostel's Dish	12851 University Ave	Clive	221-3474
X		Trostel's Greenbriar Rest & Bar	5810 Merle Hay Rd	Johnston	253-0124
	X	Waterfront Seafood Market	2900 University Ave	West Des Moines	223-5106
	X	Waterfront Seafood Market	2414 SE Tones Dr	Ankeny	963-1940
	X	Wendy's	multiple locations		
	X	Z'Mariks Noodle Café	12655 University Ave	Clive	223-9605

## FUTURE MEETINGS

**Our next meeting and pot luck will be July 30, 2011, 11:30 a.m. at Lutheran Church of Hope.**

We have something new for those of you who are newly diagnosed with celiac disease or gluten sensitivity. Christie Englebert will facilitate gatherings for anyone in their first year of being gluten free. The first half hour will focus on topics such as reading labels, grocery shopping, resources, and eating out to name a few. The second half hour will be a time for people to ask questions about their diet. Other long term members of the central Iowa Celiac Connection may be involved in the panel as well. The **“Gluten Free Newbies” Support Group** will be open to anyone who needs more information on going gluten free, even if you are not newly diagnosed. The group will be meeting on the 2nd Monday of the month from 7-8 pm at Lutheran Church of Hope in West Des Moines. The room number will be posted on the t.v.'s at the entrances. Our first meeting will be on Monday June 13. If you have any questions or if you are interested in this opportunity please contact Christie Engelbert at 440-3350 or [christie\\_engelbert@hotmail.com](mailto:christie_engelbert@hotmail.com).

The **CICC website** is in the process of being upgraded, so please be patient as some areas are “under construction”. We appreciate the efforts of Angie and Jeff Wagner, and Steve McClellan.

Come join your **Ankeny Hy-Vee** Dietitian, HealthMarket Manager and Chef as they provide a cooking demonstration and samples of several gluten-free foods that are found at your Ankeny Hy-Vee, Tuesday, May 24<sup>th</sup>, from 5:30 – 6:30 p.m. There will be a \$5.00 charge. A 10% discount will also be provided in the HealthMarket to all class participants. Registration is required by calling (515) 964-0900 or sending an email to [jnorgaard@hy-vee.com](mailto:jnorgaard@hy-vee.com)

## PRODUCTION INFORMATION

The **Domata Seasoned Flour** can be used for meat or fish. Just dip the food in an egg/milk mixture, then roll in the flour and fry. When using the **Domata “Bakable Batter”**, dip the food in the batter, then bake or fry. It is that easy!

From **Joy Hall**: “**Rocky Mountain Popcorn Company** makes gluten and nut free popcorn. It is absolutely the best!!! I found it in a small convenience store in Boone and fell in love with it. I've looked all over and have asked everyone & couldn't find it anywhere except on-line. I went on-line & ordered a case of the larger 3 oz. bags.” Thanks for getting the samples, Joy!

**Crunchmaster** has developed two new flavors of the brand's popular Multi-Grain Cracker line – *Sea Salt Multi-Grain Crackers, and Multi-Grain Crisps*. Also available are White Cheddar, Roasted Vegetable, *Original, Roasted Garlic, Rosemary & Olive Oil, Toasted Onion, Artisan Four Cheese or Toasted Sesame*.

**Mrs. Glee's Foods** pasta is gluten free, “as we use non-gmo (non-genetically modified) corn flour and navy bean flour. They are not tested but the ingredients are sourced from gluten free facilities and we secure an allergen statement from each source. We are making every effort to avoid contamination from sourcing inputs, to having all visitors sign in and out. Our company is based in Hillman, Michigan and is a dedicated Gluten-Free facility. Our products are gluten, wheat, soy, egg and dairy free.” [www.mrsgleesglutenfree.com](http://www.mrsgleesglutenfree.com). 989-742-74446.

**Chip'ins Popcorn** is \$2.50 a bag at Walmart.

Get your marshmallows ready. **Kellogg's** is working on a gluten-free version of **Rice Krispies** cereal, and it's expected to hit shelves by the end of May. The blog stated that Kellogg's planned to release a line of **gluten-free cereals and snacks, with an announcement coming “within the next 6 months (or so).”**

**Post makes Cocoa Pebbles Treats**. There are 8 bars to a box.

**Kikkoman** has come out with a new **soy/tamari sauce that is gluten-free**. **San-J** also has a wonderful **wheat-free Organic Tamari Sauce**. The definition of soy sauce is that it is fermented with wheat. These are called "tamari" to indicate a different process (without wheat) is used.

**Specialty Cakes and More** website ([www.specialtycakes.net](http://www.specialtycakes.net)) has been updated to reflect products offered and full ingredient disclosures. The \$1.00 off coupons are good until the end of April. The individual dessert servings and unbaked pie shells are now available at the following stores: **Hy-Vees**: Westlakes, Mills Civic, Ames 3800 Lincoln Way, Ames Lincoln Center, Ankeny, 35th Street, Windsor Heights. **Dahls** : Johnston, Clive, 4343 Merle Hay, 3400 E. 33rd Street. If these are not stores in your neighborhood, you may request the products and they can get them for you. Dessert selections include Chocolate Raspberry Torte, Chocolate Espresso Torte, White Cake with White Butter Cream Icing, Chocolate Cake with White Butter Cream Icing. Look for these items in the frozen Health Market Sections at Hy-Vee and the general frozen section for special dietary needs at Dahl's.

**Lipton Recipe Secrets Dry Onion Soup Mix** now contains **barley**.

**Flavorite Dry Onion Soup Mix** is GF. (Verified 2/2011)

**Old World Meats**, a Duluth, Minn. establishment is **recalling** approximately 83 pounds of individually packaged hot and teriyaki-flavored red meat jerky products because they contain soy, wheat and milk that are not noted on the label. Soy, wheat and milk are known allergens

**Toast-It Bags** – These are great for travel and can be used in a regular toaster.

**Progresso has 17 varieties** of GF canned soups!

From **Elizabeth Pohlman RD, LD, Altoona Hy-Vee Dietitian**: “1. We have a GF frozen pie crust and delicious cakes from Specialty Cakes & More (located in Grimes) 2. Blue Diamond now has Chips! (just like the almond crackers) 3. Justin's individual peanut, chocolate peanut and almond butters (individual packets prevent cross contamination and are perfect for grab-and-go) 4. Wild Garden Hummus individual packets - perfect for lunch on the go.

**Breads from Anna** has 2 new mixes: **Pizza Crust Mix** makes 4 pizza crusts that they freeze well, and **Black Bean Brownie Mix**.

From **Kristy's Kitchen**: We are changing our name to **Kristen's Gluten Free Food**. A changed Logo and name has started, and new Labels will be coming as well. Please Re-visit our re-vamped Website to see these **NEW PRODUCTS!** [www.kristensglutenfreefood.com](http://www.kristensglutenfreefood.com), or [www.kristyskitchen.com](http://www.kristyskitchen.com) still gets you there too. **GRANDMA'S FLAKY PIE CRUST MIX**, makes 3 single crust pies or 1 double crust pies. It holds together while scooping out the pie! Kristy's Grandmother (94 years young) still bakes pies after over 70 years of pie baking, and has her seal of approval! Great for your spring fruit pies, Easter pies, and don't forget a light Summer Fresh Veggie Quiche! **GRANDMA'S EGG NOODLE & PASTA MIX**, makes lots of wide egg noodles, (like frozen Reames Egg Noodles, NOT GF...) **SWEET BABY SUGAR COOKIE MIX**, crispy on the outside, chewy on the inside, crackled top, made with evaporated cane juice. Great for a Spring Fruit Pizza! **HOT COCOA MIXES**, with these flavors: Extreme Dark Choc., Caramel Macchiato, Dreamy White Choc. just to name a few. **COMING SOON... WATCH FOR OUR NEW CAKE AND CUPCAKE MIXES. WHITE, YELLOW, AND CHOCOLATE, LEMON... for graduation and wedding cupcakes! And... A TORTILLA MIX for your GF Summer Wraps to take to picnics, and for Burritos. And... A FRENCH BREAD MIX for Summer Hogies. Also in Development, Some SUGAR FREE ITEMS, AND SOME DAIRY FREE ITEMS YET TO COME.** Remember that we have **LOW COST SHIPPING** on our website. You can get up to **18 of our great mixes** shipped for **under \$10.00** in the 48 states!

**Sam and Louie's New York Pizzeria is offering Mike's Hard Lemonade** and lists it under the GF drinks. I have contacted CSA and have included info from them under “important note”. I have also contacted Pat at the Pizzeria and the Iowa Beverage Co. to tell them my concerns about the product. I have also emailed Mike's Hard Lemonade Co. and hope to hear back soon. **What kind of alcohol is in Mike's Hard Lemonade Co. products?** Mike's® products available in the US are made from a proprietary fermented malt base like traditional beer. But unlike a traditional beer, Mike's was able to perfect the fermenting process to create the purest tasting malt base on the planet! In side by side blind taste tests people preferred our malt formula over Absolut, Grey Goose and Skyy Vodka. **Do your products contain gluten?** Mike's Hard Lemonade Co. products available in the US are made with a premium malt base (fermented barley and hops like traditional beer) that is then further processed using a highly specialized, multi-stage filtration process. Highly sensitive tests from an independent lab analysis indicate that Mike's® products do not contain any traces of gluten protein (including hordein).

Excerpt a letter to Mary Schluckebier, CSA/USA: The INSTITUTE OF AGRICULTURE AND NATURAL RESOURCES FOOD ALLERGY RESEARCH & RESOURCE PROGRAM: The lower limit of quantitation for the R-Biopharm RIDASCREEN® Gliadin is 5 parts per million (ppm) gluten. Amounts below this level cannot be reliably detected in this assay. The R-Biopharm RIDASCREEN® Gliadin is equally cross-reactive with gliadin/gluten for wheat, rye, and barley. One ppm is equal to one milligram of gluten per kilogram of sample product. **IMPORTANT NOTE:** If your sample is of this type, please contact the FARRP laboratory at 402-472-4484 for further assistance.

