



# **CENTRAL IOWA CELIAC CONNECTION**

FEBRUARY 2013 GF NEWSLETTER AND RECIPES

## **HELLO TO ALL OUR GLUTEN FREE FRIENDS!**

### **We had a fantastic pot luck on February 9<sup>th</sup>!**

**Our theme was soup and sandwich and salads.** Of course the desserts were incredible! What a treat to have home-made noodle and turkey/chicken soup. We have to **thank Deb Umland and Lucy Newcomb (with the help of Kathy Titus, Crystal Laux and Angie Wagner) for the fantastic egg noodles** they made! It was all so delicious! You'll find their recipes below in the recipe section. Many people brought home-made loaves of bread for the sandwiches, and it was so great to have a chance to taste so many different kinds of bread.

**Our Children's program was lead by Lisa Huyette Smith, Jailene Rodriguez, Hannah Heathman, and Ella Titus.** Thank you all for your participation in this very important part of our pot luck. The children looked like they really enjoyed the activities and loved the things they made. **Thanks to Kathy Titus for planning the activities.**

**Thanks to Michelle Manning for organizing our gluten free library.** Please remember to return the books you borrow at our next pot luck. **Do not leave them at Lutheran Church of Hope.**

**I also want to thank Steve Huyette and Jeff Wagner for their ever-present help with all things!**

**The "Newbie's Group" is held the second Monday of each month for newly diagnosed celiacs. It is organized for those in their first 6 months after diagnosis, although anyone is welcome to attend. Christie Engelbert leads the Newbie's Group. Thanks, Christie!**

## **This is the last newsletter you will receive before the big event April 6 & 7! *This Gluten and Allergen Free Expo* is the premier Expo in the U.S.!**

- **The Expo will be held at Adventureland Inn and Palace Theater in Altoona.** The hours are 10:00-4:00 both days. People can buy **early bird tickets** that will let them in at 9:00 am. Jen Cafferty, President and Founder of the Expo, is anticipating at least 2000 people will attend. We are anticipating that the Expo will draw people from Nebraska, North and South Dakota, Minnesota, and Missouri, as well as all across Iowa. There will be 80-100 vendors at the Expo! **And remember, the vendors will be selling their products as well as giving samples!**
- **Generation Rescue, Hope for Recovery** (Jenny McCarthy's autism support group) will be holding a seminar at the Expo as well. This will attract many families affected by autism that are mostly on gluten & dairy-free diets. **We are still taking requests for those who want to volunteer.** Let me know if you need a form to fill out and send in. There will be 2 shifts per day, and those assignments are made by Expo personnel. I can email forms to anyone who wants to volunteer. **We need 75-100 volunteers and we probably have more than 70 at this point. As a volunteer you get in to the Expo free both days and receive a T-shirt!** There are many sponsors who are supporting this event, and I'm very happy to tell you that **Hy-Vee** and **The Iowa Clinic** are going to be involved! **Spread the word!** Remember, this event is **open to the public!** You can also go to the Expo website [www.gfafexpo.com](http://www.gfafexpo.com). You will see lots of information on vendors, sponsors, and classes. I have put the information about the GLUTEN AND ALLERGEN FREE EXPO on the website of the Greater Des Moines Convention and Visitor's Bureau. If you want to see it you can go to

[www.catchdesmoines.com](http://www.catchdesmoines.com), go to events, and enter the date of April 6 and 7. You can see the Expo info there.

- **I contacted Van Hardin about the Gluten and Allergen Free Expo**, and he talked about it on his show Feb. 25. He also asked me to be a guest on his show **March 27<sup>th</sup> at 8:30 am**. We will talk about gluten free issues and the Expo! Van is a great supporter of our gluten free community! I will also be contacting the Des Moines Register and hope to have the Expo promoted there.
- **I'm sure you know that this Expo will take the place of our April pot luck, so we will see you in June or July for our next pot luck.** I'll send out the date by email as soon as I get it from Lutheran Church of Hope. I will call those of you without email with the date, so please make sure I have your phone number so I can reach you!

**OUR NEW WEBSITE will be ready to go by the end of March, or before. Our new website is [www.celiacconnect.com](http://www.celiacconnect.com).** Steve and I bought that domain name several months ago. Thanks to Adam Gudenkauf for helping us with this major project. As you know our previous website was hacked on 9/11 and destroyed.

**We had some *FANTASTIC SAMPLES* and *GIVE-AWAYS* at our pot luck! We want to thank:**

**Anna Sobaski** brought numerous samples and loaves of her fantastic breads along with wraps.

**Angie** donated some Udi's bread for the sandwiches and for the give-away too.

**Britt Quigley** brought cupcakes and cinnamon rolls from her Sweets Minus Wheat Bakery.

**Glutino** sent samples of Pretzel Sticks, Fudge Covered Pretzels, Strawberry Breakfast Bars, Rosemary and Olive Oil Crackers.

**Ami Frank from Ami's Cakes and Confections** in Ames brought samples of her dinner rolls and French bread.

**Katie Jackson** (Southridge Hy-Vee) donated boxes of NutThins and bags of NutChips to give away.

**Linda Boots** from **Teri's GF Mixes**, Cedar Rapids, brought samples: vegetable pasta soup with smoked sausage, harvest rice soup with chicken, sweet potato brownies, coconut pie, and a strawberry banana pound cake. [[allglutenfreemixes@gmail.com](mailto:allglutenfreemixes@gmail.com)]

**Friedrich's Coffee** donated by Colleen Meyer

**Udi's** samples and give-aways...Mighty Bagels, Double Vanilla Muffins

## FUTURE MEETINGS

**As previously mentioned, we will not have an April pot luck since we are the host city of the Gluten and Allergen Free Expo, and I'm hoping that all of you will attend this fantastic event!** This is a great opportunity to taste many products from all over the country! This is how we can encourage our retail stores to carry the products we think are the best!

**We are unable to get a date for our summer pot luck at this time.** I will send out an email as soon as I can get a date. It will probably be in June or July.

**Gluten-Free Cooking Class - \$10** *Tuesday, March 12th, 5:30 p.m. - 6:30 p.m.* Join your **Mills Civic Hy-Vee** dietitian, Julie Gieseeman, as she demonstrates several gluten-free recipes. Learn some ideas for healthy dishes and taste what's new and exciting in our HealthMarket. A 10% discount will also be provided in the HealthMarket to all class participants. Registration is required by calling (515)225-1193 or e-mail [jgieseman@hy-vee.com](mailto:jgieseman@hy-vee.com)

**Join us at your Southridge Hy-Vee for a Gluten-Free Tasting Event** Thursday, March 14<sup>th</sup> - 4:00 – 6:00 p.m. The Southridge Hy-Vee has newly expanded their HealthMarket section with a wide variety of gluten-free products, located by the pharmacy department. Save 10% off on all HealthMarket items. Look for us in front of the HealthMarket aisle by pharmacy! Bring your family, friends, and neighbors! We

would love to know if you are planning to attend to ensure we have enough goodies to share! **Contact Katie by Thursday, March 7<sup>th</sup>** if you plan to take advantage of this fun gluten-free event on Thursday, March 14<sup>th</sup>! Contact Katie, your Southridge dietitian, for more details, 515-285-6934 or [kjackson@hy-vee.com](mailto:kjackson@hy-vee.com).

**Gluten-Free Happy Hour – FREE** Wednesday, March 20<sup>th</sup> 4-6 p.m. Windsor Heights Hy-Vee HealthMarket (Pre-register by Tuesday, March 19<sup>th</sup>) Do you suffer from celiac disease or know someone who follows a gluten-free diet? Do you have a hard time finding great-tasting gluten-free foods? Then you don't want to miss out on our Gluten-Free Happy Hour! Your Windsor Heights Hy-Vee dietitian, Sydney Jacobson, and HealthMarket manager, Mike Lesan, will be showcasing a variety of gluten-free foods found in our expanded gluten-free section in our HealthMarket. Dianne from specialty cakes will be here displaying and sampling her many varieties of gluten-free cake and Kevin McCarthy will be here from Pinnaclife as well. Register by calling or emailing: 515.279.4225 | [sjacobson@hy-vee.com](mailto:sjacobson@hy-vee.com)

## PRODUCT INFORMATION

One of our members brought up **Girl Scout Cookies**. The corporate headquarters have declared that at this time they **do not offer any cookies suitable for a gluten free diet**. They feel the demand is too small to support making a gluten free cookie.

**Allergy Free Foods GF Chicken Tenders** are sold now at the Urbandale Hy-Vee. These tenders are lightly breaded and so delicious! They are in the frozen section of the GF area.

**The Hy-Vee Health Market Managers that attended the pot luck said that the baked chicken at Hy-Vee does not have any gluten contents but it could be cross-contaminated** in the process of preparation and cooking. Our member that brought the chicken was told the item was gluten free at the time of purchase. The rotisserie chickens however are safe.

New product announced by the CSA: **Naturally Laurie's GF Pasta Entrees and Soup Mixes**.

