



CENTRAL IOWA CELIAC CONNECTION

AUGUST 2015 GF NEWSLETTER AND RECIPES

HELLO TO ALL OUR GLUTEN FREE FRIENDS!

Our Holiday GF pot luck will be November 7th! I thought I would let you know about that right up front! Hope was so generous to give us a date this early! We didn't have a Holiday pot luck in 2014 because Dr. Fasano was here for his presentation. We have always had turkey and all the trimmings, and I hope that will be the case again this year, but we don't know what the situation will be with the availability of turkeys, as well as the price. So I was thinking if that falls through we could always have pot roast and mashed potatoes and gravy. But I would like to know what you all think about that. Julie Beeler was at our August pot luck and offered samples of some of her great BBQ wieners! She has offered to donate some of Beeler's Pure Pork hams, for which we are most grateful! So perhaps we could have some turkey, mashed potatoes and gravy (and dressing!), along with the hams. I would love to know what you all think about this or any other ideas. Please email or call me!!!

Our summer pot luck theme was appetizers, and we had some really great ones, as well as sides, salads and desserts. Thank you all for bringing your great dishes to share.

Thanks to all the wonderful samples:

Wildtree – Paulette Wheeler

Kodi Beverlin from her salon, Kodi, Inc. with all the major give-aways of shampoo and conditioner!

Julie Beeler – Little BBQ Wieners, who has many really great products at Hy-Vee! Don't forget to try some of those Beeler's Pure Pork Products!

Bloomfield Farms donated all the cookie and pancake mixes. LeAnn Larick and I made the chocolate chip cookies and I made the pancakes for tasting. They have 10 different products that are listed in this newsletter, and they would like to get them into the Hy-Vee stores. So please support Bloomfield Farms by asking your favorite Hy-Vee to bring in some of their products. Many people thought that the chocolate chip cookies were as good as the original Nestles chocolate chip cookies! And these are so easy to make, no mixer needed!

NYC Pizza Café cheese pizzas – these were terrific! Their location is 6305 Mills Civic Pkwy STE 3111 WDM, IA, 50266 Work: 515-457-8200. "We use French Meadows Bakery GF pizza crust. The standard protocol for making GF pizza: *Open new cheese and sauce. *Use only the GF equipment for preparation. We have separate pizza cutters, screens, pizza paddles, sauce scoops, etc. *Put into a clean box or on a clean 12" round with fresh wax paper placed on it (so there is not direct contact). We do not have a separate oven/kitchen or separate forks/knives/pizza spatulas/etc. We clean and sanitize all items for everyone/every time and take every step necessary to prevent cross contamination, but cannot guarantee that it will not happen, as we do make our own dough in house. I take a lot of pride in the food that we make and would be more than happy to respond to any questions that people have about our process *but we are not a gluten free facility*; so we cannot state that cross contamination is not a risk and warn people as such."

Specialty Cakes and More – DiAnn Neumayer (fabulous cakes!). Some of her pastries are sold at some Hy-Vees!

Coffee from Friedrich's – Colleen Meyer.

Thanks to **Kathy Titus** for facilitating the children's program, and for engaging the volunteers from Waukee and Valley High Schools involved in the **Silver Chord Volunteer Program**. We appreciate their help! Thanks also to the **steering committee, Amber Huber** for her help with the library, **Barbara Moore and Nancy Young** for the help with the pot luck.

The Central Iowa Celiac Connection offers a "**Newbie's Group**" for individuals during the first 6 months after being diagnosed with celiac disease. This group is held at Lutheran Church of Hope the second Monday of each month, 7:00 pm. This allows for a small group atmosphere to encourage questions. **Christie Engelbert** is the facilitator for this group and provides lots of valuable information.

We hope that we would never have to worry about gluten entering into our potluck buffet, and we all strive to make these pot lucks safe for all of us who require a strict GF diet. If anyone ever has a problem after a pot luck I would appreciate it if you would call or email me, 515-224-4145 or huyette@dwx.com.

If you would like to ride in the back of the pick-up truck during the **Iowa State Fair parade** to help promote celiac disease awareness please contact Denise Menzel at 515-285-7284, or email at: dsmceliacwalk@gmail.com or come **Wednesday, August 12, at 6:15. We are #42 in the line-up, and we meet on the east side of the Capitol to wait our turn to go.**

Denise Menzel talked about the next Making Tracks for Celiacs. **October 24, 2015**, is the date for the third annual celiac disease awareness walk. The registration for the walk begins at 8 a.m. on the third floor/food court area of the Kaleidoscope at the Hub (555 Walnut) with the walk through the skywalks starting at 9 a.m. Just remember, you can walk a block, a mile, 2 miles or as far as you like. It's whatever you chose! **Free parking** is available at the City of Des Moines parking garage at 5th and Walnut. After entering the north elevator, press "S" to get to the skywalk level, exit to your left, walk across the skywalk, follow the signs into the Kaleidoscope, and take the escalator up to the third floor.

There will be a gluten free food drive to be donated to the Des Moines Area Religious Council's food pantry, along with a raffle of great prizes, gluten free vendors selling delicious goodies, and a craft for the kids to make. Register on line at celiacwalk.org before October 1 to be guaranteed a t-shirt. As this is a fundraiser for research and local awareness activities, bring the donations you collect from friends and family to the walk as 25% of the funds raised stay in central Iowa with the remaining 75% going to research. Email us with questions or to volunteer at: dsmceliacwalk@gmail.com. Like on Facebook at **Making Tracks for Celiacs: Des Moines**.