After I inquired about the safety of this product for people who have celiac disease, Stephen Goodridge, the V.P. of Liquid Innovation and Quality Assurance at Mike's Hard Lemonade corporate office in CA, called me. He told me that the product was actually tested for gluten at the Institute of Agriculture and Natural Resources (as referred to



above), and that it was found to contain less than 5ppm of gluten. This testing lab is located at the University of Nebraska in Lincoln. Stephen sent me the lab results of those tests. He has also been in communication with the Celiac Disease Foundation about promoting Mike's as GF. I do not want to promote this product. I am simply trying to share this information and am trying to be fair to all. So you are encouraged to use your own judgement as to Mike's Hard Lemonade being an acceptable product for your GF diet.

**MimicCreme** is the non-dairy, non-soy, gluten-free substitute for cream that truly is both tasty and healthy. And it is available in five versions. There is an Unsweetened version; two sweetened versions-- Sweetened, made from natural cane sugar and Sugar-free Sweetened made with a 100% natural sugar substitute-- a Coffee Creamer (which is available in a convenient 16 oz. carton) and Healthy Top, the first totally non-dairy, non-soy, shelf-stable whipping cream. All versions of MimicCreme are 100% vegan.

**Venice Bakery** is proud to offer their extremely popular gluten-free pizza crusts for sale and with free shipping directly via their website! Super-convenient and handy, each 5" or 12" round pizza crust comes individually wrapped, so you can easily use one serving at a time. **Use the coupon code CSA2011 to save 10%. Venice Bakery has also pledged a generous donation and an additional 5% of ALL CSA orders! CSA members get free shipping and save 10%. <http://www.venicebakery.com/?AFFID=52052>.**

**Shabtai-Gourmet Gluten Free Bakery** currently offers \$5.95 flat rate shipping on web orders across the United States. Remember you can freeze our sweets at home for more than 6 months! We can ship to your home, hotel, friends and family homes. Where ever you want, and as much as you want, for only \$5.95!

#### **Partial List of GF Products from B&G Foods:**

**Ortega Salsas:** Black Bean & Corn (Mexican), Garden Mild & Medium, Original Mild & Medium, Roasted Garlic, Picante Mild, Medium & Hot, Thick & Chunky Mild & Medium, Salsa Verde, Salsa Con Queso.

**Ortega Seasonings:** Taco Meat Mix, Chipotle Mix, Taco 40% less sodium Mix, Guacamole Mix, Jalapeno & Onion Mix.

**Ortega Taco Sauce**— Mild, Medium & Hot, Green

**Joan of Arc®:** Light & Dark Red Kidney Beans, Red Beans, Black Beans, Pinto Beans, Butter Beans, Great Northern Beans, Garbanzo Beans.

**B&M® Baked Beans**— All Varieties

**Brer Rabbit® Molasses**— Mild, Full and Blackstrap

**Brer Rabbit® Syrup**— Light & Full

**Grandma's® Molasses**— Original and Robust

**Katz has developed hamburger buns!** If you are not 100% satisfied they will refund your money! BUY 3 PACKS of BUNS, GET THE 4th FREE!! Simply add 4 packs to your cart, and use coupon code BBQ! Remember, any order \$30 or more qualifies for free shipping!

From **Sarah Edwards:** "I found **Ava Anderson non-toxic certified gluten free lip products**, and the prices were not inflated! I did contact the company and they assured me that their products are certified gluten-free and that they are in the process of adding this to the labels of all of their products. They are also produced in a gluten-free facility.

**Frontier Soups** produce 31 GF soup mixes. Laboratory testing by the Institute of Agriculture and Natural Resources Food Allergy Research and Resource Program at the University of Nebraska verifies that the gluten content in the 31 mixes is below level of quantification (BLQ). A BLQ test result translates to less than 5 parts per million in the dried ingredients. Frontier worked through the CSA to make sure it was meeting the standards for GF labeling. The company searched out GF corn pasta (Romania) and substituted it for semolina pasta in the Connecticut Cottage Chicken Noodle, Ohio Valley Vegetable, and Wisconsin Lakeshore Wild Rice soups. The soups contain no MSG or preservatives and carry a GF label. The mixes are available in fine specialty food and gift stores throughout the country, by mail order, or directly from the company.

[www.frontiersoups.com/c-gluten-free-soups.html](http://www.frontiersoups.com/c-gluten-free-soups.html)

## OTHER INFORMATION

**SPOTLIGHT:** If you remember, at the February meeting, Shelly Asplin, RDL, and Megan Ringenberg came from the CSA office in Omaha to do a presentation. They were “in awe” of our Central Iowa Celiac Connection and asked if they could “spotlight” us in one of the CSA Lifeline Magazines. They asked me to write an article which appeared in the Lifeline magazine which was delivered in April. I hope you all have a chance to read it! You should all feel proud to have made this vital organization what it is today since we are “Celiacs Helping Celiacs”!

Breaking News: **Schär is breaking ground on their first United States manufacturing facility in New Jersey.** This is great news for both Schär and the gluten-free community. Although Schär tries to keep their prices low, they are still importing most of their products from Europe. A manufacturing facility in the United States will help eliminate those international importing costs which will hopefully keep their prices down. Congratulations to Schär USA, Inc. for their United States expansion.

**Whole Foods** is going to open a store in West Des Moines in the line of shops at 42<sup>nd</sup> and University, next to Best Buy. Whole Foods is known for carrying many GF items so that will be a great addition to our options here in the metro area! I understand that the plan is to open in the Spring of 2012! YEAH!

**MIXES FROM THE HEARTLAND** Mixes From The heartland has now finished their new factory located in Tipton Iowa. MFTH, Inc. will have over 300 GF products in Martins Country Store. The store will have bulk GF products and special orders are welcome. MFTH, Inc. will also be at the Des Moines and Davenport Farmers Markets every Saturday starting May 7th. In June they will be at the Cedar Rapids Downtown Farmers Market every other Saturday. Visit their website [www.mixesfromtheheartland.com](http://www.mixesfromtheheartland.com) for more info.

The **Hy-Vee Gluten-Free Listing was updated** on their Hy-Vee Web Site on February 23rd 2011. You may access this listing at: <http://www.hy-vee.com/webres/File/Gluten-Free-Listing0211.pdf> . The products removed from this listing were a result of a supplier change or there is gluten in the facility where the product is manufactured causing the chance of possible cross contamination. If you have any questions or comments regarding the Hy-Vee Gluten-Free Listing or our Hy-Vee Private Label products, please contact Missy Petty, Hy-Vee, Inc. [mpetty@hy-vee.com](mailto:mpetty@hy-vee.com) 1-800-289-8343.

**According to the NFCA (National Foundation for Celiac Awareness) 30% of people diagnosed with CD today are over the age of 60.**

**Celiac Disease Linked to Asthma:** Individuals diagnosed with celiac disease are 60% more likely to develop asthma, according to researchers in Europe. Led by renowned epidemiologist Dr. Jonas Ludvigsson, of Orebro University Hospital and the Karolinska Institutet in Sweden, the research team compared more than 28,000 individuals diagnosed with celiac disease to more than 140,000 individuals who did not have celiac, as reported by [Reuters Health](#). According to the results, individuals with celiac disease were at higher risk of developing asthma. “Indeed, for every 100,000 people with celiac disease, 147 will have asthma that would not have occurred in the absence of the digestive disorder,” the report noted.

March 9, **Kris Morine, Sherry Miller, and I** talked about CD to a group for **Celiac Day at DMACC**. It was a small group but it was another opportunity to get the word out about Celiac disease.

After years of collaboration with the Massachusetts Department of Public Health (MDPH), the Massachusetts Restaurant Association, and celebrity chef and FAAN Ambassador Who Cares, Ming Tsai, the Food Allergy Awareness Act is being implemented throughout Massachusetts. **Restaurants in Massachusetts are now required to display a food allergy awareness poster (developed by FAAN) in the staff area and include a notice on menus and menu boards that reads "*Before placing your order, please inform your server if a person in your party has a food allergy.*"** The new law also includes food allergy training for certified food protection managers via a video featuring Ming Tsai, along with an accompanying training manual, FAAN's *Welcoming Guests with Food Allergies*, as well as allergen awareness training for certified food protection managers. By February 1, 2011, restaurants in Massachusetts have had to have, on staff, a certified food protection manager who has been issued a Massachusetts certificate of allergen awareness training through a training program recognized by the MDPH. New York City, St. Paul MN, and Pennsylvania are proposing similar legislation. I am going to try to put this in front of our legislature to see if there is a chance we might be able to accomplish this in Iowa as well. If any of you have expertise in this area, please contact me and we can work together!

**Chicago area concessions** at Wrigley Field, US Cellular Field, United Center, Ravinia, Toyota Park, and Arlington Race Track, as of March 28, 2011, are **now offering dedicated Gluten Free/Celiac-friendly concessions stands**. Some items offered at these stands will include gluten free beer, loaded nachos, hot dogs with gluten free buns, as well a variety of gluten free snacks (potato chips, gummy bears). They will also use dedicated serving utensils for these gluten free stands, so there is no risk of cross-contamination. Dining areas within each of the stadiums will also be offering more substantial gluten free fare. For instance, Sections 119 and 108 at United Center will offer turkey, brisket, and pulled pork with Sweet Baby Ray's barbecue sauce (gluten free), along with gluten free corned beef and roast beef sandwiches. Cellular Field already offers gluten free sandwiches, ice cream, chocolate chip cookies, and Bard's Tale gluten free beer.