**Crunchmaster** has come out with 2 new flavors...**Cheesy Crisps and Grammy Crisps** (Cinnamon and Sugar). All Crunchmaster crackers are certified gluten free by the Gluten Free Certification Organization (see <http://www.gfco.org/> for more information). Crunchmaster products are made on dedicated, certified gluten free rice cracker production lines at our plant in Rockford, IL or Henderson, NV using 100% certified gluten free ingredients. In addition, the GFCO process that we follow includes testing of every production run in our internal, gluten testing laboratory prior to shipment for added assurance. These crackers are carried by Hy-Vee and the Walmart on Stagecoach Dr. in WDM.

**The peppermint balls at our November pot luck** on the dessert table were the favorite of many. We had no recipe or name forwarded to me at that time. I asked about this in our potluck date announcement and found that **Ami Frank** made them. She sent the recipe and it is included in the recipe section of this newsletter.

**The Pearson Candy Company** states, "To the best of our knowledge based on the information that we have obtained from our ingredient and packaging suppliers, our entire product line of candies are considered to be GF." [www.pearsoncandy.com](http://www.pearsoncandy.com).

**Dunkin' Donuts** is test-marketing individually wrapped GF baked goods in Florida and Boston locations.

**Arbonne** beauty products are GF.

**Lynn Northcutt** who was providing bakery products as “**2 Girls and a Bakery**” has moved to Mississippi, so will not be available to make custom items.

**Lori Etchen** from the **Iowa Orchard** moved to California so our GF products there will not be available.

**Louie’s Wine Dive** on University in Des Moines can accommodate a gluten free diet. Talk to the chef/owner Jason Kapela before ordering.

**Sam and Gabe’s** in Urbandale have a new gluten free menu. Their food is wonderful.

**The Urban Grill** in Urbandale also can accommodate a gluten free diet and offer GF beer!

**Rudi’s** has redeveloped their bread recipe and call it “Soft and Fluffy” bread.

**Pamela’s recently received notice from four individual consumers that they found what appears to be a single plastic or glass fragment in four different Pamela’s products.**

Although Pamela’s has not verified these claims, Pamela’s is taking precautionary actions to protect consumer safety by voluntarily recalling specific lot codes of the following four products: Baking & Pancake Mix, Chocolate Cake Mix, Chocolate Chunk Cookie Mix, and Peanut Butter Chocolate Chip Cookies. In addition, Pamela’s has informed the FDA and will be working with them.

Pamela’s preliminary investigation has revealed that the likely source is from an ingredient purchased from a supplier. Further investigation is underway. The applicable product date and lot codes have been identified. No other Pamela’s products are involved in this company recall.

There have not been any reports of injuries or illness, with the exception of a claimed chipped tooth. Pamela’s is taking a proactive response. The safety of our consumers and integrity of our products is of our utmost concern. If you have any of the products identified on the recall list set forth below, please return those products to the place of purchase or contact Pamela’s consumer relations at 707.462.6605 for reimbursement or replacement.

Pamela’s Products Voluntary Recall Product Information:

The code date is not the UPC code. The bag mix code date is marked on back upper portion on all mix bags. EXAMPLE: Code date will read: BEST BY OCT 07 2013 2812201. The cookie box code date is listed on the end panel. It is embossed into the end flap. The cookie box code date reads: E 2013 APR 14.

Product Description	Product Code	Date Codes Affected
(1) Baking & Pancake Mix, 24oz	93709-30010	Best By Sep 26 2013
(2) Chocolate Chunk Cookie Mix, 13.6oz	93709-30050	Best By Oct 7 2013
(3) Chocolate Cake Mix, 21oz	93709-30040	Best By Sep 11, 2013 Best By Sep 19, 2013 Best By Oct 4, 2013
(4) Peanut Butter Choc Chip Cookie, 5.29oz	93709-40180	Best By Apr 14, 2013

From **Jeff George**: I have been a fan for two years of "**Mixes from the Heartland**" that is now **Teri's Gluten Free Mixes** that were sampled at our pot luck Saturday. I appreciate her offer to mass deliver the mixes once a month and would be willing to work with others to facilitate this. Please let me know if anyone else is interested in this also. My email is [trek2man@aol.com](mailto:trek2man@aol.com).

**EXCITING NEWS from DiAnn Neumayer** about her NEW GF PRODUCTS now stocked in the regular bakeries of the Hy-Vees. They include gf versions of the bakery's best sellers including white and

chocolate cake, pumpkin bars, brownies and decorated sugar cookies. “These products taste just like the wheat originals, are made with high grade ingredients and are located in the refrigerator bakery sections (not frozen) of most of the Hy-Vee's in the area (to date, Altoona, Ankeny, Westlakes, Mills Civic, Johnston & Grand in WDM). Soon to be at 86th and Windsor Heights and potentially Ames. The bars have also been packaged in small, 2-count containers to keep them affordable! All products are clearly marked with my characteristic hot pink labels to insure the celiac community that they **are not produced in the regular bakery**. Hot pink signage also accompanies them.”

## OTHER INFORMATION

**Angie Wagner was one of the top 3 Udi's Ambassadors of the Year! Congratulations, Angie!**

**From Ruth Kellner, Dream Carriage Rides** and the Carriage House: Contact: Jim Kellner at (515) 890-1661 if interested in a horse drawn carriage ride and catered meal. Jim cooks most of the mels gluten free but make sure to tell him that's what you need when you call. Check out his website at [www.dreamcarriage.com](http://www.dreamcarriage.com). Sounds like fun!

**Fareway ads** are marking the GF items on their ads! This may or may not continue though.

**Gluten-free wheat?** Sounds like a contradiction but wheat could find its way back into the lives (and bellies!) of people with celiac disease in the future. Researchers at Washington State University have been working on genetically engineering wheat that would not be able to make the gluten proteins that cause the auto-immune response in people with celiac disease. Although the process has not been perfected yet, the scientists have been able to create wheat which has reduced levels of the protein complexes that make up gluten, without reducing the desirable baking properties of wheat. While a gluten-free bio-engineered wheat safe for human consumption is still years to come, it could be something to look forward to!

**As we discussed in our April, 2012, meeting (and in the April newsletter) there is a research study on CD that the Iowa Clinic is conducting.** You may qualify for the study if you:

- Are between the ages of 18 and 75 and have been diagnosed with celiac disease;
- Have biopsy proven celiac disease and positive serology test results;
- Have been on a gluten free diet for 12 months or more before the study entry;
- Are still experiencing symptoms when exposed to gluten;
- Have positive serum anti-tTG (IgA or IgG) or DGP (IgA or IgG) antibodies at screening;
- Are willing to maintain your current diet for the duration of the study;
- Satisfy other inclusion criteria.

**To participate in a survey** to determine whether or not you qualify, and to connect to a study site near you, call the Research Nurse Kris Goss at the Iowa Clinic, 515-875-9814. Website: [www.iowaclinic.com](http://www.iowaclinic.com). Some of us don't have a reaction to gluten, even though it is doing damage to the small bowel, so we are not candidates for the study. But I would encourage others to **please consider this project and see if you qualify**.

“We're thrilled to announce an exciting change: **GlutenFreely.com will now be partnering with BettyCrocker.com and LiveBetterAmerica.com**. Starting in early 2013, you'll be able to access our gluten-free recipes on Betty Crocker and gluten-free articles, tips and healthy recipes on Live Better America.”

**The goal of The University of Chicago Celiac Disease Center is simple and straightforward: to find a cure for celiac disease by 2026**, which gives us enough time for intensive, focused research. While the goal is simple to state, making it happen is more challenging. Achieving this goal requires coordinated effort, intensive research, and adequate funding. Fortunately, we have world-renowned celiac disease

experts and researchers leading our organization. Our research team is led by Dr. Bana Jabri, who has contributed to groundbreaking celiac disease research and may be the first to create a mouse model for the disease—a critical key to developing the cure for celiac disease. Under Dr. Jabri's leadership, our team is at the forefront of celiac disease research, sponsoring 28 research projects in the last 10 years. In addition, our staff experts have authored or coauthored a total of 44 published celiac disease studies. Through our research, we're striving to identify new treatments for celiac disease and to find a cure.

**GlutenFreeTravelSite** launched the **DINE GLUTEN FREE iPhone app and Android app**, free companions to our popular website which enables users to find and read detailed peer reviews of **thousands of "gluten free friendly" businesses in the U.S and around the world.** The Gluten Free Dining and Travel REVIEWS, searchable by location, include restaurants, bakeries, markets, resorts, hotels, B&Bs, cruises and even colleges. Now, with the launch of the DINE GLUTEN FREE app for iOS and Android devices, users will be able to access GlutenFreeTravelSite's helpful reviews when "on the go." A search by town or zip code on the app's Search page will reveal a list of businesses reviewed by other people following gluten free diets. One click takes users to the review, where they can also map the business or share the review via social networks. A special reminder service within the DINE GLUTEN FREE app also allows users to save "must try" establishments in areas they'll be visiting -- and then receive an alert on their mobile phone when they're in close proximity.