PRODUCT INFORMATION

Bloomfield Farms provided the cookies and pancakes on the sample table at the August pot luck. The brownie mix is absolutely delicious as well. I have not tried all the mixes, but we should encourage Hy-Vees to bring these products in to their stores! Bloomfield Farms offers the following mixes:

1. All Purpose Baking Mix
2. Pancake & Waffle Mix
3. Pizza Dough Mix
4. Brownie Mix

5. Cornbread & Muffin Mix
6. Cookie Mix
7. Cake Mix
8. Muffin Mix
9. Seasoned Flour
10. Loaf Bread Mix

There are gluten free corn dogs new at the Fair this year!!!

MyBread Gluten Free Bakery in Chicago has developed their own gluten-free flatbreads/pitas. They have just become available in a number of your local Hy-Vee locations and the Des Moines Whole Foods Market. "We have found one of the best ways to spread the word is to connect with local celiac awareness groups. We would love to send samples or find a way to best connect with local families who are avoiding gluten." Samples will be sent for the November pot luck. Check out their website at www.mybreadbakery.com. I have sampled this flatbread/pita, and I can assure you that you would NEVER know this product is gluten free!

From Lucy Newcomb: There are 2 restaurants in Ames that offer good GF food options. They are The Mandarin, and Market City Grill.

Smallcakes, A Cupcakery, is next to NYC Pizza, and is owned by the same people. It is a national chain and is selling GF cupcakes. They are really good!

One of our members said that the **Main Street Café and Bakery** can accommodate a GF diet. They are making their own GF bread for sandwiches! They also have good GF salads. It is like a deli. The address is 2510 SW White Birch Dr., Ankeny, 50023. Phone 515-964-7141. bene@mainstreetcafeandbakery.com.

Another member was out of town and found the "**most delicious GF Cinnamon Raisin Bread**". The name brand is **Franz**. No one has heard of it here, so I contacted the bakery in Portland, Oregon, to see if we can get some samples, and if the product was sold anywhere around Iowa. They told me that they do not ship the products at this point (right now they only deliver to places in the Northwest), but will be offering the ability to order their products in the next 3 months or so. If you are interested in finding out more about the Franz Bakery GF products you can check out their website at www.franzbakery.com, or find them on Facebook.

Wildtree products are free of preservatives, additives, MSG, high fructose corn syrup, food colorants and dyes, and they maintain a peanut free facility. They are a certified organic handler and processor and boast Certified Gluten free status by the GFCO, an organization run by the Gluten Intolerance Group (GIG). Wildtree products are less than 10 ppm of gluten. **Paulette Wheeler** is the local Wildtree representative. You can shop her website at www.mywildtree.com/paulette. If you have questions about anything, Paulette can be reached at 515-770-4234 or cprwheeler@msn.com.

4C GF Breading is carried at the Indianola Walmart, but we are not sure what other Walmarts carry this product. But one of our members said it is fantastic!

Gorton's Grilled Fish is certified gluten free! They are proud to offer their line of gluten free Grilled Fish items, which are available in a wide variety of flavors and species, "so you won't get bored with the same old seafood. Gorton's gluten free options include **Grilled Tilapia, Grilled Salmon, Grilled Haddock and Grilled Fillets made from flaky white Alaska Pollock**, in a wide range of flavors."

Recently we talked about **Papa Murphy's Pizza** offering GF pizza. I received a flyer as many of you did. There was a coupon in it that read "Buy a regular medium pizza and switch it to a gluten free crust for FREE. Certified gluten free crust is topped in shared kitchen that also handles gluten-containing ingredients. Additional ingredient information can be found at papamurphys.com. Gluten free crust at participating locations and in medium only...." I just wanted you to know how the company explained the gluten free pizza option.

From **Linda Chamberlin**: **Dole has a new line of Gluten Free Garden Soups** just out. I found them at Hy-Vee in the regular soup aisle not the Health Market. They come in a BPA-Free box style package and are Non GMO as well as Gluten Free. There are four types of soup -Tomato Vegetable, Roasted Garlic Tomato Basil, Southwestern Black Bean & Corn, and Sweet Corn.

The **Hy-Vee in Urbandale is offering a new GF cake**. Here is some information on this product: The **Inspired By Happiness** brand is manufactured by The Original Cakerie, a leading manufacturer of desserts for the North American Foodservice and Retail industries. Inspired by Happiness is proud to share the same product standards as The Original Cakerie – using only the highest quality ingredients with an ongoing commitment to ensuring that these ingredients include natural flavors, no artificial colors and trans fat and that our facilities are Kosher and BRC-certified. Inspired by Happiness is proud to be certified gluten-free by the Gluten-Free Certification Program. **Olivia and Shelle Bergman** (members in our group) said these cakes are fabulous! Here are some of the products you might want to try: Heavenly Chocolate Brownie, Honeylicious Ancient Grain Chewy Nut & Seed Bar, Supersize Dreamin' of Chocolate Dark & White Chocolate Layer Cake, Supersize Dreamin' of Strawberries White Chocolate Shortcake.