### **Sending Your Gluten-Free Kid to Camp, by Cheryl McEvoy, NFCA Online Content Manager:**

Nothing quite compares to the memories of summer camp. It's a fun and carefree time for kids, and it can be that way no matter what their dietary needs. While gluten-free may have presented a challenge in the past, many camps now welcome children with celiac disease or gluten intolerance. Still nervous about sending your kid to camp? Here are some tips to help you get on the bus. **Consider your options:** There are a variety of camps to choose from, so weigh the advantages of each. Some camps have dedicated gluten-free sessions, while others accommodate specialty diets in mainstream programs. Camp Fire USA Green Country Council, for example, hosts a gluten-free session first each season, according to Camp Service Director Vicki Proctor. The kitchen is also sterilized before the session to keep cross-contamination risks at bay. Overnight camps mean you won't be there to monitor meals, but thanks to awareness, most camps take dietary needs seriously. Day camps may give you the option to pack a lunch each day, but it also means your child could be tempted by gluten-containing foods if the program isn't specifically gluten-free. Some camps offer special gluten-free family weekends, a great option if your child's not quite ready to go it alone. **Research:** Many camps list information about their gluten-free programs online, but how to decide which one is best? Blogs and forums can help you weave through the lists, or consider asking support group members for some recommendations. Author and celiac Katie Chalmers compiled a list of Gluten-Free Summer Camps, a great place to start.



**Camp Oasis** is excited to announce a special camp this summer for children with food allergies and gluten intolerance. It is apparent there is a high desire for a camp experience that is tailored to their individual needs that can provide a safe and fun environment for them and their siblings! Camp Oasis is located just 25 minutes south of Lincoln, near Firth, Ne. We have partnered with several dieticians to develop menus that are nutritious and tasty, but completely free of milk, egg, soy, all nuts, all fish and gluten. A complete menu is available by request. Our cook is trained in food allergy/gluten intolerance meal preparation and serving. Camp Oasis will have a designated

staff member that has successfully completed first aid and CPR available to administer medications as needed throughout the children's stay. All staff is trained in proper administration of an epi pen and will have also completed first aid and CPR. There will be a nurse at camp throughout the day and on call during the night. Older children will carry their own epinephrine auto injectors and trained staff will carry them, at all times, for the younger children that need one. Would you consider letting families, from your area, know about this opportunity for their children? For more information, please contact me at 402-791-2011 or [susan@timberlake.org](mailto:susan@timberlake.org). See [www.oasiscamps.org](http://www.oasiscamps.org)

There's a **list of celiac camps** on the Living Without web site: [www.livingwithout.com](http://www.livingwithout.com).

**NFCA Launches Kids Central:** When a child is diagnosed with celiac disease, everything from school trips to sleepovers is affected. The condition can also be alienating, as snack time and birthday parties suddenly come with concerns. Now, Kids Central is here to help.

Located at [www.CeliacCentral.org/kids](http://www.CeliacCentral.org/kids), the new section will include content for kids, parents and friends who want to learn more about celiac and gluten-free needs. Preliminary content has been posted, with a full launch planned for Fall 2011. The section was launched with help and continuing support from **Froose Brands**, and **Ian's** has already signed on as a sponsor.

We want to add content that *you* and your kids want to see. To help us decide what ends up in Kids Central, take [NFCA's Kids Central Parents Survey](#). It only takes 5 minutes to complete, and your responses will have a direct impact on what we create.

**Help Build the World's Largest Gluten-Free Cake:** Cookbook author Jules Shepard and the American Celiac Disease Alliance have teamed up to build the world's tallest gluten-free cake and build awareness for celiac disease and the need for FDA regulations at the same time. The event took place on May 4 at the Embassy Suites Hotel in Washington, D.C. You can support this important event by making a donation and signing a petition. Supporters were invited to Washington on May 4 to help frost the 12-foot cake, a task that needs all of our help, symbolically as well as financially. Go to [www.1in133.org](http://www.1in133.org) if you would like to help.

**The following article is quite technical in some areas, but I know there are people in our group with some of the issues discussed below. I thought you might find some of this information interesting.**

## **NEUROLOGICAL MANIFESTATIONS OF CELIAC DISEASE IN CHILDREN AND ADULTS**

EUROPEAN NEUROLOGICAL JOURNAL - REVIEW ARTICLE

Aaron Lerner<sup>1</sup>, Badira F. Makhoul<sup>2</sup> and Rami Eliakim<sup>3</sup>

**Affiliation :** 1Pediatric Gastroenterology and nutrition Unit, Carmel Medical Center and 2Department of Gastroenterology, Rambam Health Care Campus and 1,2Bruce Rappaport School of Medicine, Technion-Israel institute of Technology, Haifa, Israel

### **ABSTRACT**

Celiac disease (CD) is a common, life-long, autoimmune condition, affecting the small intestine of genetically susceptible individuals. The classical clinical picture is disappearing as awareness progresses and the extra-intestinal presentation is emerging. Skin, endocrine, hepatic, skeletal, hematological, gynecological, infertility, dental, and behavioral abnormalities are emerging. Among the new growing domains is the extra-intestinal presentation of CD affecting the peripheral and central neurological systems. This review highlights neurological presentations in these patients, focusing on the clinical signs/symptoms in the pediatric and the adult age group, separately.

Correspondence: Rami Eliakim, Department of Gastroenterology, Rambam Health Care Campus, Bat Galim, Haifa, Israel, 31096. Tel: +972-4-854-3784; Fax: +972-4-854-3058; e-mail: [r\\_eliakim@rambam.health.gov.il](mailto:r_eliakim@rambam.health.gov.il)

## INTRODUCTION

Celiac disease (CD) is a life-long autoimmune condition [1] of the gastrointestinal tract, affecting the small intestine of genetically susceptible individuals. Gluten, which is the storage protein of wheat and its alcohol-soluble gliadins, are the offending inducers of the disease together with structurally related molecules found in barley and rye. Nevertheless, additional environmental factors such as infections might play a role in CD induction [2]. Tissue transglutaminase (tTG) is the autoantigen against which the abnormal immune response is directed to [3] and two main auto antibodies: anti-endomysium and anti-tTG are the most useful serological markers to screen for the disease [4]. Recently, two additional autoantibodies, namely, anti-deaminated gliadin peptide and anti-neopeptide tTG were found to be reliable for CD screening [5]. HLA-DQ2 and HLA-DQ8 molecules are the most important, so far known, predisposing genetic factors. A lot is known on the pathogenesis of the disease. The sequential chain of events operating in the disease was recently unraveled, and gives the hope for future therapeutic strategies [6]. Furthermore, its epidemiology, prevalence and clinical presentation are changing constantly and with time; new clinical presentations are depicted and widen the plethora of clinical variability of CD [7]. It has been shown that the classical intestinal clinical picture is disappearing and the extra-intestinal presentation is emerging. Skin, endocrine, hepatic, skeletal, hematological, gynecological, infertility, dental, and behavioral abnormalities are often described (Table 1) [8]. With the growing awareness of family practitioners, hematologists and gastroenterologists, and now gynecologists and neurologists, the diagnosis of CD is increasingly being made in adults. About 20% of the newly diagnosed cases occur in patients older than 60 years of age [9]. One of the growing domains is the extra-intestinal presentations of CD affecting the peripheral and central neurological systems [10–17]. Epilepsy, cerebellar ataxia, peripheral neuropathy, myoclonic ataxia, progressive leukoencephalopathy, cerebral vasculitis, dementia, migraine, chorea, brain stem dysfunction, myelopathy, mononeuritis multiplex, and Guillain–Barre-like syndrome were described. More recently, a range of “soft” neurological disorders were found to be associated with CD. Chronic headaches, developmental delay, hypotonia, learning disorders, or attention-deficient/hyperactivity disorder appeared in the literature [10]. Parts of these presentations are age-dependent. This review highlights those neurological pictures along the human life-span, focusing on the clinical signs/symptoms in the pediatric and the adult age group, separately.

### NEUROLOGICAL PRESENTATIONS OF ADULT CD

Hadjivassilou and coworkers made the intriguing observation that patients with a variety of cryptogenic neurological disorders including ataxia, neuropathy, myelopathy, and myopathy had high (57%) prevalence of anti-gliadin antibodies (AGA) [18]. Following their publication many studies were published on the association between CD and neurological complication. Looking at it the other way around, neurological complications are reported in 8–10% of CD patients including peripheral neuropathy, myelopathy, cerebellar ataxia, progressive multifocal leukoencephalopathy and epilepsy [19]. Regardless of the etiology, if not promptly treated, CD can cause irreversible neurological damage [19]. In support of this hypothesis, a significant correlation was found between the duration of the disease preceding diagnosis and treatment, and the neurological findings detected even years after the diagnosis [19]. Neurologic symptoms may be the first manifestation of silent CD. CD should therefore be considered in patients manifesting polyneuropathy, ataxia and memory disturbances of unknown etiology [20], or even with neuropsychiatric manifestations like depression, attention deficits, autism, and schizophrenia [21].