### **Are you eligible for a gluten-free tax deduction?**

Are you aware that individuals diagnosed with celiac disease are eligible to receive tax deductions for expenses associated with gluten-free products? Understanding the criteria surrounding this deduction can be tricky, however. Here are four things you should know before filing for a Gluten-Free Food Tax Deduction.

**Step 1:** Make sure you have a doctor's note stating you have Celiac Disease.

**Step 2:** Save your receipts from all gluten free purchases throughout the year. If you are interested in receiving your Strictly Gluten Free 2012 receipts kindly respond via **email** and provide us with you name and we will email all your receipts.

**Step 3:** Get organized with all receipts and the cost of the gluten counterparts on the market. This can initially take some time and research but well worth it once a excel spreadsheet has been constructed. Essentially, you need to find out the cost for all gluten free products you purchase, this will be easy since when you buy products from Strictly Gluten Free the receipts are itemized by product and price. Now the challenging part to find the gluten containing products on the market and there price.

For example: the cost for gluten free bread may cost \$5.49 and its counterpart may cost \$1.99, so the amount that can be written off is \$3.50. Hint: you may be able to find the cost for gluten containing **products online to make it easier.**

**Step 4:** Filing your claim. Complete the **1040 Schedule A** for medical deductions. You may also refer to: **IRS Publication 502** Revenue Rulings: **55-261, 2002-19** For individual questions speak with your accountant.

### **Celiac Disease Down for Swedish Youth Born in 1997 Versus 1993: Infant feeding patterns, including introduction to gluten during breastfeeding, linked to prevalence:**

MONDAY, Feb. 18 (HealthDay News) -- Swedish 12-year-olds born in 1997 have a significantly reduced prevalence of celiac disease, compared with those born in 1993, according to a study published online Feb. 18 in *Pediatrics*.

Anneli Ivarsson, M.D., Ph.D., from Umeå University in Sweden, and colleagues compared the prevalence of celiac disease among 13,279 Swedish children in two birth cohorts of 12-year-olds: one cohort born during the pediatric celiac disease epidemic (1993) and one born after the epidemic (1997). Serological markers were assessed from blood samples, and children with positive values were

referred for biopsy of the small intestine. Questionnaires were used to ascertain infant feeding practices.

The researchers found that the total prevalence of celiac disease was 29 and 22 in 1,000 in the 1993 and 1997 cohorts, respectively. The risk of celiac disease was significantly lower for children born in 1997 versus those born in 1993 (prevalence ratio, 0.75). Infant feeding patterns, specifically the proportion of infants introduced to dietary gluten in small amounts during ongoing breastfeeding, differed between the cohorts.

"Our findings suggest that the present infant feeding recommendation to gradually introduce gluten-containing foods from 4 months of age, preferably during ongoing breastfeeding, is favorable," the authors write. "Our findings contribute to the evolving evidence base for infant feeding recommendations."

**Celiac.com 01/16/2013 - Scientists are making progress on the creation of a pill that would allow people with celiac disease to safely eat gluten** in much the same way that lactase pills allow people with lactose intolerance to eat dairy products without upsetting digestion. As with lactase, the approach involves the use of an enzyme to break down the gluten that causes celiac symptoms.

When people consume wheat, rye or barley, enzymes in the stomach break down gluten into smaller pieces, called peptides. For most people, these peptides are harmless. But for the 2 million-3 million Americans with celiac disease, the peptides trigger an autoimmune response and painful symptoms. Currently, the only way for people with celiac disease to avoid the autoimmune response and the accompanying symptoms is to avoid gluten altogether. However, Justin Siegel, Ingrid Swanson Pultz and colleagues think that an enzyme might be able to further break down the offending peptides in the stomach, thus permitting people with celiac disease to safely eat gluten-containing foods. Their efforts led to the discovery of a naturally occurring enzyme that has some of the ideal properties for doing so. They then used a computer to modify the enzyme in the laboratory so that it would do the job completely. The newly engineered enzyme, which they called KumaMax, breaks down more than 95 percent of gluten peptides associated with celiac disease in acidic conditions that mimic the stomach. Clearly, further research and trials are needed, but these early results make the new enzyme a strong candidate for oral use in the treatment of celiac disease.

#### **Dr. Fasano's Center for Celiac Research has joined Mass General in Boston**

After 20 years of providing clinical care for patients and conducting breakthrough research in celiac disease and other gluten-related disorders in Baltimore, the center for Celiac Research (CFCR) has moved its operation to Massachusetts General Hospital (Mass General) in Boston. The CFRC will work in partnership with the Celiac Center at Beth Israel Deaconess Medical Center at Harvard Medical School. Dr. Alessio Fasano will continue to serve as director of the CFRC, and will become the new chief of the Division of Pediatric Gastroenterology and Nutrition (seeing pediatric and adult patients) and director of the Mucosal Immunology and Biology Research Center. In addition, members of his research, clinical, and administrative team will be joining Dr. Fasano in Boston.

#### **Justice Department Settles With Lesley University (from CSA Lifeline)**

A December 20, 2012, settlement agreement between the US Justice Department and Lesley University may prove to be a shot in the arm for persons with celiac disease and other autoimmune diseases to obtain reasonable accommodations under the Americans with Disabilities Act. The settlement agreement resolves a complaint which alleged the Lesley University had failed to make necessary reasonable modifications of its policies, practices, and procedures to permit students with celiac disease to fully and equally enjoy the privileges, advantages, and accommodation of its food service and meal plan system. The settlement agreement, in part, requires the university to work individually with students with celiac disease and other food related disabilities to fashion an individualized plan for the student; in some instances to exempt the student from mandatory meal plans; to require the university to provide nutritionally comparable food choices to such students; to require mandatory training for the

university's Food Service Provider, managers, and employees; and to provide dedicated kitchen facilities for students with food related disabilities to prevent cross-contamination. The full text of the agreement can be found at [www.ada.gov/lesley\\_university\\_sa.html](http://www.ada.gov/lesley_university_sa.html). Lesley University is a private university with approximately 8000 students in Cambridge, Massachusetts and is considered a public accommodation subject to the Americans with Disabilities Act. CSA has a food service program to educate and assist institutions as they develop an action plan to comply with the standards established under this settlement agreement and more.

**I hope to see you all at the Gluten and Allergen Free Expo April 6 & 7!** Please feel free to call me if you have any questions or concerns.

**Glutenfreely Yours!**

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

**The Central Iowa Celiac Connection Steering Committee consists of: Barb Huyette, Angie Wagner, Lucy Newcomb, Kay Crow, Kathy Titus, Jan Steenson, Christie Engelbert and Crystal Laux.**

*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>PEPPERMINT CAKE BALLS</b> (From Nov. 2012 pot luck) Ami Frank	
peppermint schnapps or peppermint extract (not sure amount... 1-2 t. maybe?)  food coloring (optional)  crushed candy canes  white chocolate	(I didn't measure, and I make cake balls all the time with different amounts of ingredients, depending on how much spare cake I have left or how many different flavors are being requested, so I will do the best I can to describe☺ Baked GF Vanilla Cake enough for (2) 8" round cakes, crumbled into fine little pieces vanilla frosting (if using a can, it is about 1/2 a can for (2) 8" cake rounds) Crumble the cake. Mix in frosting until it becomes sticky enough to hold into balls, but not too wet or they will not hold together. Add crushed candy canes if you want it inside the cake ball. Roll into balls, about 1.5" round. Refrigerate to harden dough. Melt white chocolate and dip balls. Add more crushed candy canes on top.

<b>Jules' Nearly Normal Bread</b> Denise and Sarah Menzel	
10 oz. room temp club soda, ginger ale, or GF beer 3 eggs, room temp 3 T. olive oil 1 t. apple cider vinegar 2 T. honey or agave nectar (omit if	Spray with Pam one bread pan. In a large mixing bowl, whisk together eggs, oil, and honey/agave. Slowly pour in the club soda/ ginger ale/beer to mix. In another large bowl, whisk all the dry ingredients except the yeast. With a mixer on low speed, slowly pour the wet ingredients into the dry mix to combine. When mixed, add the yeast. Beat until the batter is



using ginger ale) 2 ¾ c. Jules' Nearly Normal flour mix* ½ c. corn masa flour 4 t. xanthan or guar gum ¼ c. flaxseed meal, buckwheat, sorghum, brown rice, almond flour, OR dairy or non-dairy dry milk powder 1 t. salt 1 T. sugar 2 ¼ t. yeast	smooth. Then increase mixing speed and beat for 4 minutes. Pour into bread pan. Cover with oiled wax paper and let rise in a warm, moist place for 30 minutes. (An oven preheated to 200 degrees, then turned off, with a bowl of water in the oven to add moisture is a good option.) When the dough has risen, bake at 350 degrees for 35 minutes. Cool in pan for 5 minutes, and then remove from pan. This recipe will also make 12 dinner rolls (bake 15-20 minutes), 10 hamburger buns (bake 15-20 minutes), or 20-24 smaller rolls (bake 12 minutes).
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\* I used 1 c. white rice flour, 1 c. potato starch, 1 c. corn starch, ½ c. tapioca flour, to make my Jules' Nearly Normal flour mix, then I used 2 ¾ C of that.