This is what several of us have been told when calling about Kellogg's Rice Krispies: "Thank you for reaching out to us regarding **Kellogg's® Rice Krispies®** Gluten Free cereal. It's always great to hear from people who are trying to find our foods because it lets us know how much you enjoy them. I am sorry to tell you that Rice Krispies® Gluten Free cereal is discontinued. Due to disappointing sales and manufacturing constraints, we had to make the difficult decision to stop making it. We are aware that we have some very loyal fans and it is very disappointing that it is no longer available.

Although it may be difficult to replace Gluten Free Rice Krispies, we hope you'll consider trying Kellogg's® Special K® Gluten Free Touch of Brown Sugar cereal or one of our other gluten free offerings. We have included a link to a savings coupon in case you would like to try one of them.

The following is a list of gluten free foods:

- **Kellogg's®** Fruit Flavored Snacks
- **Kellogg's® Special K®** Popcorn Chips
- **Kellogg's® Special K®** Gluten Free Cereal - Touch of Brown Sugar
- **Kellogg's® Special K®** Chewy Nut Bars
- **Kellogg's To Go™** Breakfast Shakes
- **Kellogg's® Special K®** Breakfast Shakes
- **Kellogg's® Special K®** Protein Shakes
- **Kellogg's® Eggo®** Gluten Free Waffles - Original and Cinnamon varieties

For some of our products that have recently changed over, you may see both gluten free and non-gluten free labeled packaging on store shelves. Please check and make sure the package is labeled "Gluten Free" before purchasing.

Angie Wagner said that the following GF items are sold at Costco: **Lovely Candy Company Black Licorice** - 2lbs bag for \$7.99; **Lovely Candy Company Sea Salt Caramels** - 26oz bag for \$9.69; **Joseph's Gourmet Pasta Gluten Free Chicken & Kale Raviolis** - 3lbs bag for \$9.97.

Shelle Bergman has said that most sauces at **HuHot Restaurant** are gluten free.

OTHER INFORMATION

Dear Friends,

I am writing to make sure you saw that Mass General was just named the #1 hospital in the nation by *U.S. News & World Report*. I'm proud of the work of Mass General's medical staff who made this accomplishment possible, and we are all humbled by the honor. And I'm also grateful to you. Your support helped us get where we are today – thank you.

Peter L. Slavin, MD

President, Massachusetts General Hospital

Antibody Treatment for Advanced Celiac Disease

This study is currently recruiting participants. (see [Contacts and Locations](#))

[Verified March 2015](#) by National Institutes of Health Clinical Center (CC)

Purpose and Background:

- Celiac disease is a condition where the immune system attacks the cells of the small intestine. The intestine becomes inflamed and cannot digest food properly. The disease most often causes a reaction to foods that contain gluten. Most people can treat celiac disease with a gluten-free diet. However, some people have digestion problems even on a gluten-free diet. Researchers want to try a new antibody therapy for celiac disease. The treatment may block the immune reaction that causes the disease. They will test this antibody in people who have celiac disease that has not responded to a gluten-free diet.

Objectives: To see if antibody therapy is a safe and effective treatment for celiac disease that has not responded to standard treatments.

Eligibility: Individuals at least 18 years of age who have been on a gluten-free diet for 6 to 12 months but still have symptoms of celiac disease.

Design:

- Participants will be screened with a physical exam and medical history. Blood samples will be collected. These samples will help determine if the specific antibody treatment is likely to work.
- Before the start of the study, participants will have a biopsy of the small intestine.
- Participants will receive three doses of the study antibody as injections. These doses will be given 3 weeks apart.
- Treatment will be monitored with blood tests and heart function tests. Participants will also have a second small intestine biopsy within a week after the last dose of the antibody.

Contacts and Locations:

- Choosing to participate in a study is an important personal decision. Talk with your doctor and family members or friends about deciding to join a study. To learn more about this study, you or your doctor

may contact the study research staff using the Contacts provided below. For general information, see [Learn About Clinical Studies](#).

Please refer to this study by its ClinicalTrials.gov identifier: NCT01893775

Contacts:

Contact: Thomas A Waldmann, M.D. (301) 496-6656, tawald@mail.nih.gov

Locations:

Mayo Clinic, Rochester Recruiting

Rochester, Minnesota, United States, 55905

Contact: Carol Van Dyke 507-266-7842 vandyke.carol@mayo.edu

Contact: Deanna Brogan (507) 538-1206 brogan.deanna@mayo.edu

From Jenny Norgaard's E-Nutrition Update:

5 TIPS TO MANAGE LACTOSE INTOLERANCE WITH DAIRY FOODS:

1. Slice or cube natural cheeses, such as mozzarella, cheddar, Colby, Monterey Jack and Swiss, which are low in lactose.
2. Try lactose-free milk and other lactose-free dairy foods.
3. Enjoy yogurt, which contains friendly bacteria to help break down lactose.
4. Sip a small amount of milk and slowly increase to an amount that doesn't cause stomach upset.
5. Eat dairy foods with other foods or with a meal, to help.

The **Iowa Digestive Disease Center** asked me for information on the **Central Iowa Celiac Connection**. They then said they posted it on their Facebook page. We appreciate their support in passing along information on our great support group!