#### Cerebellar Ataxia

Cooke and Smith [22] described a group of 16 patients with biopsy proven CD who had gait ataxia and peripheral neuropathy. They postulated that CD was the cause of these neurological abnormalities, as other etiologies were excluded. Thus, to date, patients with ataxia of unknown cause should be screened for CD [12]. The clinical presentation is indistinguishable from other forms of cerebellar ataxia, features including progressive unsteadiness of gait, and limbs [13]. The mean age at onset in their study was 53 years, with both sexes affected equally. Gazed evoked nystagmus and other ocular signs of cerebellar dysfunction are found in up to 80% of cases [23]. Cerebellar atrophy may be detected by MRI in patients with gluten ataxia [13, 24], and post mortem findings demonstrate

atrophy, gliosis, Purkinje cell depletion and degeneration of the posterior columns of the spinal cord [13, 22]. On average, AGA seem to be more prevalent in ataxia than in the general population (30% in ataxic patients compared with 8–12% in controls), suggesting an association between cerebellar degeneration and gluten sensitivity [12, 25]. AGA are found also in genetically determined ataxia and in Huntington's disease [23]. This finding should stimulate interest on the possible mechanism by which a genetically determined ataxia or other neurodegenerative process can result in the generation of antibodies against gluten. The effect of gluten-free diet on ataxia varies [12]. There are few studies, mainly case reports, of the effect of gluten-free diet on the neurological manifestation of gluten sensitivity. Immunomodulation with intravenous immunoglobulins has been reported to be beneficial [26] and thus could be considered if strict gluten-free diet has not resulted in any improvement of the ataxia within a year, or if the ataxia is rapidly progressive [23].

### **Peripheral Neuropathy**

Peripheral neuropathy is the second commonest neurologic manifestation of gluten sensitivity [27]. Evidence for peripheral neuropathy has been found in up to 49% of CD patients [12]. Chronic distal, symmetric, predominantly sensory neuropathy is described most commonly in patients with CD. Motor weakness is rare and confined to the ankles [12, 22]. Mononeuropathy multiplex is another presentation that was reported in patients with CD [28]. Electrodiagnostic studies in patients with a predominantly sensory neuropathy were normal, minimally abnormal, or have typically revealed only axonal changes [29]. Demyelinating changes have been rarely reported [30]. The effect of gluten-free diet on peripheral neuropathy and other neuromuscular disorders associated with CD is equivocal, and although autoimmune mechanisms are likely to be responsible for the peripheral neuropathy described with CD, there is minimal data regarding immunomodulatory treatment.

### **Epilepsy**

The prevalence of CD among epileptic patients has been reported to range from 1:40 to 1:127 [13]. High prevalence of epilepsy (3.5–5.5%) was reported in patients with CD compared with controls [31, 32]. Moreover, it has been suggested that gluten-free diet adhered shortly after the onset of epilepsy can control seizure occurrence and decrease antiepileptic medication but cannot cure the disease [33]. Visakorpi et al. [34] described a unique and rare syndrome of CD with bilateral occipital cerebral calcifications, occurring mainly in the parieto-occipital region and epilepsy.

### **Headache**

Gabrielli et al. reported an association between migraine and CD. CD was found in 4.4% of patients with migraine compared with 0.4% in controls [35]. Headache can be a symptom of CD in its classic, atypical, and silent form that responds to gluten-free diet [36]. Further studies are needed to assess this correlation.

### **Autonomic Neuropathy**

Patients with CD frequently present gastrointestinal abnormalities [37], some of which, like those in upper gut motility, may be related to dysfunction of autonomic nervous system (ANS) [38]. Usai et al. [38] has reported that abnormalities in the ANS were found in 45% of celiac patients affected by upper gastrointestinal symptoms. Moreover it was shown that ANS dysfunction was not affected/improved when patients were on proper gluten-free diet [37].

### **Various Other Neurological Manifestations**

Other neurological manifestations have been described in the form of case reports in adults with CD. These include chorea [39], cerebral vasculitis [40], Huntington's disease [41], neuromyotonia [42], and progressive leukoencephalopathy [43].

## NEUROLOGICAL MANIFESTATIONS IN CHILDREN

The number of publications of neurological manifestation in CD in childhood is far below those in adults, pointing to the fact that most probably it is an age-dependent phenomenon.

### Epilepsy

The increased prevalence of epilepsy among CD patients is known for more than three decades. Table 2 summarizes the major studies in the pediatric age group on the topic. The conclusion that can be drawn from Table 2 is that the prevalence of epilepsy is extremely variable in children. About 0–10.7% of CD children exhibited convulsive disorders and 1.1–2.8% of the children with epilepsy had CD. Furthermore, brain imaging abnormalities range from 0% to 20% in CD patients and neurological disorders. One of the well-characterized syndromes of epilepsy and CD was described in children by Gobbi et al. [44] It includes epilepsy, occipital calcifications, and CD. This manifestation rarely improves on gluten-free diet. However, some favorable outcome was described in childhood complicated epilepsy, even in Lennox–Gastaut variant [45, 46] Despite numerous recommendations in the literature to screen children with neurological problems for CD, or to screen pediatric population with CD for neurological disorders [10, 45–48], there is no consensus and there are contradictive opinions. Recently, Ruggieri et al. [49] reported a low prevalence of neurologic and psychiatric manifestations in CD children. Only 4 epileptics were found among 835 children with CD and in 630 children with neurological disorders who were serologically screened for CD, 7 were found to have positive CD serology, 6 of whom had convulsions. In this “negative” study, the authors concluded that children with neurologic disorders did not exhibit a higher prevalence of CD.

### Peripheral Neuropathy

Peripheral neuropathy is less common than convulsive disorders in the pediatric CD population. Only 1 girl with acute demyelinating neuropathy was found among 835 CD children who were screened neurologically [49]. Two CD children developed a chronic axonal polyneuropathy that continued, with no improvement on gluten-free diet [50, 51]. Two of the 27 children with CD had peripheral polyneuropathy when screened neurologically [52]. The exact pathogenesis of this condition is unclear. There are conflicting reports about the relationship of the neuropathy with gluten or vitamin depletion.

## RARE ADDITIONAL NEUROLOGIC ABNORMALITIES IN CHILDREN WITH CD

### Headaches

About 24.8% of 88 CD children complained of headache. Interestingly, 77.3% of them responded to gluten-free diet. Of the 79 children with headache 5% were diagnosed with CD [52]. The increased incidence in headache led the authors to suggest headaches as a possible atypical presentation of CD in children. Other studies report the contrary, with only 0.35% of a large CD and neurologic population cohort suffering from headache [49].

### Mental Retardation, Bipolar Disorders, Myelopathy

Those were rarely described in the pediatric age group with CD [49, 52].

### “Soft” Neurological Disorders (Hypotonia, Developmental Delay, Attention and Hyperactivity Disorders, and Tics)

Those were found to be more prevalent in pediatric CD (21.6%, 15.5%, 20.7%, 2.4%, respectively) versus general population (3.8%, 3.3%, 10.5%, respectively) [10]. However, a more recent survey disclosed a much lower prevalence, reaching the numbers in the general population [49].

## THE PATHOGENESIS OF NEUROLOGIC MANIFESTATION IN CD

Although a lot of progress was made in understanding the pathogenetic cascade of the intestinal injury in CD, the pathogenic pathways of the neurologic injury have yet to be elucidated. Several hypotheses are suggested [13, 14, 17] (Table 3): 1. Immune-driven mechanism by an autoantibody (antiganglioside or others). These autoantibodies

can arise through molecular mimicry and antibody cross-reactivity to foreign or native components. Of note, AGA were found to react with human cerebellar tissue; anti-Purkinje cell antibodies cross-react with gliadin and gliadin can bind to GM1 ganglioside. There is indirect evidence of a pathogenic involvement of anti-ganglioside antibodies in autoimmune neuropathies [13]. CD is associated with other autoimmune disorders, partly to be due to a shared genetic mimicry (HLA alleles). This raises the question whether such a genetic tendency can explain the neurological complications associated with CD. 2. During the development of the intestinal injury in CD there are processing, degradation, deamination, and molecular changes resulting in the formation of new epitopes. Examples of such a process are two newly used serological markers: the anti-deaminated gliadin peptide and the anti-neo-epitope of the tTG [5]. Deaminated gliadin peptide forms epitopes that transglutaminase antibodies recognize. The neo-epitope formation can induce numerous autoantibodies that can impact intestinal, extra-intestinal, and neurologic components. 3. The major auto-antigen in CD is the tTG. Its specific autoantibody is actively involved in CD genesis. Deposits of this antibody were detected in extra-intestinal locations including around brain vessels wall, mainly in the cerebellum, pons, and medulla. 4. Re-circulation of committed T cells into the human CSF may further enhance gut-primed gliadin-reactive CD4+ T cells. These cells interact with specific B cells resulting in a plethora of local pathogenic autoantibodies. 5. The presence of neuropathy in patients on gluten-free diet has also been reported [53], suggesting direct neurotoxic effect of gluten, and may point to different mechanisms. 6. Diseases associated with CD or dietary deficiencies: Careful investigation must be carried in order to rule out other etiologies for CD neuropathy including diabetes that is associated with CD and may cause small fiber neuropathy, as well as nutritional causes. Folate or vitamins E, B12, B6, and B1 levels should be measured to rule out those deficiencies.

Replacement vitamin therapy, however, does not resolve neurologic clinical symptoms in the majority of cases [21]. Moreover, most neurological patients with CD do not show evidence for any nutritional deficiencies [21].