<b>GLUTEN FREE PASTA SALAD</b> Whitney Lewis	
16 oz all natural brown rice elbow noodles (Hodgson Mill brand is what I use) ¼ pound sliced/diced pepperoni (Hormel is labeled GF. We always use this brand) 1 cup fresh cut broccoli florets 6 oz fresh sliced black olives 8 oz shredded mozzarella cheese 16 oz. Italian salad dressing	Boil water, add noodles and continue boiling 8-10 minutes or until al dente. Drain and rinse noodles twice, in cold water. Combine all of the ingredients and toss until coated. Refrigerate for at least 1 hr before serving. Total time 1 hr. 25 min. This is quick and easy and goes great with BBQ's!

<b>EGGLESS, FLOURLESS PEANUT BUTTER COOKIES</b> Judy Hammel	
2 cups Peanut Butter Gluten Free 1 cup Sugar 2 teaspoons Baking Soda 1/4 cup 2% Milk 1/4 cup cocoa 1teaspoon vinegar	Preheat oven for 350 degrees. Combine ingredients, drop by the spoonful onto a greased cookie sheet. Use a fork to press cookies flat. Cook for 12-15 minutes, cool and enjoy! Servings: 24-28

<b>Gluten Free Pantry Yankee Cornbread - egg free</b> Judy Hammel	
Gluten Free Pantry Yankee cornbread package ¾ cups sugar 1 1/3 cups milk 2 Tablespoons flaxseed mixed with 3 Tablespoons water 6 Tablespoons melted butter 1 ½ Tablespoons vinegar	Mix and pour into pan. Bake 25 minutes at 425.

<b>Fudge Brownies with Chocolate Fudge Frosting</b> Angela Wagner	
1 Pkg. CherryBrook Kitchen Fudge Brownie Mix 1/3 cup Margarine, melted 2/3 cup Water 2 tsp Unsweetened Applesauce	Heat oven to 350 degrees. Grease the bottom and sides of 9x9 inch pan. Combine margarine, water, applesauce and brownie mix in a bowl until well blended. Pour into pan. Bake 14 minutes or until toothpick inserted in the center comes out clean. Cool. Frost with Chocolate Fudge Frosting.

1 tub Pillsbury Chocolate Fudge Frosting	
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<b>Pamela's Carrot Cake with Cream Cheese Frosting (www.pamelaproducts.com) Angela Wagner</b>	
3/4 cup Unsweetened Applesauce 2 Eggs (I substituted 1/2 cup Egg Beaters) 3/4 cup Sugar 1 1/2 cups Grated Carrots 1 tsp Vanilla 1 1/2 tsp Cinnamon 1/2 tsp Allspice 2 cups Pamela's Baking & Pancake Mix 1 tub Duncan Hines/Betty Crocker Cream Cheese Frosting	Beat oil, eggs, and sugar together, then mix in the rest of the ingredients. Batter will be thick. Pour into a greased loaf pan (8x4) and bake at 350 degrees for 40-45 minutes (toothpick should come out clean), or use a greased 8-inch layer cake pan and bake for 350 degrees for 25 minutes. Cool. Frost with Cream Cheese Frosting.

<b>Cherry Salad Angela Wagner</b>	
1 20-oz can light cherry pie filling 1 14-oz fat-free sweetened condensed milk 1 - oz can crushed pineapple in juice, drained 1 12-oz tub frozen light whipped topping, thawed	Combine first 3 ingredients in a large bowl, stir until well-blended. Gently fold in the whipped topping.

<b>CHERRY SALAD Linda Chamberlin</b>	
1 can Cherry Pie filling 1 can Eagle brand Sweetened Condensed Milk 1 small can crushed pineapple-drained 1 8oz. Cool Whip topping	Mix pie filling, condensed milk, and crushed pineapple. Fold in Cool Whip. Recipe can be doubled easily. Can also be frozen for a summer dessert. Great frozen over a GF cookie crust.

<b>Chex Muddy Buddies (from the Rice Chex box) Christie Engelbert</b>	
9 cups Rice Chex 1 cup semisweet chocolate chips (Hy-Vee) 1/2 cup peanut butter (Skippy) 1/4 cup butter 1 teaspoon vanilla 1 1/2 cups powdered sugar	Into large bowl, measure cereal; set aside. In 1-quart microwavable bowl, microwave chocolate chips, peanut butter, and butter uncovered on high 1 minute; stir. Microwave about 30 seconds longer until mixture can be stirred smooth. Stir in vanilla. Pour mixture over cereal, stirring until evenly coated. Pour into 2 gallon re-sealable food storage plastic bag. Add powdered sugar. Seal bag; shake until well coated. Spread on waxed paper to cool. Store in airtight container in refrigerator.

<b>Gluten Free Egg Noodles Lucy Newcomb</b>	
4 Large Eggs, beaten 1 1/4 cup Domata Gluten Free Flour Pinch of Salt	In a mixing bowl, beat eggs. Add 1 1/4 cup gluten free flour and pinch of salt. Mix together until you get a firm dough ball. Roll dough ball out to 1/8" on generously floured surface. Generously flour dough and begin rolling the dough into tube. Make sure the dough is continuously floured as it is rolled, so the noodles will

	separate easily. Once dough has been rolled, cut dough into 1/4" strips. Separate noodles on cookie sheet lined with parchment paper and dry out overnight covered with a flour sack towel; or, dry out in the freezer for 1/2 - 1 hour. Cook frozen noodles in broth for 20 minutes or until cooked through.
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<b>Gluten Free Egg Noodles</b>		Deb Umland
1/3 C. Brown Rice Flour 1/4 C. Tapioca Starch Flour 1/4 C. Cornstarch 2 tsp. Rice Bran (optional) 1/2 tsp. Salt 1 Tb. Xanthan Gum 2 Large Eggs 1 Tb. Olive Oil	Mix together with a fork the flours, rice bran, salt & xanthan gum. Add eggs & oil, stir until will combined. Then knead dough for a few minutes until dough is firm but soft & doesn't stick to your fingers. If dough is too sticky add a little more brown rice four, a teaspoon at a time. The amount of flour can vary with the size of the eggs & depending on how you measure your flour. (For this recipe I scoop the measuring cup into the brown rice flour then level it off. The tapioca & cornstarch I will lightly pack it in.) Roll dough out 1/8" thick dusting with cornstarch & slice into thin strips. Or you can use a pasta machine.	

<b>SOFT DINNER ROLLS</b>		Deb Umland
2 Tbs Dry Active Yeast 2 tsps Sugar 2 C Warm Milk (105-110 degrees) 1 1/2 C White Rice Flour 1/2 C Sweet Rice Four 3/4 C Potato Starch 1/2 C Tapioca Starch Flour 3 tsps Xanthan Gum 1 1/2 tsps Salt 1 Tbs Baking Powder 2 Large Eggs 1/4 C Butter (melted) 1/4 C Honey 1 tsps Apple Cider Vinegar	-This recipe came from the Oct/Nov issue of the Living Without Magazine- Combine yeast, sugar & warm milk in small bowl & whisk to dissolve sugar. Let set until mixture is foamy & has increased in volume. Combine flours, starches, xanthan gum, salt & baking powder in mixing bowl fit with paddle attachment. Mix until combined. Add yeast mixture, melted butter, honey & vinegar. Mix on medium speed until combined, scrape down sides of bowl. Turn mixer on high & mix for 3 minutes. Batter will become very thick & smooth. Preheat oven to 375 degrees. Spray 2 muffin pans with non stick cooking spray. Spoon batter into prepared muffin pans using a small cookie scoop placing three small scoops in each creating a clover leaf. They should each be about 3/4 full. Cover with clean kitchen towel & set in a warm draft-free place until dough has almost doubled in size. Place in preheated oven & bake for 18 - 20 minutes or until golden brown. Let cool 15 minutes before removing them from the pan. -Makes 18 - 24 Rolls depending on the size of the muffin tins.	