(The following is an interesting article, though I do not agree with some of the statements! People who suffer from non-celiac gluten sensitivity can also become very ill when they eat gluten.)

Health & Science

For many, gluten isn't the villain it gets cracked up to be By Marta Zaraska June 29

Some people go off gluten because they have gastrointestinal problems. Others because they think it will aid with weight loss. Yet others are convinced that a gluten-free diet is more healthful. By one estimate, almost 1 American in 3 reports cutting down on gluten, a mixture of proteins that is found in grains such as wheat, barley and rye. Yet scientists warn that for most people, this may be a bad idea.

For those with celiac disease, eating the wrong foods can be life-threatening. But there's no such danger for people with another condition — non-celiac gluten sensitivity (NCGS) — that has recently gained traction as a reason for going gluten-free.

"Although non-celiac gluten sensitivity appears to be a real problem, a substantial number of people are on a too-restricted diet," says Knut Lundin, a Norwegian gastroenterologist who researches both celiac disease and NCGS.

If it's not a medical necessity, doctors say, going gluten-free could mean a diet that's lacking in important nutrients, damaging to your gut flora and — ironically, for those trying to slim down — making you fat.

Although NCGS has been known in scientific circles since 1970s, researchers can't agree on what it really is. So far, the most common way of defining the condition is saying what it isn't: not celiac disease, not an allergy.

Celiac disease is an autoimmune disorder in which gluten ingestion damages the small intestine, leading to problems with nutrient absorption and sometimes to Type 1 diabetes, multiple sclerosis, infertility, malnutrition, cancer and even early death. About 1 percent of Americans have celiac disease. It can be diagnosed by a blood test followed by a biopsy of the small intestine to look for inflammation.

Wheat allergy, on the other hand, is an immunologic reaction to wheat proteins, including gluten, that affects only about 1 Westerner in 1,000 — though it, too, may kill.

For NCGS, however, there are no tests. If a person complains of certain symptoms — abdominal pain, nausea, bloating, diarrhea or constipation, headaches — the only way of knowing whether gluten is the problem is through a gluten challenge.

According to Umberto Volta, a professor of medicine at Italy's University of Bologna and one of the leading researchers in NCGS, in an ideal world each person suspected of gluten sensitivity would go through a double-blind, placebo-controlled trial. After a few weeks on a gluten-free diet, the person would try different doctor-prescribed products, not knowing whether they contain gluten, and any resulting symptoms would be noted.

"Unfortunately, this procedure is time-consuming and difficult to perform routinely, so it's still confined to the clinical setting," Volta says. Since gluten-free and gluten-containing versions of available food products vary in taste, tests are hard to do. This can lead to a "nocebo effect": If the patient believes he is getting gluten, he may feel worse even if his food is gluten-free. "A thorough assessment of such patients often reveals that other factors, such as small intestinal bacterial overgrowth or lactose intolerance, are responsible for their symptoms," Volta says.

The lack of diagnostic tools and the nocebo effect make it difficult to know how many people have NCGS. Estimates vary widely, ranging from 0.5 percent to 6 percent.

To add to the confusion, lab experiments involving NCGS differ in their outcomes. In 2011, a double-blind, placebo-controlled trial on patients with irritable bowel syndrome, whose symptoms include bloating, diarrhea and nausea, found that they fared worse after consuming gluten. But that study allowed patients to stay on their usual diets, possibly confounding the findings. So lead author Jessica Biesiekierski, a nutritionist at the University of Leuven in Belgium, decided to try reproducing the results in a trial with tighter controls.

"This time we [provided] absolutely everything in terms of food," she says. "But after spending over two years on the second study, we did not reproduce the results." In fact, the symptoms appeared to be caused by a group of carbohydrates — they're known by the [acronym FODMAPs](#) — that don't get broken down and absorbed in the small intestine. They are present in high amounts in wheat and barley but also in milk, onions, apples and many other foods.

[*\[Before you conclude that you're gluten-sensitive, consider FODMAPs\]*](#)

Undiagnosed disease?

Yet a few studies do point to gluten as the likely reason why some people feel bad after eating wheat-based bread or cookies. In one published this year by Volta and his colleagues, 61 adults who believed gluten was behind their intestinal troubles received a placebo pill or one containing gluten daily for a week. "Gluten ingestion resulted in a significantly higher severity of symptoms than placebo," Volta says.

Many researchers believe that some people who think they have gluten sensitivity may in fact be suffering from undiagnosed celiac disease. "In the United States, 83 percent of people who have celiac disease don't know about it. That is why absolutely no one should be going on a gluten-free diet before they have been tested for celiac," says Tricia Thompson, a registered dietitian who specializes in gluten-free diets.

If you do have celiac disease, cutting down on gluten can make you feel better — good enough not to seek medical advice — yet even minimal amounts of gluten will continue damaging your small intestine, raising the

risk of complications. “The problem is that the gluten-free diet as followed by most Americans is not a true gluten-free diet. They probably don’t know that breakfast cereal may have malt flavoring in it; they are not as concerned about cross-contamination,” Thompson says.

A self-prescribed gluten-free diet can mess up celiac diagnosis.

“If you have celiac and you start a gluten-free diet, your gut will normalize and your blood results will normalize, which makes diagnosis difficult,” Lundin says.

Meanwhile, for those who don’t have celiac or NCGS, loading up on gluten may be a good idea.