### **Why CD Children are Protected from Neurological Complications**

Adults with CD are at higher risk of developing neurological and/or psychiatric disturbances compared with children (26% vs 2.6%) [49]. It is also correct on the opposite direction. More adults with neurological/psychiatric presentation are prone to have CD than pediatric patients. Furthermore, many neurological manifestations in the adult CD population are very rarely, if at all, reported in children, cerebellar ataxia being an example. Several mechanisms can explain the above discrepancy: Children with CD are protected against central or peripheral neurological complications by the following ways:

1. Shorter duration of CD. There is a possibility that the developing nervous system is protected against offending agents or the neuronal apparatus needs time to be irreversibly damaged.
2. CD is more symptomatic in the pediatric age group, resulting in earlier dietary therapy.
3. Children adhere to gluten-free diet more than adolescents and adults. Compliance to dietary restrictions may protect them from neurological injury.
4. The pathogenic antibodies (anti-gliadin, anti-tTG, or others) need time to penetrate the nervous system and produce permanent damage.
5. If the neurological complications are mainly of an autoimmune mechanism, it is well established that the autoimmune processes and diseases are age dependent. In summary, neurological manifestations, such as ataxia, epilepsy, and peripheral neuropathy, are increasingly known to be the presenting features of CD. Thus screening for CD should be recommended in many neurological disorders especially when the etiology is not obvious. The prevalence of neurological manifestations in CD is striking, and thus the patient's symptoms must be investigated carefully. The mechanisms underlying the nervous system involvement in CD are not completely identified. Obviously, the patients' gluten-free diet had resolved intestinal symptoms, but had not always cured the neurological manifestations and had not prevented the development of neurological deficit. Thus further studies are required to assess the effect of gluten-free diet and immunomodulation on these disorders and to investigate the



underlying mechanisms of nervous system involvement associated with gluten sensitivity. Disclosures: The authors declare no conflict of interest.

From **Juanita Greener** who found an article on a GF website: a patient was experiencing bloating, gas, and fatigue after eating. She also complained that her ears would sometimes become clogged. She described it like the feeling you get when you're on an airplane. Her other symptoms included post nasal drip and very itchy skin. Sometimes she would wake up in the morning with swollen and irritated eyes. She started using allergy-free laundry detergent and all chemical-free skin and hair products. But nothing changed. After a thorough evaluation of her diet, gluten was found to be the culprit. After starting on a GF diet, the itchy skin stopped in only a few days. Her ears cleared after one week and the post nasal drip was gone! The only symptoms that remained were gas, bloating and some fatigue. A careful look at the gluten-free foods that she was eating, it was evident many of them contained either soy or rice. She eliminated the soy from her diet. The bloating and gas disappeared but she was still tired during the day. She was consuming rice with her daily meals. There is a lot of debate as to whether rice is gluten free or not. Rice itself is gluten free, but enriched rice has been sprayed with a vitamin coating and the coating could contain a gluten based grain. Therefore, she decided to eliminate the rice and her energy level began to improve.

### **University Of Maryland School Of Medicine Researchers Identify Key Pathogenic Differences Between Celiac Disease And Gluten Sensitivity**

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

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

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

In people with celiac disease, gluten sets off an autoimmune reaction in the small intestine. Left undiagnosed and untreated, celiac disease can lead to the development of other autoimmune disorders, as well as osteoporosis, infertility and neurological conditions and, in rare cases, cancer. Unlike celiac disease, gluten sensitivity is not associated with these serious conditions. Common symptoms of gluten sensitivity include abdominal pain similar to irritable bowel syndrome, fatigue, headaches, "foggy mind" or tingling of the extremities. There is also evidence that a subgroup of schizophrenic patients and autistic children might be affected by gluten sensitivity.

The latest research was conducted in collaboration with the Johns Hopkins School of Medicine, the Department of Experimental Medicine of the University of Naples in Italy, and the Institute of Food Sciences in Avellino, Italy. The BMC Medicine article is titled "Divergence of Gut Permeability and Mucosal Immune Gene Expression in Two Gluten-Associated Conditions: Celiac Disease and Gluten Sensitivity." Visit [www.celiaccenter.org](http://www.celiaccenter.org) for more information.

**CLUES TO GLUTEN SENSITIVITY**, by Melinda Beck; From the Wall Street Journal March 15, 2011: Lisa Rayburn felt dizzy, bloated and exhausted. Wynn Avocette suffered migraines and body aches. Stephanie Meade's

4-year-old daughter had constipation and threw temper tantrums. All three tested negative for celiac disease, a severe intolerance to gluten, a protein found in wheat and other grains. But after their doctors ruled out other causes, all three adults did their own research and cut gluten—and saw the symptoms subside.

A new study in the journal *BMC Medicine* may shed some light on why. It shows gluten can set off a distinct reaction in the intestines and the immune system, even in people who don't have celiac disease. "For the first time, we have scientific evidence that indeed, gluten sensitivity not only exists, but is very different from celiac disease," says lead author Alessio Fasano, medical director of the University of Maryland's Center for Celiac Research.

The news will be welcome to people who have suspected a broad range of ailments may be linked to their gluten intake, but have failed to find doctors who agree. "Patients have been told if it wasn't celiac disease, it wasn't anything. It was all in their heads," says Cynthia Kupper, executive director of the nonprofit Gluten Intolerance Group of North America.

The growing market for gluten-free foods, with sales estimated at \$2.6 billion last year, has made it even harder to distinguish a medical insight from a fad. Although much remains unknown, it is clear that gluten—a staple of human diets for 10,000 years—triggers an immune response like an enemy invader in some modern humans. The most basic negative response is an allergic reaction to wheat that quickly brings on hives, congestion, nausea or potentially fatal anaphylaxis. Less than 1% of children have this allergy and most outgrow it by age five. A small number of adults have similar symptoms if they exercise shortly after eating wheat.

At the other extreme is celiac disease, which causes the immune system to mistakenly attack the body's own tissue. Antibodies triggered by gluten flatten the villi, the tiny fingers in the intestines needed to soak up nutrients from food. The initial symptoms are cramping, bloating and diarrhea, similar to irritable bowel syndrome, or IBS, but celiac disease can lead to malnutrition, osteoporosis and other more serious health problems that can result in early death. It can be diagnosed with a blood test, but an intestinal biopsy is needed to be sure.

The incidence of celiac disease is rising sharply—and not just due to greater awareness. Tests comparing old blood samples to recent ones show the rate has increased four-fold in the last 50 years, to at least 1 in 133 Americans. It's also being diagnosed in people as old as 70 who have eaten gluten safely all their lives. "People aren't born with this. Something triggers it and with this dramatic rise in all ages, it must be something pervasive in the environment," says Joseph A. Murray, a gastroenterologist at the Mayo Clinic in Rochester, Minn. One possible culprit: agricultural changes to wheat that have boosted its protein content.

Gluten sensitivity, also known as gluten intolerance, is much more vague. Some experts think as many as 1 in 20 Americans may have some form of it, but there is no test or defined set of symptoms. The most common are IBS-like stomach problems, headaches, fatigue, numbness and depression, but more than 100 symptoms have been loosely linked to gluten intake, which is why it has been so difficult to study. Peter Green, director of the Celiac Disease Center says that research into gluten sensitivity today is roughly where celiac disease was 30 years ago.

In the new study, researchers compared blood samples and intestinal biopsies from 42 subjects with confirmed celiac disease, 26 with suspected gluten sensitivity and 39 healthy controls. Those with gluten sensitivity didn't have the flattened villi, or the "leaky" intestinal walls seen in the subjects with celiac disease. Their immune reactions were different, too. In the gluten-sensitive group, the response came from innate immunity, a primitive system with which the body sets up barriers to repel invaders. The subjects with celiac disease rallied adaptive immunity, a more sophisticated system that develops specific cells to fight foreign bodies. The findings still need to be replicated. How a reaction to gluten could cause such a wide range of symptoms also remains unproven. Dr. Fasano and other experts speculate that once immune cells are mistakenly primed to attack gluten, they can migrate and spread inflammation, even to the brain.

Indeed, Marios Hadjivassiliou, a neurologist in Sheffield, England, says he found deposits of antibodies to gluten in autopsies and brain scans of some patients with ataxia, a condition of impaired balance. Could such findings help explain why some parents of autistic children say their symptoms have improved—sometimes dramatically—when gluten was eliminated from their diets? To date, no scientific studies have emerged to back up such reports.

Dr. Fasano hopes to eventually discover a biomarker specifically for gluten sensitivity. In the meantime, he and other experts recommend that anyone who thinks they have it, be tested for celiac disease first. For now, a gluten-free diet is the only treatment recommended for gluten sensitivity, though some may be able to tolerate small amounts, says Ms. Kupper. "There's a lot more that needs to be done for people with gluten sensitivity," she says. "But at least we now recognize that it's real and that these people aren't crazy."

**Don't forget to mark your calendars now for our next Pot luck July 30 at Lutheran Church of Hope. Please feel free to call me if you need anything!**

**Glutenfreely Yours!**

**Barb Huyette  
515-224-4145**

**Members of The Central Iowa Celiac Connection Steering Committee are: Barb Huyette, Angie Wagner, Lucy Newcomb, Kay Crow, Kathy Titus, Jan Steenson, Cheryl Stayner, Sarah Edwards and Christie Engelbert.**

*Disclaimer: The Central Iowa Celiac Connection is a chapter of the CSA/USA. We have attempted to compile accurate information in this newsletter for the benefit of the members of this group. However, food manufacturers may change the ingredients in their products or their manufacturing process at any time, so always check the ingredient labels. Call the manufacturer if you have questions about their product. Consult your physician if you have any medical concerns.*

## RECIPES

<b>GLUTEN FREE SHREDDED BBQ CHICKEN</b>	<b>ANGIE WAGNER</b>
Ingredients	
6 Chicken Breasts 1 tsp. Garlic Powder 1 tsp. Onion Powder Pinch of Salt 1 26 oz bottle Cookies Original BBQ Sauce	
Directions	
Boil 6 chicken breasts on low heat for 30 minutes. Add garlic powder, onion powder and pinch of salt to water with chicken. Let chicken cool for 30 minutes. You can easily shred the chicken with your fingers. Add chicken and BBQ sauce to crockpot. Cook on high/medium heat until heated thoroughly. Serve on bread/buns.	