<b>Chewy Chocolate Brownies</b> (Gluten-Free Made Simple cookbook) - Lynnette Stout	
1/2 cup butter, melted 1/2 cup GF semi-sweet chocolate chips 1 cup GF all-purpose flour 3/4 cup sugar 1/2 teaspoon baking soda 2 eggs, beaten 2 Tablespoons carbonated water 1/2 teaspoon vanilla 1/2 cup chopped nuts (optional) 1 recipe Chocolate Frosting	Preheat oven to 350 F. In a small saucepan heat butter on low heat until melted. Stir in chocolate chips until melted. Remove from heat. In a medium bowl mix together flour, sugar, and backing soda; add chocolate mixture. Stir in eggs, carbonated water, and vanilla until combined. Stir in nuts. Pour into a greased 8x8 inch baking pan. Bake for 20 minutes. Cool on a wire rack. Frost with Chocolate Frosting. Serves 12

<b>Chocolate Frosting:</b> ¾ cup sugar 3 Tablespoons butter 3 Tablespoons milk ½ cup GF semi-sweet chocolate chips	In a small sauce pan mix together ¾ cup sugar, 3 tablespoons butter, and 3 tablespoons of milk. Bring to boiling and stir for one minute. Mix in ½ cup gluten free semi-sweet chocolate chips and stir until melted. Cool slightly before frosting.
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<b>LAYERED DESSERT</b> <span style="float: right;">Barbara Moore</span>	
<u>First layer:</u> 1 cup flour 1/2 cup melted butter 1T. sugar 1/2 cup chopped pecans (optional) Mix and spread in 9/13 pan. Bake at 325 degrees for 15 minutes and cool <u>Second layer:</u> 1 8oz. pkg. cream cheese, softened 1 cup powdered sugar 1 cup cool whip Combine and spread over first layer and chill <u>Third layer:</u> 2 pkgs. instant chocolate pudding mix* 3 cups milk 1 tsp. vanilla	Combine and beat until thick. Spread over second layer and chill. Top with cool whip and pecans if desired. *Could also use lemon or pistachio pudding instead of chocolate

<b>Fruit salad</b> <span style="float: right;">Amber and Natalie Huber</span>	
Blueberries Strawberries Grapes Pineapple Apples	No instructions included

<b>Gluten Free Bread. Recipe from Gluten Free Goddess.com</b> <span style="float: right;">Kurt and Angie Belger</span>	
1 ½ c. sorghum flour (aka jowar flour) 1 c. tapioca starch or potato starch (not potato flour!) ½ c. GF millet flour or GF oat flour 2 t. xanthan gum 1 ¼ teaspoons fine sea salt 1 packet rapid dry yeast or 2 ¼ t.	First- whisk together your dry ingredients and set aside: You'll need sesame seeds for the top; set aside for later. Or omit.
For the Breadman bread machine: Pour the liquid ingredients into the bread machine pan first: 1 ¼ cups warm water (at 110 to 115°F) 3 tablespoons extra virgin olive oil 1 tablespoon honey or raw agave nectar to keep it vegan ½ teaspoon mild rice vinegar or lemon juice 2 organic free-range eggs, beaten or 1 tablespoon Ener-G Egg Replacer whisked with 4 tablespoons warm water till frothy. Gently pour the mixed dry ingredients on top of the liquid. Set your bread machine	

program for 1.5 loaf medium crust. I used the gluten-free cycle on the Breadman; if you don't have a gluten-free cycle, a rapid rise cycle will also work. Check the dough after a few minutes of kneading- it should be closer to a muffin batter than bread dough, soft, but not cake batter wet. Adjust dry to wet ratio with a tablespoon of flour or warm liquid, as needed. Humidity influences the dough. As does temperature (your bread will rise higher on a hot day). If you like a crusty loaf (or your past experience results in a gummy center/fallen top) remove the bread from the pan and place it in the oven at 350°F for an additional 10 minutes- keep an eye on it and don't let it get too brown. It should be a light golden color. Cool the loaf before slicing for best results. Enjoy fresh from the oven- the first day (as with most gluten-free baked goods) has the best texture and taste.

<b>Apple Salad</b>		Ruth McCoy
3 Delicious apples – diced 2 Bananas – sliced 2 cups red seedless grapes – halved 1 15 oz. can pineapple tidbits - drained 1 cup celery – diced 1 cup English walnuts Miniature marshmallows	<b>Dressing:</b> 1 1/2 cups <i>Miracle Whip</i> light 1 1/2 teaspoons cider vinegar 1/4 cup sugar 1/4 cup + 3 tablespoons milk to thin	

<b>Broccoli Raisin Salad</b>		Judy Gaynor
1 large bunch of broccoli (chop into bite size pieces) 6 green onions (chopped) 2 C. celery (chopped) 1/2 C. raisins 1 C. sunflower seeds 1 lb. bacon (fried crisp, crumpled and drained, precooked works great)	<b>Dressing:</b> 1 C. Miracle Whip Dressing 1 T. vinegar 1/4 C. milk 1/4 C. sugar	
Mix all together and toss with dressing 2 hours before serving. This recipe is in the "Let's Eat Gluten Free" cookbook put out by the New Hampton & Waverly Celiac Support Groups.		

<b>Heart Shaped Sugar Cookies</b>		Kay Crow
½ c rice flour ½ cup corn starch ½ cup potato starch ¾ c sugar 1 tsp xanthan gum 1 tsp cream of tartar Mix dry ingredients and add 1 stick cold margarine cut in until crumbly 1 egg 1 tsp vanilla Roll on floured surface to 1/8" and cut with floured cookie cutter Place on parchment paper and bake 8/ 9 minutes (depending on how thick) @ 350 Makes 2 dozen plus. Note: Little round iced cookies are just Schar's Shortbread Cookies		

<b>GLUTEN FREE FRENCH BREAD AND MOCK RYE BREAD</b>		
<b>Kay Crow</b>		<b>wkcrow@mchsi.com 243-8979</b>
2 cups white rice flour 1 cup <u>tapioca flour</u>	1. In the bowl of a heavy-duty mixer, place dry ingredients and blend on low.	

1 tablespoon xanthan gum 1 ½ teaspoons <u>salt</u> 2 teaspoons <u>egg substitute</u> (optional) 2 tablespoons <u>sugar</u> 2 tablespoons <u>fast rise yeast</u> 1 ½ cups lukewarm <u>water</u> 2 tablespoons <u>butter</u> or <u>margarine</u> , melted 3 egg whites, beaten slightly 1 teaspoon <u>vinegar</u> melted <u>butter</u> for brushing (optional)	2. In a small bowl combine wet ingredients and add to dry. ingredients and mix on high for 3 min 3. To form loaves, take a gallon size freezer bag and place in a small bowl about 6" wide with the top folded over to make a 'cuff'. Spoon dough into bag, lift cuff and secure with a twisty. Cut 2" off the corner of the bag and dispense dough into French bread pans* which have been sprayed with oil and sprinkled with cornmeal (opt) 4. Optional - Sprinkle with more cornmeal if desired. 5. Cover the dough and let rise in a warm place until doubled in bulk, 20 to 25 minutes.
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<b>Easy Pineapple Upside-Down Cake</b>		Jan Steenson
1 King Arthur Flour gluten-free yellow cake mix plus all ingredients listed on cake mix box ¼ C butter 1 C packed brown sugar 1 20 oz can pineapple slices, drained 1 6 oz jar maraschino cherries without stems; drained	Heat oven to 350. In 13x9-inch pan, melt butter in oven. Sprinkle brown sugar evenly over melted butter. Arrange pineapple slices on brown sugar. Place cherry in center of each pineapple slice. Arrange remaining cherries around slices; press gently into brown sugar. Make cake mix as directed on box. Pour batter over pineapple and cherries. Bake 40-42 minutes or until toothpick inserted in center comes out clean. Immediately run knife around side of pan to loosen cake. Place heatproof serving plate upside down onto pan; turn plate and pan over. Leave pan over cake 5 minutes so brown sugar topping can drizzle over cake; remove pan. Cool 30 minutes. Serve warm or cool. Store covered in refrigerator.	

<b>POOR MAN'S CAVIAR</b>		Barb Mittman
Dressing: 1 cup C and H granulated sugar ¾ cup corn oil 1 cup Heintz Apple Cider Vinegar Mix together in a small saucepan. Bring to a boil and let cool. Combine the following: 1 can drained white kernel corn (Fareway), 1 can drained pinto beans (Bush's Best), 1 can drained black beans (Mrs. Grimes), 1 can/cup chopped tomatoes, ½ cup chopped black olives (Lindsey), 1 large chopped onion, 3 stalks chopped celery, 1 small can (or ½ cup fresh) chopped jalapeno peppers, (Optional ingredients include: sliced green olives and yellow hominy). Add cooled dressing and refrigerate. The longer it sits, the better it is (within reason). Serve with Tostitos chips or Frito scoops.		