“Blogs and Web sites are giving gluten a bad name, but both gluten and FODMAPs are beneficial for somebody with a healthy gut,” Biesiekierski says.

For one, gluten — specifically, the amino acid glutamine, which is found in gluten — may boost the immune system. A 2002 review found that glutamine supplementation lowered the risk of infections after surgery.

Second, a diet high in gluten may be good for your heart. In one Canadian study, when adults with elevated LDL cholesterol — often called “bad” cholesterol — increased their consumption of gluten, their serum triglyceride levels (which when elevated suggest cardiovascular health risk) went down by 13 percent within two weeks.

And third, beneficial gut bacteria thrive on gluten. These are the types of bacteria that help with digestion, boost the immune system and keep us lean. A small experiment published in 2009 in the *British Journal of Nutrition* found that just one month on a gluten-free diet significantly reduced levels of good microbes in the gut and increased levels of pathogenic ones such as *E. coli*.

Although it is possible to compose a gluten-free diet that contains all necessary nutrients, doing so is not easy, “Gluten-free diets as typically followed in the United States tend to be low in calcium, iron, folate, B3, B12, phosphorus and zinc,” says Thompson, who 15 years ago was among the first to point out the nutritional pitfalls of going gluten-free.

No way to lose weight!

Of 37 gluten-free products that Thompson analyzed, 30 had smaller amounts of folate — which helps tissue grow — than their gluten-containing counterparts. In another of her studies, 61 percent of gluten-free products had less of vitamins B1, B2 and B3, which are essential for proper function of cells. Also in short supply was iron, needed for the transport of oxygen in the blood.

One reason for these differences is that refined wheat-based products are enriched with vitamins and minerals while almost all gluten-free ones are not. Gluten-free foods also tend to be low in fiber, consumption of which lowers the risk of diabetes and heart disease. (A study in Finland showed that celiac patients consumed only 45 percent as much fiber as did average Finns.)

Can a gluten-free diet at least help you lose weight? More likely just the opposite, experts say. “Frequently patients risk weight gain due to higher caloric content of gluten-free products,” explains Volta.

To make gluten-free products appealing, extra fat and starches are often added, which means more calories. A recent comparison of foods in Spain showed that gluten-free breads, pastas and pastries contained, on average, twice as much fat as their traditional equivalents. This may partially explain why, as several studies have shown, people with celiac disease often put on weight when they start their new regime. A 2006 study found that when 67 overweight adults with celiac disease went on a gluten-free diet for two years, 82 percent of them gained weight. (Some of the weight gain was attributed to better absorption of nutrients because of reduced inflammation of the participants’ intestines.)

Most researchers agree that a gluten-free diet should not be self-prescribed. If you suspect you are sensitive to gluten — perhaps because indulging in bread or cookies results in an upset stomach a few hours later — don’t

alter your diet before you see a doctor or a dietitian. You should get celiac tests done first, since changed eating patterns can affect the results. If they come back negative, a gluten challenge should be the next step.

Once it's clearly established that your symptoms are due to gluten, you may need to take it out of your diet. But proceed cautiously — and make sure you get all your vitamins and minerals.

“Eat quinoa, amaranth and millet, which are fine for people with gluten-related disorders. Look at the ingredients lists and look for products that have a whole grain listed as the first one,” Thompson recommends.

CORRECTION: A previous version of this article incorrectly described a British study as the source of an estimate that 6 percent of people may have non-celiac gluten sensitivity. Both that estimate and the 0.5 percent estimate also mentioned were from American studies.

Zaraska is a freelance writer who focuses on food and nutrition issues.

Thanks to all who emailed your recipes to me for the newsletter before and after the August Pot Luck! I really appreciated that, since it takes me lots of hours to retype all those that were not sent, along with all the ones that don't have email, so saving me time is much appreciated!

There's lots of information on the **Central Iowa Celiac Connection website!** Go to www.celiacsconnect.com. There are some changes being made to update and enhance our site.

The **Celiac Support Association** of the USA has lots of information that would be of interest to all of us needing a gluten free diet. Just go to www.csaceliacs.org, or call 877-csa-4csa (877-272-4272).

Please call or email me if you have a question or concern!

**Glutenfreely Yours,
Barb Huyette, 515-224-4145**

The Central Iowa Celiac Connection Steering Committee Members: Barb Huyette, Angela Wagner, Lucy Newcomb, Kay Crow, Kathy Titus, Christie Engelbert, Lisa Huyette Smith, Micca Guyler, LeAnn Larick, and Kathy Soseman.