<b>GLUTEN FREE SPICE CAKE WITH CREAM CHEESE FROSTING</b>	<b>ANGIE WAGNER</b>
Ingredients	
1 pkg. Full Circle GF Spice Cake Mix 3/4 cup Egg Beaters (substitution for 3 eggs) 2/3 cup Applesauce (substitution for 2/3 c oil) 3/4 cup Water 1 tub Pillsbury Cream Cheese Frosting	
Directions	

Preheat oven to 350 degrees. Lightly grease 9" x 13" pan. In mixing bowl, combine eggs, applesauce and water. Add cake mix and blend well. Bake for approximately 30-36 minutes. Cake is done when toothpick inserted in center comes out clean. After the cake has cooled, top with Pillsbury cream cheese frosting.

<b>GLUTEN FREE BROWNIES WITH CHOCOLATE FUDGE FROSTING</b>	<b>ANGIE WAGNER</b>
Ingredients	
1 pkg. Trader Joe's GF Brownie Baking Mix 1/4 cup Egg Beaters (substitution for 1 egg) 1/2 cup Applesauce (substitution for 1/2 c oil) 1/4 cup Water 1/2 tub Pillsbury Chocolate Fudge Frosting	
Directions	
Preheat oven to 350 degrees. Lightly grease 8" x 8" baking pan. In mixing bowl, combine eggs, applesauce, water and brownie baking mix and blend well. Spread batter evenly in the baking pan. Bake for approximately 30 minutes or until toothpick inserted in center comes out clean. After the brownies have cooled, top with Pillsbury chocolate fudge frosting	

<b>BETTY CROCKER GF YELLOW CAKE MIX</b>	<b>SUE RAWSON</b>
Ingredients	
2/3 c water 1 c applesauce-Musselmans no sugar 2 tsp GF vanilla	

<b>SOUTHWESTERN QUINOA SALAD</b>	<b>MARTHA HAWKINS (from <a href="http://lowfatcooking.about.com">lowfatcooking.about.com</a>)</b>
Ingredients	
1 cup uncooked quinoa 2 cups fat-free, low-sodium gluten-free chicken broth 1 cup fresh or thawed frozen corn 1 15 oz can low-sodium black beans 1 cup grape tomatoes, halved 1/4 cup red onion, finely chopped 1 jalapeno pepper, finely chopped 1/4 cup fresh cilantro, chopped Juice of 1 large lime or 2 small ones (about 1/4 cup) 1 TBSP plus 1 tsp extra virgin olive oil 1/2 tsp cumin	
Directions	
Rinse quinoa thoroughly to rid it of its bitter coating. Place in a 2-quart saucepan with the chicken broth. Bring to a boil. Cover and simmer for 10-15 minutes, until the water is absorbed and the quinoa is fluffy. Allow to cool. Place cooled cooked quinoa in a salad bowl with the corn, black beans, tomatoes, red onion, jalapeno pepper and cilantro. Whisk lime juice, oil, and cumin in a small bowl and drizzle over quinoa salad, then toss. Per Serving: Calories 181, Calories from Fat 34, Total Fat 3.8g (sat 0.4g), Cholesterol 0mg, Sodium 94mg, Carbohydrate 29.8g, Fiber 4.4g, Protein 7g	

<b>FOUR-FRUIT COMPOTE</b>	<b>JOAN BENSON</b>
Ingredients	
1 20 oz can pineapple chunks	

1/2 cup sugar  
 2 TBSP cornstarch  
 1/3 cup orange juice  
 1 TBSP lemon juice  
 1 11 oz can mandarin oranges, drained  
 3 to 4 unpeeled apples, chopped  
 2 to 3 bananas, sliced

**Directions**

Drain pineapple, reserving 3/4 cup juice. In a saucepan, combine sugar and cornstarch. Add pineapple juice, orange juice and lemon juice. Cook and stir over medium heat until thickened and bubbly; cook and stir 1 minute longer. Remove from the heat; set aside. In a bowl, combine pineapple chunks, oranges, apples and bananas. Pour warm sauce over the fruit; stir gently to coat. Cover and refrigerate. Yield: 12-16 servings.

**CRANBERRY CHICKEN SALAD**

**SHELLIE KNIPFER-MCCLELLAN**

**Ingredients**

2 12.5 oz cans of chicken, drained  
 3 celery ribs, diced  
 1/2 red onion, finely chopped  
 1 can diced water chestnuts, drained  
 1/2 cup sweet pickle relish  
 1/2 cup chopped walnuts or pecans  
 1/2 cup dried cranberries  
 1/4 cup spicy mustard  
 Mayo or Miracle Whip to hold together

**Directions**

Mix all together. This is best if refrigerated overnight. Serve on bread, crackers, or by itself.

**CRANBERRY JELL-O SALAD**

**JUDY GAYNOR**

**Ingredients**

1 8 oz. can crushed pineapple  
 2 TBSP lemon juice  
 1/2 cup of water  
 1 can cranberry sauce (whole berry type, not jellied) Ocean Spray is GF  
 1 cup finely chopped celery  
 1 3 oz. package raspberry Jell-o

**Directions**

Drain juice from pineapple. Mix pineapple juice, lemon and water. Heat to near boiling. Use 1.5 qt. bowl. Remove liquid mixture from heat, add Jell-o and stir well. Cool 15 to 20 minutes in refrigerator. Break up cranberry sauce. Add pineapple, celery and cranberry sauce. Mix well. Chill until firm. Servings: 8.

**STRAWBERRY RHUBARB CRUMBLE**

**ELLEN BRAND**

**Strawberry Rhubarb Mixture Ingredients**

1 16oz bag frozen strawberries  
 1 16oz bag frozen rhubarb  
 4 tsp cornstarch  
 3 TBSP sugar

**Crumble Topping Ingredients**

3/4 gluten free flour blend  
 1/2 cup gluten free oats  
 1/2 cup sugar  
 1/2 tsp fine sea salt

8 TBSP unsalted butter, melted
Directions
Place frozen fruit in a mixing bowl, sprinkle on the cornstarch, 3 tablespoons of sugar and give it a toss. Spoon mixture into a 10-inch round baking dish. Make the topping by whisking together the flour blend, oats, ½ cup sugar and salt. Add the melted butter and stir with a spatula or spoon until all the dry ingredients have been moistened with the butter. Crumble the topping over the strawberry rhubarb mixture. Bake for 35-45 minutes, at 350, or until the fruit is bubbly and the toppings have been browned.

<b>SQUASH WITH PRALINE TOPPING</b>	<b>RUTH MCCOY</b>
Ingredients	
2 box (12 oz. ea.) Birds Eye frozen Cooked Winter Squash 4 T. butter 2 eggs – beaten Salt and pepper to taste	
Directions	
Thaw squash. Combine squash and butter; heat in microwave, stirring occasionally. When hot, remove and gradually add eggs, mixing well. Pour into 1-quart dish.	
Topping Ingredients	
1/3 c. brown sugar – firmly packed 1/2 tsp. cinnamon 2 T. softened butter 1/2 c. chopped pecans	
Directions	
Combine and sprinkle over squash. Bake uncovered 350 degrees for 30 minutes. Servings: 6.	

<b>CHOCOLATE WHOOPIE PIES</b>	<b>DEB UMLAND</b>
Ingredients	
1C Sugar 1 Egg 1/2 C Butter, softened 1 tsp. Vanilla 1/2 C Cocoa 1 tsp Baking Soda 1/2 tsp Salt 1/2 tsp Xanthan Gum 2 C GF Flour Mix 1 C Buttermilk	
Filling Ingredients	
3/4 C Butter, softened 1C Powdered Sugar 7 oz Jar Marshmallow Crème 2 tsp Vanilla	
Directions	
In separate bowl sift together GF flour, xanthan gum, cocoa, salt & baking soda. Set aside. In mixing bowl cream butter & sugar together. Beat in egg & vanilla. Then alternating, add the flour mixture & buttermilk. Drop tablespoonfuls onto greased baking sheet. (or teaspoonful for mini pies) Bake at 375 degrees for 8 – 10 minutes. Cool. To make filling mix all ingredients together until well blended. To assemble, sandwich the filling between 2 cookies.	

<b>DUTCH LETTER BARS</b>	<b>DEB UMLAND</b>
Ingredients	
1 C. Butter, softened 2 Eggs 1 8 oz Can Almond Paste 2 C Sugar 2 C GF Flour Mix 1 tsp Xanthan Gum Raw Sugar Sliced Almonds	
Directions	
In a mixing bowl, cream butter & almond paste. Beat in eggs. Add sugar & flour, mix until well blended. Spread into greased 9 X 13 pan. Sprinkle with raw sugar & sliced almonds. Bake at 350 degrees for 30 – 35 minutes. Cool completely before cutting into bars.	

<b>SLOW-COOKER SCALLOPED POTATOES AND HAM</b>	<b>KATHY TITUS</b>
Ingredients	
4 Russet potatoes, peeled and sliced, divided 12-oz pkg. Hormel cubed ham, divided 1 onion sliced, divided 2 Cups Colby Jack shredded cheese, divided 1 can Progresso cream of mushroom soup	
Directions	
<ol style="list-style-type: none"> <li>1. Spray the interior of the slow-cooker with no-stick cooking spray (Pam-Original).</li> <li>2. Layer 1/3 each of the potatoes, ham, cheese, and onion into the cooker.</li> <li>3. Repeat twice.</li> <li>4. Spread soup on top.</li> <li>5. Cover and cook on low 6-8 hours, or until potatoes are tender.</li> </ol>	

<b>MR. DELL'S ORIGINAL POTATO CASSEROLE + GF</b>	<b>LYNNETTE STOUT</b>
Ingredients	
1 bag Mr. Dell's Hash Browns 1/4 C + 2 T Butter or Margarine 1 Can Progresso Creamy Mushroom soup 12 oz Sour Cream 1/2 C Chopped Green Onion (optional) 2 C Shredded Cheddar Cheese 3/4 - 1 C Crushed Corn Flakes or Corn Chex	
Directions	
Preheat oven to 340 degrees. Pour ¼ Cup of melted margarine into a 9"x13" baking dish. Add half bag (about 5 cups) of frozen hash browns. In a separate bowl mix soup, sour cream, and green onions (if desired). Pour half of soup mixture over hash browns, and sprinkle with 1 Cup of shredded cheese. Add remainder of hash browns (adding another layer), spread remaining soup mixture over hash browns. Sprinkle with remaining cheese, then cover with crushed cereal. Drizzle 2 Tablespoons of melted margarine on top. Bake for 60 minutes.	