<b>GLUTEN FREE CORN FRITTERS</b>		Jeff George
1 can whole kernel corn, 15 oz, drained ½ cup milk 2 large eggs, at room temperature 1 teaspoon baking powder	Combine corn, milk, egg, baking powder, smoked paprika, salt and pepper. Stir to combine. Sprinkle the flour and cornflakes crumbs over the mixture. Stir until combined. Let the batter sit for 10 minutes to fully absorb the flour and cornflakes. Set a large skillet over medium-high heat. When the pan is hot, pour in	

<p>½ teaspoon smoked paprika          kosher salt and cracked black pepper          3 tablespoons all-purpose gluten-free flour mix          1/3 cup Orgran Corn Crisp Crumbs          2 tablespoons canola oil</p>	<p>the oil. Drop the fritters in heaping tablespoons into the hot oil. Cook the fritters until they have set a bit and are ready to flip, about 2 minutes. Cook on the other side until the fritters are browned and puffed up a bit. Dust with powdered sugar.</p>
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<b>GLUTEN FREE QUINOA CHOCOLATE TRUFFLES</b>	
Velma Roberts	
<p>½ cup quinoa [pre-washed or rinsed very well]          ¾ cup water          ¾ cup dark chocolate or semi-sweet baking chips.          6 tablespoons orange juice or juice from 1 orange.</p>	<p>This gluten free, allergy-friendly treat is packed with protein and antioxidants.          Add quinoa and ¾ cups water to a pot and bring to a boil. Then lower heat so water is gently simmering and cover the pot. Cook until liquid is completely absorbed and quinoa is a bit dry, 12 to 15 minutes. Take pot off the heat, fluff with a fork and let quinoa cool. Meanwhile, lay out 10 mini-silicone or paper cupcake liners. In a double boiler, or a microwave, melt together chocolate and orange juice. Stir to make sure chocolate doesn't burn. Add cooled quinoa to chocolate, stirring so all quinoa pearls are evenly mixed in. Scoop about 2 tablespoons chocolate quinoa into each liner and place them in the freezer for 15 minutes to harden. When ready to eat, pry truffles out of cups and serve immediately. Keep refrigerated in a sealed container until ready to eat. For Coconut Quinoa Chocolate Truffles, add 2 to 3 tablespoons unsweetened coconut to chocolate quinoa mixture before it cools.</p>

<b>BLACK BEAN CHOCOLATE CUPCAKES</b> (makes 12-14)	
Erin Hannah	
<p>1 can (15 oz) black beans, rinsed and drained          4 eggs, divided          1 tablespoon vanilla extract          ¾ cup sugar          5 tablespoons cocoa          1 tsp. baking powder          1/2 tsp. baking soda          5 tablespoons butter, softened          Frosting/mini Reese's peanut butter cups, optional</p>	<p>Preheat oven to 350. Blend on high in blender till smooth: beans, 2 eggs, vanilla, sugar. In a small bowl, combine cocoa, baking powder and baking soda. In a large bowl, beat butter until fluffy. Add remaining 2 eggs and beat well. Beat in bean mixture, then the dry ingredients. Beat batter for 1-2 minutes. Pour batter into lined cupcake tins and press a mini Reese's peanut butter cup into top of each, if desired. Bake at 350 about 20-25 minutes. Let cool and frost if desired.</p>

<b>BROWNIE 'N BERRIES DESSERT PIZZA</b>	
Ashley Otte	
<p>1 box Betty Crocker® Gluten Free brownie mix          Butter and eggs called for on brownie mix box          1 package (8 oz) cream cheese, softened          1/3 cup sugar          1/2 teaspoon vanilla          2 cups sliced fresh strawberries          1 cup fresh blueberries          1 cup fresh raspberries          1/2 cup apple jelly</p>	<p>Heat oven to 350°F (or 325°F for dark or nonstick pan). Grease bottom only of 12-inch pizza pan with cooking spray or shortening. In large bowl, stir brownie mix, butter and eggs until well blended. Spread in pan. Bake 18 to 20 minutes or until toothpick inserted 2 inches from side of pan comes out clean or almost clean. Cool completely, about 1 hour. In small bowl, beat cream cheese, sugar and vanilla with electric mixer on medium speed until smooth. Spread mixture evenly over brownie base. Arrange berries over cream cheese mixture. Stir jelly until smooth; brush over berries. Refrigerate about 1 hour or until chilled. Cut into wedges. Store covered in refrigerator. Serves 12.</p>

<b>TROPICAL COLESLAW</b>		Marianne Eivins
1 medium firm banana, sliced	1 can(11 oz.) mandarin oranges, drained	
2 tablespoons lemon juice	½ cup golden raisins	
3 cups shredded cabbage	1 carton (8 oz.) lemon yogurt	
1 can(20 oz.) pineapple tidbits, drained	½ cup chopped walnuts	
1 celery rib, chopped	½ teaspoon salt	
Toss banana slices with lemon juice in a small bowl. In a large serving bowl, combine the cabbage pineapple, celery, oranges and raisins. Drain bananas and discard the juice. Add bananas, yogurt, walnuts and salt. Toss to coat and serve immediately. I got this recipe from Country magazine years ago, and it is good. It really is best to make and serve immediately as the yogurt breaks down and it becomes watery with time.		

<b>GLUTEN-FREE WHITE SANDWICH BREAD</b>		Kathy Roth
<b>Dry Ingredients</b>	Lightly grease a 9 by 5-inch loaf pan with nonstick cooking spray. In the bowl of a stand mixer, whisk together the dry ingredients. In a small bowl, whisk together the wet ingredients. Pour the wet ingredients over the dry and mix on medium speed, using the paddle attachment, until a dough forms, about 2 minutes. The dough will be thick and sticky. If it appears dry, add another 1 to 2 tablespoons water. Using a rubber spatula, scrape the dough into the prepared pan. Smooth the dough evenly in the pan with the spatula. Cover with a lightly greased piece of plastic wrap. Allow to rise at room temperature until dough reaches the top of the pan, about 1 hour. Adjust oven rack to the middle position and preheat the oven to 350°F. Remove the plastic wrap from the dough. Bake the loaf for 1 hour, or until the internal temperature reaches 205 to 211°F. Use an instant-read thermometer to test bread's temperature. Remove the bread from the oven. Allow to cool in the pan for 2 minutes then remove from the pan and place on a wire rack to cool. Slice with a serrated knife when completely cool. Store the bread, wrapped well in plastic, at room temperature for up to 3 days or in the freezer for up to 1 month.	
3 cups brown rice flour		
1 cup potato starch		
1 tablespoon xanthan gum		
1 tablespoon granulated sugar		
1 teaspoon salt		
1 teaspoon baking powder		
1 packet (2 ¼ teaspoons) instant yeast		
<b>Wet Ingredients</b>		
2 cups very warm water (120° to 130°F)		
2 large eggs		
2 tablespoons olive oil		

<b>APPLE COFFEE CAKE</b>		Beverly Kendrick
1 cup flour	Combine flour, sat sugar, baking soda, and cinnamon in a bowl. Combine milk, beaten egg, and butter and add to the dry ingredients. Mix together. Place 1/2 half of the mixture into a pie plate, 8x8," or a 9x9" baking pan. Peel core and thinly slice one medium baking apple and place on top of the dough. Place remaining dough on top of apple. Bake in a preheated oven 325 F. if using a glass baking dish or 350 F. if using a metal pan. Bake 20-25 minutes. Serve hot or at room temperature. Note: I used a gluten free all purpose flour for this recipe. Transfers well to gluten free flour. Adjust baking time for your oven and the pan you use.	
½ cup sugar		
5 ½ tablespoons softened butter		
1 teaspoon baking soda		
½ teaspoon salt		
1 teaspoon ground cinnamon		
1 egg beaten		
½ cup whole milk		
1 medium baking apple		

<b>FROSTING CAKE</b>		Doris Binning
1 Package GF cake mix. (any kind, I used Gluten Free Pantry Old Fashioned Cake and Cookie Mix)	This is better warm and maybe not perfected yet. It was the GF cake mix that you stir the frosting right into the mix and bake in the Micro Wave.	



1 can GF frosting	Mix together as the directions say, then add one can Pillsbury Frosting (one that is GF). Stir in until mixed. Pour into a baking dish that has a lid or a bean pot with lid. Bake in Micro Wave 13 min. Serve with ice cream or cool whip. I took the remainder of my pot of crumbs (hee! hee!) stirred it into cool whip and then refroze. That made it pretty tasty.
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**Gluten Free bread made with Hodgson Mill bread mix using oven baked method** Deanna Wilson

<b>PEANUT BUTTER STAR COOKIES</b>		No name
1 C. peanut butter, plain or peanut (I used Hy-Vee) 1 C. brown sugar (Hy-Vee) 1 egg 1 t. baking powder	Mix, put on ungreased cookie pan by teaspoon full, and bake 8 minutes, then put chocolate star on cookies and bake 2 more minutes.	

<b>COOKIES AND CREAM NO-BAKE CHEESECAKES</b>		No name
21 GF chocolate/vanilla sandwich cream cookies (such as Kinni Toos) 4 T. melted butter 1 C. heavy whipping cream 8 oz. cream cheese, softened ½ C. sugar 1 t. pure vanilla extract There were no instructions with these ingredients		

<b>STRAWBERRY SALAD</b>		Lynne Humphrey
1 3oz. box Vanilla Pudding – NOT Instant 1 3oz. box Tapioca Pudding – NOT Instant 1 3oz. box Strawberry Jello 3 C. water 8 oz. Cool Whip 16 oz. frozen sliced strawberries	Bring puddings, jello, water to a boil, stirring constantly. Cook until thick. Cool down, stirring often. Fold in 1 8oz. thawed Cool Whip and 1 16 oz. thawed bag of sliced strawberries. Stir until mixed. Pour into serving bowl. Refrigerate till chilled.	