The Central Iowa Celiac Connection is a chapter in good standing of the CSA/USA, the largest patient based celiac support system in the western hemisphere. 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

SUN DRIED TOMATO SPREAD/DIP	KATHY SWANSON (DID NOT ATTEND)
2 pkgs. (8 oz .each) cream cheese, softened 2 c. mayonnaise ¼ c. finely chopped onion 4 cloves garlic, minced 1 jar (7 oz.) oil-packed sun-dried tomatoes, drained and chopped 2/3 c. chopped roasted sweet red peppers 2 c. (8 oz.) shredded mozzarella cheese 2 c. (8 oz.) shredded Italian cheese blend 1 c. shredded Parmesan cheese, divided	<ol style="list-style-type: none"> 1. In a large bowl, combine the cream cheese, mayonnaise, onion and garlic until blended. Stir in tomatoes and red peppers. Stir in the mozzarella cheese, Italian cheese blend and ¾ c. of the Parmesan cheese. 2. Transfer to a greased 9x13 in. baking dish. Sprinkle with the remaining Parmesan. Bake, uncovered, at 350 degrees for 18-22 minutes or until edges are bubbly and lightly browned. Serve with crackers (Gluten-free)

ANGEL FOOD CAKE	BARBARA MOORE
1 cup Beth's cake flour blend 3 T. cornstarch 1 1/2 cups sugar, divided 12 large egg whites (1 1/2 cups) at room temperature 1 tsp. vanilla 1/2 tsp. lemon, orange or almond extract (optional) 1/2 tsp. salt 1 1/2 tsp. cream of tartar	Preheat oven to 350 degrees. Place flour blend, cornstarch and 3/4 cup sugar in a medium bowl and whisk together until well blended. Sift and set aside. Place egg whites in the clean, dry bowl of a stand mixer. Add extracts and salt and beat until frothy on medium speed. Sprinkle cream of tartar over the top of whites and beat at high speed until whites form soft peaks. Add remaining 3/4 cup sugar in a slow, steady stream while continuing to beat whites until stiff and shiny, 4 or 5 minutes. Sprinkle 1/2 cup of flour mixture over the top of the whites and fold in. Repeat using 1/2 cup at a time until all ingredients have been folded in. Spoon into an ungreased 10 inch angel food cake pan, preferably one with feet. Place cake in preheated oven and bake 40 to 50 minutes or until the top is golden brown and springs back to the touch and a skewer inserted in the middle comes out clean. Place the pan upside down on a wire rack. Let cool completely, about 1 1/2 hours. (this helps set the structure and keeps the cake from collapsing). To unmold, run a thin knife around the sides of the pan. Invert cake onto a serving plate. Slice cake using a serrated knife.

Beth's cake flour blend: 1 cup sorghum flour, 1 cup white rice flour, ¾ cup cornstarch, 1½ tsp. xanthan gum. Whisk ingredients together until well combined. Makes 2¾ cups. As you can see, this is a long recipe!

PEPPERONI PIZZA PUFFS	CHRISTA PEARSON
Makes 48 mini-muffins 1 ½ cup flour (I used Cup 4 Cup GF flour) 1 ½ teaspoon baking powder 1 ½ tablespoon Italian seasoning	<ol style="list-style-type: none"> 1. Preheat the oven to 375 degrees. Grease a 24-cup mini-muffin pan. In a large bowl, whisk together the flour, baking powder, Italian seasoning, salt and red pepper flakes (if using) ; whisk in the milk and egg. Stir

½ teaspoon garlic salt 1 teaspoon sugar 1 ½ cup whole milk 2 egg lightly beaten 2 cup mozzarella cheese shredded ½ cup Parmesan cheese grated 2 cup pepperoni diced 1 cup pizza sauce or your favorite marinara sauce	in the mozzarella, Parmesan and pepperoni; let stand for 10 minutes. 2. Stir the batter and divide among the mini-muffin cups. Bake until puffed and golden, 20 to 25 minutes. 3. Meanwhile, microwave the pizza sauce until warmed through. Serve the puffs with the pizza sauce for dipping.
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LITTLE WEINER'S SAUCE	SANDY PETERSON
2 pkgs. of little Smokies 1 Cup Catsup 1 Cup BBQ Sauce (Sweet Baby Ray's Hickory & Brown Sugar) ½ Cup Grape Jelly ½ Cup Brown Sugar	Put in a crock pot & heat until warmed through.

BACON AND TOMATO DIP	LYNNETTE STOUT
30 oz. jar of Mayonnaise or Whipped Dressing (used Burman's whipped dressing, labeled GF) 16 oz. Sour Cream (used Friendly Farms, labeled GF) 2 jars of Hormel Real Bacon Bits 2 containers of Grape Tomatoes, cut in fourths (or half)	Mix ingredients and serve with GF crackers. Burman's Whipped Dressing and Friendly Farms Sour Cream are products from Aldi's.

BARBEQUED MEATBALLS	JUDY HAMMEL
1 -28 oz, Farm Rich Gluten & Egg Free meatballs 1 cup Kraft original barbeque sauce 1¼ cup Smucker's concord grape jelly	Put all ingredients in a crock pot and let it simmer on high 3-4 hours. Then serve. I called Kraft and Smuckers. Both looked up the pc number and it is Gluten Free from what they said.

CHOCOLATE HAYSTACKS	JOAN BENSON
1 ½ cups of shoestring potatoes 1 cup semi sweet chocolate chips 1 cup peanut butter chips 1 cup salted Spanish peanuts	Melt chips together in microwave and then stir in shoestring potatoes and peanuts. Drop on wax paper Chill in refrigerator.