<b>LEMON POPPY SEED BREAD</b>	<b>SUSAN KROSKA</b>
Ingredients	
1 GF Yellow cake mix 1 Jell-O coconut cream instant pudding 4 oz. 4 eggs	

1/2 cup oil 1 cup hot water
Directions
Pre-heat oven to 350 degrees. Combine all ingredients and beat about 2 minutes. Add 1/4 cup poppy seed. Grease 2 full sized bread pans and pour in batter evenly. Bake for approx. 50 minutes or until toothpick comes out clean.

<b>APPLE SALAD</b>	<b>JOHN &amp; NANCY YOUNG</b>
Ingredients	
Gala apples Grapes Bananas Pecans Miniature marshmallows Celery	
Dressing Ingredients	
GF Hellmann's Light Mayo Powdered Sugar Coffee Mate	
Directions	
Mix all three ingredients and spread over salad.	

<b>WHITE CAKE WITH STRAWBERRY ICING</b>	<b>KAY CROW</b>
Ingredients	
1 Kinnikinnick white cake mix, but I only used whites of the eggs and beat them in a separate bowl until soft peaks; then folded them into the cake batter. I used Pillsbury frosting. 1 can strawberry, 1/2 can vanilla, 3 T softened cream cheese.	

<b>SUNSHINE FRUIT DIP OR FRUIT SALAD</b>	<b>MYRNA BATTLES</b>
Ingredients	
1/2 C. sugar 1 box instant vanilla pudding mix 3/4 C. pineapple juice 1 1/2 C. milk 2 Tbsp. cornstarch 1/2 carton Cool Whip 2 Tbsp. butter grated orange rind	
Directions	
Cook first 4 ingredients until thickened slightly; it will thicken more as it cools. Use the above amount of milk with the pudding mix, which is less than the box calls for. Fold in thickened pineapple juice and grated orange rind. Fold in 1/2 carton Cool Whip. Either use as a fruit dip or as a fruit salad. Could add pineapple tidbits, red grapes, mandarin oranges.	

<b>COCOA-COLA CAKE</b>	<b>DIANE MCELROY</b>
Ingredients	
2 cups sugar 2 cups gluten free flour mix 1 1/2 tsp xanthan gum 1/2 cup vegetable oil 1/2 cup butter or margarine	



1/3 cup Hershey's Cocoa  
 1 cup cola (not diet)  
 1 1/2 cups gluten free miniature marshmallows  
 1/2 cup buttermilk  
 1 tsp baking soda  
 2 eggs, slightly beaten  
 1 tsp vanilla extract

**Directions**

Preheat the oven to 350 degrees. Grease a 13x9x2" rectangular pan. In a large mixing bowl, combine the sugar, flour, and xanthan gum. Set aside. In a medium saucepan, combine the oil, butter, cocoa and cola. Bring the mixture to a boil over medium heat, stirring constantly. Add the chocolate mixture to the sugar mixture. Beat until smooth. Stir in the marshmallows. Add the buttermilk, baking soda, eggs, and vanilla; blend well. Pour the batter into the greased pan. Bake for 40-45 minutes or until a toothpick inserted in the center comes out clean. Servings: 12-15. Note: A mixture of 1 1/2 tsp of vinegar plus a 1/2 cup of milk can be used instead of buttermilk.

<b>MOIST BROWNIES</b>	<b>SHARON GRIMM</b>
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**Ingredients**

2 c sugar  
 Dash of salt  
 1 1/4 c GF Bisquick or GF baking mix  
 4 eggs  
 1/4 c potato flour  
 2 tsp vanilla  
 1/2 c cocoa  
 1/2 c honey or white corn syrup  
 2 stick oleo  
 1 c walnuts

**Directions**

Bake 375 for 33-35 min. in 9x13 greased pan. Let cool, frost, cut into bars Put in refrig for 24 hours to allow moisture to spread thru bars

<b>POTATO SALAD</b>	<b>MILDA CONTRERAS</b>
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**Ingredients**

8 med sized potatoes  
 3 eggs  
 4 squirts of mustard  
 8 Tbsp mayonnaise  
 1/8 tsp pepper

**Directions**

Wash potatoes then boil potatoes with the 3 whole eggs for 45-60 minutes. Once eggs and potatoes are ready, drain and let cool. Peel potatoes and eggs. Dice both into small pieces. Mix all ingredients in bowl then chill.

<b>CHEX BRITTLE</b>	<b>TRACY BERRYHILL</b>
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**Ingredients**

8 c Rice Chex  
 1 c salted peanuts  
 1 14 oz can sweetened condensed milk  
 1 tsp vanilla

**Directions**

Heat over to 325. Spray two 15x10x1 pans In large bowl, mix ingredients until evenly coated. Spread in pans in single layer. Bake 12 minutes. Spread on waxed paper to cool (about 15 min). Break into pieces. Store in air tight container.

<b>MARINATED BEAN SALAD</b>	<b>BARB MITMAN</b>
Ingredients	
1 can each – cut green beans, green lima beans, wax beans and red beans 1/3 c Fastco corn oil 2/3 c Heinz apple cider vinegar 3/4 c sugar 1 onion 1 green pepper 2-3 stalks of celery	
Directions	
Rinse all beans in cold water and set aside. Mix oil, vinegar and sugar in small saucepan. Bring to boil, cool and pour over beans. Chop remaining vegetables and add to salad. Marinate overnight and serve.	

<b>FRUITY PEBBLES NESTS</b>	
Ingredients	
Cocoa Pebbles HyVee Marshmallows Butter Starburst Jelly Beans	

<b>FRUITY PEBBLES BARS</b>	
Ingredients	
Fruity Pebbles HyVee Marshmallows Butter	

<b>PEACH CRUMBLE</b>	
Ingredients	
1 can (1 lb 13 oz) canned peaches 1/4 c packed brown sugar 2 T corn starch 1/2 tsp cinnamon	
Topping Ingredients	
1 c GF four 3/4 c sugar 1 tsp baking powder 1/4 tsp cinnamon 1 beaten egg 1/2 c butter	
Directions	
Place can of sliced peaches in shallow 2 ½ qt baking dish. Combine brown sugar, corn starch, cinnamon. Sprinkle over peaches. In a mixing bowl combine GF flour, sugar, baking powder, cinnamon. Stir in 1 egg and mix well. Mix it by cutting into the flour mixture until it resembles course crumbs. Sprinkle this over the peaches. Melt butter and pour over the topping. Bake 375 for 35-40 minutes.	

<b>AMY'S 3-CHEESE MASHED POTATOES</b>	
Ingredients	
5 lbs white potatoes – peeled, cooked & mashed 1/4 c bleu cheese crumbles 1 c cheddar cheese	

1/4 c parmesan cheese 8 oz sour cream 1/4 c fresh chives (chopped) save some for garnish
Directions
Mix everything except potatoes in large bowl. Fold in potatoes. Spoon into large baker & bake 350 for 35 minutes. Garnish with remaining chives.

<b>GLUTEN FREE SNICKERDOODLE CHEX MIX</b>	<b>JEFF GEORGE</b>
Ingredients	
1/4 c sugar 1 tsp cinnamon 2 c Cinnamon Chex cereal 2 c Chocolate Chex cereal 4 c popped popcorn 1/4 c butter or margarine	
Directions	
In small bowl, mix sugar and cinnamon; set aside. In large microwavable bowl, mix cereals and popcorn. In 1-cup microwavable measuring cup, microwave butter uncovered on high about 40 seconds or until melted. Pour over cereal mixture, stirring until evenly coated. Microwave uncovered on high 2 minutes, stirring after 1 minute. Sprinkle half of the sugar mixture evenly over cereal mixture; stir. Sprinkle with remaining sugar mixture; stir. Microwave 1 minute longer. Spread on waxed paper or paper towels to cool. Store in airtight container.	

<b>PESTO PASTA SALAD</b>	<b>KAY CROW</b>
Ingredients	
1 pkg GF pasta 1 pint chopped tomatoes 1/2 c pesto 4 Tbsps white balsamic vinegar 1/4 c extra virgin olive oil 1 c mozzarella cheese chunks (optional)	
Directions	
Cook pasta only till al dente-about 6 minutes. Rinse under cold water and drain. Toss with 2 Tbsps olive oil to prevent sticking. Combine pesto, vinegar and olive oil and toss with pasta and add tomatoes. I topped mine with chunks of mozzarella cheese.	

<b>TACO SALAD</b>	<b>SHERRY FRY</b>
Ingredients	
1 bag Cool Ranch Doritos (crushed) 1 ½ lb browned hamburger 1 head lettuce 3/4 c grated cheddar cheese 1 can pinto beans-drained Chopped tomato (optional) Chopped green pepper (optional)	
Dressing Ingredients	
1/2 c mayo 1/2 c ketchup 1/2 c taco sauce	

<b>SWEET AND SPICY PEPPERNUTS</b>	
Ingredients	
1 c brown sugar 4 Tbsp margarine 1 egg 1 c white rice flour 1/2 tsp xanthan gum 1/4 tsp each – baking soda, cinnamon, cloves, ginger	
Directions	
Mix in order given. Roll into balls. May be rolled in sugar if desired. Bake 375 for 10 minutes	

<b>GLUTEN FREE MONSTER COOKIES</b>	<b>HEIDI WUBBEN</b>
Ingredients	
1 c chunky peanut butter 1 c packed brown sugar 1 egg 1 tsp baking soda 1/2 tsp vanilla extract 1 c mini chocolate chips 1 c mini M&Ms	
Directions	
Preheat oven to 350 Mix first 5 ingredients in medium bowl. Using moistened hands, form generous 1 tablespoon dough into ball. Arrange on ungreased baking sheet, spacing 2 inches apart. Bake until puffed, golden on bottom, and still soft to touch in center (about 9-10 minutes).	