<b>APPLE SALAD</b>		Kirsten Mull
Apples – cubed Celery – diced Grapes Walnuts – chopped Snickers Cool Whip		

<b>MACAROON BROWNIES</b>		Angie McCormick
GF Brownie Mix and ingredients listed Filling:	Preheat oven to 350. Lightly grease pan. Mix brownie mix together as instructed. Spread half of batter in the pan. Combine all ingredients for filling together. Spread over batter.	

2 C. coconut ½ (7 oz.) can sweetened condensed milk ½ T. vanilla 1/8 t. salt Frosting: 2 T. butter, melted 1 T. cocoa powder ¾ C. powdered sugar 1 T. milk ¼ t. vanilla	Drop remaining batter over filling and spread out. Bake for 40-45 min. For frosting, melt butter in pan and stir in cocoa powder. Add rest of ingredients and stir. Pour over warm brownies and serve.
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<b>TEXAS GOLD</b> No name	
1 box GF Betty Crocker Yellow Cake Mix 3 eggs ½ C. melted butter – 1 stick 4 C. (1 lb.) powdered sugar 8 oz. softened cream cheese	Preheat oven to 300 and spray dish with cooking spray. Mix cake mix, butter and 1 egg to make crust. Mix powdered sugar, cream cheese and 2 eggs. Pour over crust. Bake for 40-50 minutes.

<b>AMBROSIA SALAD</b> Rosemary Graff	
11 oz. Mandarin oranges – drained 15 oz. mixed fruit – drained 20 oz. crushed pineapple – drained 8 oz. Cool Whip 2 C. mini marshmallows    Mix together and chill.	

<b>POTATO SALAD</b> No name	
2 lbs. potatoes ¼ C. finely chopped onion ¼ C. fat free Zesty kraft Italian Dressing ½ C. light Miracle Whip ½ C. chopped celery 2 hard boiled eggs, chopped. Oscar Meyer Bacon Bits	Salt and pepper to taste.

<b>TUNA PASTA SALAD</b> No name	
Salt and pepper 1 lb. GF curly pasta ½ C. olive oil ½ t. lemon zest ¼ C. lemon juice	1 pint cherry tomatoes, halved 12oz. can light tuna, drained and flaked ½ C. black olives ½ small red onion ¼ C. parsley Bring a pot of salted water to a boil. Add pasta and cook until tender, about 12 min. In a bowl whisk olive oil, lemon zest, lemon juice and ½ t. salt. Drain pasta and add to bowl with dressing. Add tomatoes, tuna, olives, onion and parsley. Toss well. Let cool to room temperature, season with salt and pepper if desired. You can also add basil, oregano, mint and other fresh herbs.

<b>BREAD MACHINE BREAD</b>	Marsha Greenstein
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2 ½ C. GF flour blend	1 T. sugar
1 C. warm water	2 T. Honey
2 eggs	2 t. xanthan gum
3 T. oil	1 pkt. yeast
½ t. salt	
No further instructions given.	

<b>GRANDMA'S CORN BREAD</b>		Myrna Battles
1 C. GF yellow cornmeal	¼ t. salt	
1 C. Domata GF flour	2 eggs	
¼ C. sugar	1 C. milk	
4 t. baking powder.	¼ C. shortening	
Place cornmeal, flour, sugar, baking powder and salt in large bowl and mix well. Whisk eggs, milk and shortening in another bowl and pour in dry ingredients. Beat mixture until smooth. Pour into greased and floured 10x8x2 or 9x9x2 pan. Bake in preheated oven at 425 for 20-25 min. or until done. Use toothpick to test.		

<b>BUFFALO CHICKEN DIP</b>		Heather Lovell
8 oz. cream cheese	Warm in crock pot or oven at 350.	
½ C Ranch Dressing		
½ C. Frank's Red Hot Sauce		
1 can chicken (12.5 oz.)		
½ C shredded cheddar cheese		

<b>COCKTAIL WEINERS</b>		No Name
2/3 C. Blackberry Jam		
1/3 C. steak sauce (A-1)		
1 T. yellow mustard (French's)		
Hillshire Farms Little Smokies		

<b>LAYERED LETTUCE SALAD</b>		Natalie Blackford
10 oz. bag of chopped Romaine lettuce		
1 small bag of frozen sweet peas		
6 slices of bacon (crisp and cut)		
2 C. shredded Colby Jack Cheese		
Dressing:		
1 C. Hellman's Mayonnaise		
½ C sugar		

<b>FAT FREE LIME JELLO</b>		Audrey Hansen
Add 1 can crushed pineapple in natural juice (no sugar added) undrained to lime jello. Chill.		

<b>CORN BREAD SALAD</b>		Karyn Graham
1 pkg. GF corn bread mix, baked, cooled, and crumbled		
To this add:		
1 can diced tomatoes drained or 2 ripe tomatoes diced		
6 slices bacon, cooked, cooled and crumbled		
1 green pepper, diced		

1/4 C. diced onion 2 T. Miracle Whip
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<b>COLE SLAW</b>	Kay Feeney
In a large bowl mix: 1/2 T. white vinegar 1/2 t. salt 1/8 t. pepper or more to taste 1/3 C. sugar 2 1/2 T. lemon juice, fresh or bottled 1/2 C. Mayo 1/4 C. milk 1/4 C. Buttermilk 1-2 bags of Dole Chopped cabbage with carrots in it. You could chop your own cabbage and carrots. Mix the bagged cabbage into the dressingmix. Cover and refrigerate overnight or at least 2 hours. Stir and serve. *To make your own buttermilk: Mix 1/4 C. regular milk with 2 t. white vinegar or lemon juice. Let it sit for 1/2 hour or so. Mix and add to the regular milk used in cole slaw. Tastes a lot like Kentucky Fried Chicken cole slaw.	

<b>BETTY CROCKER CHOCOLATE AND YELLOW CAKE</b> from the mixes. Frosting was Pillsbury. Helen Masimore
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<b>CHEBE FOCACCIA MIX</b>	Marsha Bristley
Made with 1 C. cheddar cheese Liquid – almond milk Sprinkled with McCormick’s Italian Seasoning.	

<b>FRUIT SALAD</b>	No name
Spinach	Blueberries
Strawberries	Dried Cranberries
Sunflower Seeds	Raspberry Vinaigrette

<b>CHEESE TRAY AND NUT THINS</b> (Blue Diamond)	Sue and Becky Brinker
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<b>BREAD FROM PAMELA'S BAKING AND PANCAKE MIX</b>	No name
2 1/4 C. baking mix	2 T. sugar
1/4 t. salt	1/2 t. baking powder
1/2 C. water	2 eggs beaten
2 T. oil	
Combine dry ingredients. Add liquid ingredients to dry and mix on high for 3 min. Pour into greased small loaf pan and bake 8 min. at 350. Slit the top of the loaf and reduce heat to 325 and bake 30-35 min. more. Use a serrated knife to slice or freeze and slice.	

<b>CHERRY PIE</b>	No name
Gluten Free Pantry Perfect Pie Crust Mix	
Lucky Leaf Cherry Pie Filling	No Instructions

<b>NO BAKE ENERGY BITES</b>	No name
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1 ½ C. GF Rice Krispies (or you can use GF Quick Cooking Oats)	1/3 C. honey
2/3 C. peanut butter	¼ t. cinnamon
1 C. shredded coconut flakes	
About ¾ - 1 C. mini chocolate chips	

Add the Rice Krispies or Oats to a bowl, crush lightly with your hand or potato masher. Add the peanut butter, honey, coconut flakes and cinnamon and stir together. Then add the chocolate chips. Chill in the fridge for about an hour, then form into balls. Makes about 20 bites.

<b>GLUTEN FREE CHOCOLATE CARAMEL SQUARES</b>		No name
Gluten Free Chocolate Cake Mix	Coconut Kefir	
Small can Evaporated Milk	½ C. melted margarine	
1 pkg. Kraft Caramels	½ pkg. chocolate chips	

Follow the cake mix directions, replace the water with coconut kefir. Add 1/3 C. evaporated milk and ½ C. melted margarine to the cake mix. Mix together. Pour ½ of the batter in a 9x13 cake pan. Bake for 6 min. at 350. Melt the pkg. of caramels with 1/3 C. evaporated milk. Cover the baked batter with the caramel mix. Spread ½ of a bag of chocolate chips on top. Pour the remaining cake batter on top. Bake an additional 15 min. or until cake is done.

<b>GLUTEN FREE DROP BISCUITS (delicious)</b>		No name
1 C. white rice flour	¼ C. soy flour	
½ C. plus 2 T, milk or soymilk	1 T. non-alum baking powder	
¼ C. vegetable oil	½ t. sea salt (optional)	
1 T. honey	½ t. xanthan gum	
2 eggs or egg substitute		

Blend dry ingredients together. Mix liquid ingredients in large bowl. Combine mixtures. Drop by tablespoon onto coiled ookie sheet. Bake at 350 for 10-12 min. The batter may also be put into muffin tins.