SHRIMP DIP	BARB HUYETTE
2 cans small deveined shrimp 1 cup Mayo (not Miracle Whip) – I used Hellman's 8 oz. Cream cheese (Philadelphia or Hy-Vee) Chopped celery to taste Minced onion to taste Frank's RedHot Original Hot Sauce to taste 2 drops lemon juice (add more if after chilling it gets	Mix all ingredients with fork or mixer. Chill and serve with chips, crackers, veggies. May add a drop of red food coloring if desired.

too thick)	
CREAM CHEESE BALL	SUE BRINKER AND BECKY BRINKER
16 oz. cream cheese, softened (HyVee light) 20 oz. can of crushed pineapple, drained (HyVee brand) 2 cups finely chopped pecans ¼ teaspoon dehydrated onion 1 tablespoon Lawry's seasoned salt	Mix together the cream cheese, pineapple and 1 cup of nuts. Add other ingredients. Shape into a ball and refrigerate 4 hours or overnight. Add the remaining cup of nuts on the cheese ball to completely cover it.. Put on serving plate and refrigerate for 1 more hour. I usually divide the cheese ball in half and make two smaller ones. Serve with crackers. I use Blue Diamond Pecan Nut Thins from Hy-Vee.

GRANDMA KNOWLTON'S PIMIENTOCHEESE	GIGI AND ELIZABETH MIREAULT
MAKES ABOUT 3 CUPS 1 ½ cups (packed) finely grated extra-sharp yellow cheddar cheese (about 6 ounces) 1 ½ cups (packed) finely grated extra-sharp white cheddar cheese (about 6 ounces) 1 cup mayonnaise ¼ cup diced drained pimiento peppers from jar, roasted red peppers, or piquillo peppers (about 2 1/2 ounces) ¼ teaspoon cayenne pepper Celery sticks GF Crackers Sliced GF white bread (optional)	Mix first 5 ingredients in medium bowl. Mash with fork to blend well. Season with salt and pepper. Cover; chill until cold, at least 2 hours and up to 3 days. Serve pimiento cheese with celery sticks and GF crackers, or, if desired, spread between 2 slices of GF white bread and cut diagonally to make 4 sandwich triangles.

FRITO SNACK MIX	JILL ENGBERS
10.5 oz bag Fritos 2 cups Rice Chex 2 cups gluten-free pretzels 1 ½ cups nuts	Combine above ingredients in bowl and set aside.
In sauce pan, melt over medium heat: 1 cup packed brown sugar ½ cup butter ½ cup light corn syrup	Let mixture come to boil. Boil 4 minutes without stirring. Pour this over Frito mixture, stirring to coat. Transfer to large roasting pan (line with parchment paper first). Bake at 350 degrees for 8 minutes, stir. Bake another 8 minutes, stir. Transfer mixture to parchment paper lined counter. Let cool. Break into clumps. When cool, sprinkle M&M's over. Store in airtight container for up to a week.

HOT PIZZA DIP	NORMA ROHN
<i>Servings: 10 Recipe from: Midwest Dairy Association, Iowa Food and Family Cookbook, iowafoodandfamily.com</i> 6 ounces light cream cheese ½ cup light sour cream 1 teaspoon oregano	Combine cream cheese, sour cream and oregano in bowl. Stir until smooth. Spread evenly into a small pie plate or quiche pan. Top with pizza sauce, cheeses, peppers and onions. Bake at 350°F for 15 minutes, or until cheese is melted. Serve with gluten free breadsticks or

<p>½ cup pizza sauce 1 cup shredded low-moisture, part-skim Mozzarella cheese ½ cup grated Parmesan cheese ¼ cup diced red peppers ½ cup sliced green onions Blue Diamond Artisan Nut-Thins with Chia Seeds</p>	<p>crackers. Nutrition Per Serving: 110 Calories, 6g Total Fat, 20mg Cholesterol, 300mg Sodium, 5g Carbohydrate, less than 1g Fiber, 7g Protein.</p>
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OLIVE ROLLUPS	CATHY FENTON
<p>2 pkgs Philadelphia Cream Cheese 2 8-oz Hy-Vee Ranch & Dill Dip 1 - 4 ¼ oz. Hy-Vee olives chopped ½ C. onion, chopped fine 1-8 oz. pkg. finely shredded Hy-Vee cheddar cheese Living GFree wraps – Aldi’s</p>	<p>Mix cream cheese, ranch dip, olives and onions. Spread on GFree wraps. Spread cheddar cheese and roll. Refrigerate overnight. Slice into 1 inch slices.</p>

FRIED EGGPLANT	JACKIE JONES
<p>Eggplants GF cornflakes or cornmeal Egg wash</p>	<p>Wash eggplant. Slice and put into egg wash, then dredge in GF cornflakes or cornmeal (I used Southern Homestyle sold at Gateway Market. The product says it is wheat free and gluten free.). Coat both sides of the eggplants. Salt and pepper to taste. Cook in skillet and flip when browned. Make sure not to cook too long. Then dip into Ranch dressing.</p>

ICE BOX PICKLES	LEANN LARICK
<p>7 C. cucumbers, sliced 1 onion, sliced 1 green pepper, sliced 1 T. salt 2 C. white sugar 1 C. vinegar 1 t. celery salt</p>	<p>Combine cucumbers, onions and green peppers. Let stand 1 hour and drain. Add the sugar, vinegar and celery salt. Mix. Place in refrigerator.</p>

PINEAPPLE DIP	NANCY YOUNG
<p>1 large can crushed pineapple, drained Pecans 2 – 8 oz. pkgs. Philadelphia Cream Cheese</p>	<p>Mix all ingredients and form into a ball. Refrigerate.</p>