<b>CHEESY CREAMED CORN</b>	<b>CHRISTIE ENGELBERT</b>
Ingredients	
3 pkgs (16 oz each) frozen Birds Eye corn 2 pkgs (one 9 oz and one 3 oz) cream cheese, cubed 1/4 c butter or margarine cubed 3 Tbsp water 3 Tbsp milk 2 Tbsp sugar 6 slices process American cheese, cut into small pieces	
Directions	
Combine all ingredients in a slow cooker; mix well. Cover and cook on low for 4 hours or until heated through and the cheese is melted. Stir well before serving.	

<b>KEY LIME CHEESECAKE WITH GINGER CRUST</b>	<b>KAY CROW</b>
Ingredients	
1 1/2 c graham crack crumbs or gingersnap crumbs or combination of both 6 Tbsp melted butter (4 if using gingersnaps) 24 oz cream cheese softened 1 c sugar (1/2 c more if you don't like it too tart) 1 Tbsp cornstarch 3 eggs 1 Tbsp fresh grated lime zest 2/3 c key lime juice Whipped topping	
Directions	
Combine crumbs with butter and press into bottom of spring form pan. Refrigerate. Beat cream cheese, sugar,	

lime zest and cornstarch until smooth. Beat in eggs one at a time. Add key lime juice with mixer on low. Do not over beat or cake will crack during baking. Pour batter into cooled crust. Bake at 300 for 60 minutes or until set. When cheesecake is set, turn oven off and let stand in oven for 30 minutes with door slightly open. When cool top with whipped topping. Refrigerate overnight

<b>SWEET POTATO CASSEROLE WITH PINEAPPLE-PECAN TOPPING</b>	<b>SUE BRINKER</b>
Ingredients	
1 large can 14-15 oz) sweet potatoes, drained 2 large eggs 2 Tbsp unsalted butter 2 Tbsp packed light brown sugar 3/4 tsp salt 1/2 tsp ground cinnamon 1/2 tsp freshly grated nutmeg 1 small can (8 oz) pineapple tidbits, drained 1.4 c chopped pecans	
Directions	
Place rack in middle of oven. Preheat oven to 375. Generously grease 8" baking dish. In medium bowl, mash sweet potatoes. Stir in eggs, butter, half of the sugar, salt, cinnamon and nutmeg until thoroughly blended. Spread in baking dish. In a small bowl, combine pineapple, pecans and remaining sugar and sprinkle mixture over sweet potatoes. Coat with cooking spray and cover with foil. Bake 25-30 min. Remove foil and spray with cooking spray again. Bake another 10-15 minutes or until top is browned and bubbly. Serve immediately	

<b>AU GRATIN POTATOES</b>	<b>JAN STEENSON</b>
Ingredients	
3 T butter 1 1/2 T corn starch 1 1/2 tsp salt 1/8 tsp pepper 2 C milk 1 C (4 oz) shredded cheddar cheese 5 C thinly sliced peeled potatoes (about 6 medium) 1/2 C chopped onion	
Directions	
In a large saucepan, melt butter over low heat. Stir in corn starch, salt and pepper until smooth. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from heat; stir in cheese until melted. Add potatoes and onion; stir well. Transfer to a greased 2-quart baking dish. Cover and bake at 350 degrees for 1 hour. Uncover; bake 30-40 minutes longer or until the potatoes are tender. Yield: 6-8 servings.	

<b>LEMON SALAD</b>	<b>MARY LEE PHELAN</b>
Ingredients	
3 3 oz pkgs. sugarless lemon jell-o 2 20 oz cans of crushed pineapple (drain and the save juice) 2 21 oz cans of lemon pie filling 1 8 oz container Cool whip	
Directions	
Dissolve jell-o in 1 cup of boiling water. Add the pineapple juice which will be about 2 cups and stir well. Let this cool until egg white stage. Beat with mixer until frothy. Add lemon pie filling and cool whip. Mix well. Stir in pineapple. Pour this into a large casserole bowl or a 9x13" pan. Chill overnight. You may want to make half of this recipe.	

<b>QUINOA SUMMER SALAD</b>	<b>ANNETTE DOVE</b>
Ingredients	
1 cup cooked quinoa 3 TBSP chopped fresh cilantro 1 15 oz can original Rotel 1 TBSP lime juice 1 TBSP chopped purple onion 1/4 cup Italian (GF) salad dressing Sea salt to taste	
Directions	
Cook the quinoa according to directions on package. Add the remaining ingredients to the cooked quinoa. Toss, Chill and Serve.	

<b>ROASTED SPICY MAYONNAISE CHICKEN BREASTS</b>	<b>BARB HUYETTE</b>
Ingredients	
1/2 C. mayonnaise (Hellman's) 2 lemons, zested finely 2 t. paprika 1 t. celery seeds 1 t. salt, plus additional for seasoning 1 t. pepper, plus additional for seasoning Pinch of cayenne pepper (I used Frank's Hot Sauce) 4 boneless, skinless chicken breasts (we cut the breasts into nuggets)	
Directions	
Preheat oven to 425. Line a rimmed baking sheet with parchment paper. In a small bowl, whisk together the mayonnaise, lemon zest, paprika, celery seeds, salt, pepper, and hot sauce or cayenne. Season the chicken with additional salt and pepper to taste. Arrange the chicken on the baking sheet. Slather the mayonnaise mixture over the chicken. Bake until the juices run clear when the chicken is pricked with a fork (about 20-25 min.). Serve hot.	

<b>GLUTEN FREE CHICKEN NUGGETS</b>	<b>BARB HUYETTE</b>
Ingredients	
3 C. Corn Chex Cereal 1/2 C. grated Parmesan cheese 1/2 t. salt 1/2 t. seasoned salt 1/4 t. paprika 1/8 t. garlic powder 3 T. butter or margarine, melted 1 T. milk 1 pound boneless, skinless chicken breasts, cut into 1x1 inch pieces	
Directions	
Heat oven to 400. Line cookie sheet with parchment paper. Crush cereal (I used my blender, or you can crush it in a zip lock bag with a rolling pin). In medium bowl, stir together crushed cereal, cheese, salt, seasoned salt, paprika and garlic powder. In a small bowl, stir together melted butter and milk. Dip chicken into butter mixture, then roll in cereal mixture to coat evenly. Place on cookie sheet. Bake 9 minutes, then turn nuggets over. Bake about 8 minutes longer or until coating is lightly golden brown and chicken is no longer pink in center. Serve with BBQ, honey-mustard or sweet and sour dipping sauces.	

<b>GLUTEN FREE BANANA BREAD</b>	<b>DEANNA WILSON</b> (from leitesculinaria.com)
Ingredients	
<p>4 very ripe bananas, roasted (recipe follows)  1 ½ cups Bob's Red Mill all-purpose gluten-free flour  1 cup granulated sugar  1 tsp baking soda  1 tsp kosher salt  1/2 c (1 stick) unsalted butter, at room temperature, plus more for the pan  2 large eggs  2/3 cup buttermilk  2 tsp vanilla extract  2/3 cup pecans, chopped</p>	
Directions	
<ol style="list-style-type: none"> <li>1. Position an oven rack in the center of the oven. Preheat the oven to 350 degrees. Butter a 9" x 5" loaf pan.</li> <li>2. In a stand mixer fitted with the paddle attachment, combine the flour, sugar, baking soda and salt, mix on low speed until blended. Add the butter and continue to mix on low speed until blended. Add the eggs, increase the speed to medium and blend until smooth. Reduce the speed to low, immediately add the buttermilk, and gradually bring the mixer up to high speed. Continue to mix until the batter is light and fluffy, stopping once or twice to scrape down the sides of the bowl.</li> <li>3. Stir in the bananas, vanilla and pecan just until combined. Scrape the batter into the prepared pan and cover loosely with aluminum foil.</li> <li>4. Bake the banana bread for 1 hour and 15 minute, or until a knife or wooden skewer inserted in the center of the loaf comes out clean. Let the banana bread cool in the pan on a wire rack for 10 minutes. Run a knife around the sides of the pan and then carefully turn the loaf onto the wire rack. Let cool for at least 15 minutes before slicing. If serving the banana bread with cream cheese frosting, let the banana bread cool completely before slicing. (Any leftover bread ought to be wrapped in aluminum foil or plastic wrap and refrigerated for up to 5 days.)</li> </ol>	
Directions to Roast the Bananas	
<ol style="list-style-type: none"> <li>1. Preheat the oven to 350 degrees. Line a rimmed baking sheet with aluminum foil. Arrange the bananas in a row on the prepared baking sheet. Using a paring knife, make 6 small slits in the top side of each banana peel. Roast until the peels are black and bulging, with juices oozing from the vents you created prior to roasting, about 15 minutes for regular-sized bananas. Remove from the oven and let the bananas cool completely on the pan.</li> <li>2. Hold one of the roasted bananas over a bowl and begin peeling the roasted banana. The flesh of the banana should fall out seamlessly. Holding the peel of the banana over the bowl, run your fingers or a spoon along the interior of the skins, as you would a squeegee down a window pane, to extract the caramelized juices. Mash the bananas in the bowl with a fork or a potato masher until no large clumps are visible.</li> </ol>	