<b>TURTLE BROWNIES</b>		No name
1 box Betty Crocker GF Brownie Mix plus butter and eggs called for on box	2 T. Whipping Cream	
25 caramels, unwrapped	½ C. chopped pecans	
1 C. semi-sweet chocolate chips		

Heat oven to 350. Grease bottom of 8 or 9 inch square pan. In medium bowl stir together brownie mix, butter and eggs until blended. Spread 2/3 of batter in pan. Bake 10 min. Meanwhile, in medium microwavable bowl, microwave caramels and whipping cream uncovered on high 1-2 min., stirring every 30 seconds until smooth. Drizzle caramel evenly over partially baked brownies. Sprinkle with half of the chocolate chips and pecans. Drop remaining brownie batter by small spoonfuls onto caramel layer. Sprinkle with remaining chocolate chips and pecans. Bake 20-30 min. longer or until top of brownie looks dry. Cool completely before cutting.

<b>POTATO SOUP</b>		Kirsten Mull
Potatoes	Carrots	
Green onion	2 T. GF flour	
2 ½ C. milk	¼ C. chickens	
Bacon	1 C. Velveeta Cheese	

Cut up potatoes, carrots and green onions and put into a big pot (veggies can be added or not depending on desired soup). Fill with water above potatoes and add the chicken. Cook at med. high. While that cooks fry bacon in a pan. When bacon is done and chicken is cooked add bacon to pot. In a cup add 2 T. GF flour with 1 ½ C. milk. Stir till flour is dissolved and add to the soup. This will thicken the soup. Add the Velveeta, amount can vary, but usually 1 C. (8 cubes). Let the soup cook till potatoes are tender and the soup is thick.

<b>MONSTER COOKIES</b>	No name
(Recipe courtesy Donna Haney as adapted by Paula Dean)	
3 eggs	1 C. granulated sugar
1 ¼ C. packed light brown sugar	½ t. salt
½ t. vanilla extract	1 12-oz. jar creamy peanut butter
1 stick softened butter	½ C. chocolate chips
½ C. multi-colored chocolate candies	¼ C. raisins, optional
4 ½ C. GF quick cooking oatmeal (not instant)	2 t. baking soda
Preheat oven to 350. Line cookie sheets with parchment paper or nonstick baking mats. In a very large mixing bowl, combine eggs and sugars. Mix well. Add the salt, vanilla, peanut butter and butter. Mix well. Stir in the chocolate candies, chocolate chips, raisins, if using, baking soda and oatmeal. Drop by tablespoon 2 inches apart onto the prepared cookie sheets. Bake for 8-10 min. Do not over-bake. Let stand for about 3 min. before transferring to wire racks to cool. Store in large re-sealable plastic bags. Makes 3 doz.	

<b>LEMON-FILLED CUPCAKES</b>	Emily Galeazzi
(from Gluten Free Made Simple)	
1 C. sugar	½ C. butter, softened
2 eggs	2 t. vanilla
1 ½ C. Domata Recipe Ready Flour	1 ½ t. baking powder
½ C. milk	1 recipe meringue topping
Preheat oven to 350. Grease 12 muffin cups. Set aside. In a large mixing bowl beat sugar and butter with an electric mixer until creamy. Beat in eggs and vanilla. In a small bowl combine flour and baking powder. Alternately add flour mixture and milk to egg mixture, beating until combined. Fill prepared muffin cups ¾ full. Bake for 15 min. Remove from cups. Cool on wire rack. Prepare meringue topping. Using a long serrated knife, cut cupcakes in half horizontally. Spread lemon curd on the bottom halves of cupcakes. Replace top halves. Spread meringue on top of filled cupcakes, swirling mixture to make peaks. Place cupcakes on baking sheet. Bake about 15 min. more or until meringue is lightly browned. Serves 12.	
Merine Topping:	
In a medium bowl combine 4 egg whites, 1 t. vanilla, and ½ t. cream of tartar. Beat with electric mixer on high until mixture just begins to form soft peaks. Slowly add ½ C. sugar, beating on high about 5 min. or until mixture forms soft, glossy peaks.	

<b>THE BEST AND EASIEST CHOCOLATE FROSTING</b>	Emily Galeazzi
(from LaurensLatest.com.)	
1 C. softened butter	½ C. cocoa powder, sifted
5 C. powdered sugar	1 t. vanilla
3-4 T. milk	
Whip butter and cocoa together until smooth in large bowl. Stir in vanilla and powdered sugar. Slowly stream in milk until frosting reaches desired consistency. Scrape sides and whip again until light, fluffy and smooth, about 1-2 min. Frosts one 9 inch or 8 inch round layered cake or 24 cupcakes.	

<b>BLUEBERRY LEMON GLUTEN FREE MUFFINS</b>	No name
6 T. softened butter	¾ C. granulated sugar
1 large egg	¾ t. vanilla
½ C. sour cream	2 T. milk
½ t. lemon extract for flavoring	1 lemon, zested
1 ¼ C. GF flour blend (like Pamela's)	1 t. baking powder
¼ t. baking soda	¼ t. salt
1 C. fresh or frozen blueberries	
For topping:	

1/4 C. granulated sugar	1 lemon, zested
A pinch of cinnamon	
Preheat oven to 350. Line muffin tin with 12 paper liners and set aside. In large bowl whip butter and sugar together until light and fluffy. Stir in egg, vanilla, sour cream, milk, lemon flavoring and lemon zest. Scrape sides and whip again. Slowly incorporate all dry ingredients, then stir in blueberries. Spoon into prepared muffin tins. In a small bowl stir sugar, lemon zest and cinnamon together and sprinkle over top of muffin batter. Bake 20 min. or until edges are golden brown and toothpick comes out clean when inserted. Cool 5 min. and serve warm. Or cool to room temperature and store in airtight containers for up to 4 days.	

<b>GF CHERRIES AND CREAM DEVIL'S FOOD CAKE</b>	No name
(Source: BettyCrocker.com/recipes/cherries-and-cream-devils-food-cake)	
1 box Betty Crocker GF Devil's Food Cake Mix 1 C. water	
1 T. instant coffee granules or crystals	1/2 C. butter, softened
1 C. unsalted butter, softened	3 eggs
1 pkg. (8 oz.) GF cream cheese, softened	3 C. GF powdered sugar
1 container (8oz.) GF mascarpone cheese	1 t. vanilla
Pinch salt	1 1/2 C. cherry preserves
Preheat oven to 350. Grease bottom only of 9 inch cake pan. In large bowl beat cake mix, instant coffee, water, 1/2 C. butter and the eggs with electric mixer on low speed 30 seconds, then on medium speed 2 min. scraping bowl occasionally. Pour into pan. Bake 45-52 min. or until toothpick comes out clean. Cool 10 min., remove from pan. Cool completely, top side up about 1 hour. In large bowl beat 1 C. unsalted butter, cream cheese and powdered sugar with electric mixer on medium speed until light and fluffy. Add mascarpone cheese, vanilla and salt. Beat on low speed just until blended. Using serrated knife, cut cake in half horizontally to make 2 layers. Place bottom layer, cut side up, on serving platter. Spoon half of frosting onto cake layer, carefully spread, creating thick layer. Top frosted layer with half of the cherry preserves, spread to cover. Place remaining layer cut side down over filling. Top with remaining frosting, carefully spread to cover top. Spoon remaining preserves over cake, spread to cover. Refrigerate at least 2 hours before serving. Store loosely covered in frig.	

<b>ALMOST PUMPERNICKEL BREAD</b>	Judy Muller
(from Bette Hagman)	
Dry ingredients:	
2 C. Four Flour Bean Mix or GF mix	1 1/2 t. xanthan gum
1/2 t. salt	1 t. unflavored gelatin
1 t. egg replacer	2 T. brown sugar
2 T. dry milk powder	2 t. cocoa powder
2 t. caraway seeds	2 1/4 t. dry yeast
Wet ingredients:	
1 egg plus 1 egg white	2 T. vegetable oil
1 t. dough enhancer or vinegar	2 T. molasses
1 C. warm water	
(The loaf I brought to the pot luck was mixed by hand and baked in the oven.)	
Grease an 8 1/2 x 4 1/2 inch loaf pan and dust with rice flour or use 1 lb. bread machine. The water temperature will be different for hand mixing and bread machines. For hand mixing have it about 110 degrees, for bread machine follow directions in manual. For both hand and machine mixing, combine flour mix and all dry ingredients. Set aside. In another bowl, or bowl of heavy duty mixer, whisk wet ingredients and most of water. The remaining water should be added as needed after the bread has started mixing, either in bowl or mixer or in pan of bread machine.	
Hand mixing: With mixer turned to low, add dry ingredients, including yeast, a little at a time. Be sure dough is the consistency of cake batter. Add water if necessary. Turn mixer to high and beat for 3 1/2 min.	

Spoon into prepared pan, cover and let rise 35-40 min. for rapid rise yeast, 60 or more min. for regular yeast, or until dough reaches top of pan. Bake in preheated 400 degree oven 50-60 min. Cover after 10 min. with aluminum foil.

Bread Machine: Place ingredients in bread machine in the order suggested in the bread manual. Use setting for white bread with medium crust.