BLACK BEAN SALSA	CHRISTIE ENGELBERT
<p>2 - 15oz. cans black beans, rinsed and drained 1 – 17oz. can whole kernel corn, drained 2 large tomatoes, seeded and chopped 1 large avocado, peeled and chopped 1/8 to ¼ C. chopped fresh cilantro 3-4 T. lime juice</p>	<p>Combine the ingredients in a large bowl. Cover and chill. Serve with tortilla chips.</p>

2 T. red wine vinegar 1 t. salt ½ t. pepper	
CUCUMBER CUPS	DAWN KEKSTADT
Cucumbers Tuna or Philadelphia Cream Cheese Dill (Litehouse)	Cut cucumbers into thick slices. Scoop out some of the cucumber slices' centers with a melon baller. Fill the center with your choice of filling, in this case tuna or cream cheese, sprinkled with dill. Can also use cottage cheese, veggie dips, hummus, nut butters or yogurt.

HOT DIP	NO NAME
Mild salsa Cheddar cheese Refried Beans	Layer beans first, add salsa, then shredded cheddar cheese.

BUFFALO CHICKEN DIP	NO NAME
2 chicken breasts, cooked and shredded 8 oz. cream cheese ½ C. Ranch dressing 5 T. Buffalo Wild Wing Sauce (we used 3 T.) ¾ C. shredded cheddar cheese	Heat chicken and add wing sauce until heated through. Stir in cream cheese and Ranch dressing. Mix in shredded cheese. Transfer to slow cooker.

FLOURLESS DARK CHOCOLATE COOKIES	NO NAME
(Recipe adapted from the Divine Baker) Nonstick vegetable spray 1½ C bittersweet chocolate chips (about 9 oz.) 3 large egg whites, room temperature 2 C powdered sugar, divided (plus ½ c. for cookie coating) ½ C unsweetened cocoa powder 1 T cornstarch ¼ t salt	Preheat oven to 350. Spray 2 baking sheets with nonstick spray. Melt 1 C. chocolate chips in glass bowl in microwave about 2 minutes, stirring twice. Cool slightly. Using electric mixer, beat egg whites in large bowl to soft peaks. Gradually beat in 1 C. sugar (I halved the sugar here). Continue beating until mixture resembles soft marshmallow cream. Whisk 1 C. sugar, cocoa, cornstarch and salt in medium bowl to blend. On low speed, add dry ingredients into meringue mixture. Mix lukewarm chocolate mixture and ½ C. chocolate chips (dough will be very stiff). Place ½ C. sugar in bowl. Roll 1 rounded T. dough into ball, spacing 2 inches apart. Bake until puffed and tops crack, about 10 min. Cool on sheets on rack 10 min. Transfer to rack, cool. Makes about 24 cookies. Each cookie is approx. 72 calories.

MINI CHEESECAKES	HANNAH KROSKA
1 (12 oz.) pkg. GF vanilla wafers 2 (8 oz.) pkgs. Philadelphia Cream Cheese ¾ C white sugar 2 eggs	Preheat oven to 350. Line miniature muffin tins with miniature paper liners. Crush the vanilla wafers, and place ½ -1 t. of the crushed vanilla wafers into each paper cup. In a mixing bowl, beat cream cheese,

1 t. GF vanilla extract 1 can Mother's Maid cherry pie filling or Smucker's Caramel Sundae sauce	sugar, eggs and vanilla until light and fluffy. Fill each muffin liner with this mixture, almost to the top. Bake for 15 min. Cool. Top with a t. of cherry pie filling or a drizzle of caramel sundae sauce.
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RAW PEANUT BUTTER OATMEAL COOKIES	EMILY SEGAL?
1 C. GF rolled oats Dash sea salt ½ C. raisins ½ C. pitted Medjool dates 2 T. peanut butter (OK to leave out to make nut free) 1 t. vanilla ½ t. cinnamon	Put oats and salt in food processor until finely ground. Add remaining ingredients and process until fully combined. Add a few drops of water if needed to form balls. Form into balls or press into a square pan and cut into squares.

SWEET AND SOUR HAM BALLS	LINDA CHAMBERLIN
2 eggs, lightly beaten 1 C. GF graham cracker crumbs (I used Kinnikinnick GF brand Graham style Crumbs) ¼ C. milk 1 lb. ground cooked ham 1 lb. uncooked ground pork Nonstick cooking spray 2 (9-10 oz.) bottles sweet and sour sauce 2/3 C unsweetened pineapple juice 2/3 C. packed brown sugar ½ t. ground ginger	In a large bowl combine eggs, graham crackers, and milk. Add ground pork and ham and mix well. Shape into sixty 1 inch meatballs. Lightly coat a 10x15x1 inch baking sheet with cooking spray. Arrange meatballs in a single layer. Bake in 370 degree oven for 18-22 min. or until an instant read thermometer registers 160 in the center of a meatball. Meanwhile, in a 3 ½ to 4 quart slow cooker, stir together sweet and sour sauce, pineapple juice, brown sugar and ginger. Add cooked meatballs to cooker and stir to coat with sauce. Cover and cook on low for 3-4 hours or on high setting for 1 ½ to 2 hours. Serve immediately or keep warm on low heat for up to 2 hours.