



CENTRAL IOWA CELIAC CONNECTION

FEBRUARY 2017 GF NEWSLETTER AND RECIPES

HELLO TO ALL OUR GLUTEN FREE FRIENDS!

We had incredible weather, even for our winter potluck, though the temperature dropped, the rain and snow stopped before our big day! I don't remember when we have had a February that was so fabulous! What a blessing that the weather cooperated for those who were coming from a distance, as well as from here in the area. Our loaded potato theme was so comforting and delicious, especially with four different chilies and all the other toppings! Needless to say the sides and desserts were unbeatable! We had a special surprise!!! Dr. Ramon Reyes came to our potluck! As most of you know he is the Medical Director of our Central Iowa Celiac Connection. He gave us an update on the research project that he has been involved with, pertaining to the medication, Larazotide. This medication that will help reduce intestinal permeability in the small bowel, has passed stage 3 testing, and has now been sent to the FDA for approval. So help is on the way for people with celiac disease to be able to eat more safely on a gluten free diet! We were so happy that Dr. Reyes was able to join us at our potluck!

I want to take time to thank **Lutheran Church of Hope** for allowing us to plan our pot lucks so far ahead, when they have so many other events that use this space.

Don't forget to **check out our website: www.celiacsconnect.com**. It has lots of information for anyone looking for information on celiac disease. **The restaurant listing** for those who offer gluten free menus, pizza or those who simply may accommodate a gluten free meal has been updated thanks to **Christie Engelbert** and some helpers. We so appreciate your time in getting this listing updated, Christie! Everyone must remember, though, **always talk to your server, manager and/or chef** about how they can make you a safe gluten free meal without cross-contamination. If any of you have other restaurants you know of that offer a gluten free menu or can accommodate our gluten free diet please let me know and we will get those added to the listing on the website.

Thanks to the following vendors for their samples and giveaways:

Fresh Thyme – Nickie Kimbrel brought a variety of samples that are sold in their store, located at **Clocktower Square on University in WDM**. It is definitely worth a visit. They have a fabulous selection of gluten free products. Nickie also donated a beautiful gift basket to give away.

C Fresh – Carl Moen brought a variety of products to taste, sold at many Hy-Vee stores

Schar – sent samples of cookies and "Welcome Boxes" for new members

Peterson Holistic – Kevin and Joy shared information on their services

And “thanks” to **Kay Crow** for her beautiful baskets to give away

FUTURE MEETINGS AND EVENTS

Our next gluten free potluck will be July 1st, 2017 at Lutheran Church of Hope. **Thinking about the summer theme, we could look at finger foods or farmer's market type foods, even State Fair Foods.** I would love to hear your thoughts on this so please call or email me!

The Celiac Walk from last fall raised \$2708. \$2031 has been donated to the University of Chicago Celiac Disease Center. 25% or \$677 was kept with the Central Iowa Celiac Connection to help defray our costs. **Sarah Sloan has volunteered** to be the chair for the Celiac Walk this year. **Denise Menzel** has been the coordinator since our first walk but has decided to step back this year, and she has always done a fabulous job with this event. Sarah needs a few volunteers to help out, so we are asking if any of you would be willing to sign up for this great fund raiser. We are not talking about a great commitment of time, but Sarah can fill you in on what is needed. Please consider this and contact Sarah to see what is involved in helping with the Walk. **Her contact information is: 515-782-0443, jazmynemomma@yahoo.com. The walk will take place October 1st** (Sunday) at the principal park (Cubs stadium). Sarah has yet to set a time but is looking at 1-4. That way it's after church times but before dinner. They are going to allow us 25 game tickets to sell at a discounted price. She will have a set path to walk as well. Thank you, Sarah, for your efforts in getting this walk set up!

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.

PRODUCT INFORMATION

I wanted to mention this in my last newsletter; the **Club Car** has a **new gluten free menu** and now has **gluten free buns** for your hamburgers and other sandwiches. Also their gluten free pizzas are fabulous! And their menu is great!

Aldi's has **ready-made gluten free pizza crust.**

French's® Worcestershire Sauce is GF according to the manufacturer.

Molly's Cupcakes, 215 East 3rd Street in Des Moines is offering gluten free cupcakes from scratch. Call 515-244-0778.

Important information to keep in mind about **gluten free medication**, sent from one of our members: "Hi Barb, I just returned from a week's stay in the hospital and want to stress to everyone that **the pharmacy check your meds for gluten.** While my pharmacist at home is super diligent about checking for gluten, the same prescription filled through a different company was not so, added to my stay and possibly contributed to ileus. Surgeons don't know about celiac and it can be hard for them to think we might know more than them. I have a great surgeon just not celiac knowledgeable. Thanks for my vent here." **Ellen Brand**

Mission has **gluten free flour tortillas.**

Bloomfield Farms has developed a **new bread.** I emailed Hy-Vee Corporate to see if Hy-Vee would carry that bread and other great Bloomfield farms products, and this is their response: **"I'll see what can be done to get them into distribution; whether we choose to carry them in our corporate warehouse or not, your local**

store can always source product directly to ensure they have the products you want." Ben Peters / Purchasing Specialist *Frozen* / Hy-Vee, Inc. Corporate.

Let's talk about gluten free cake mixes (here are some options):

Cherrybrook Kitchen's – Makes cupcakes that are light and airy. It is also certified vegan. Comes in yellow and chocolate flavors.

Hodgson Mills – Yellow cake mix makes a rich, moist cake. Certified gluten free.

Pamela's - Non-dairy Vanilla Cake Mix makes a moist and fluffy cake that tastes like your favorite birthday cake. Certified gluten free and non-GMO.

Bob's Red Mill – Vanilla Cake Mix has a light taste.

Betty Crocker's – Yellow Cake Mix made without artificial colors or preservatives.

XO Baking Company – Vanilla Gourmet Cake Mix made with cassava and coconut flours and non-GMO.

King Arthur Flours – Yellow Cake Mix makes delicious golden cupcakes.

Namaste – Yellow Cake Mix is moist and hard to tell it is gluten free.

Bloomfield Farms – yellow cake mix.

Malto-Meal is offering gluten free **Rice Krispies**, sold at Walmart and Fareway. A very large bag is sold for around \$4.00.

OTHER INFORMATION

I received this email recently about the CSA and wanted to share this with you:

"Dear Barbara, We are writing to you today in your important role as chapter leader of Des Moines Area Chapter of CSA. The Board of CSA has made the difficult decision to close its doors after many years of providing support for those with celiac disease and gluten sensitivity. CSA came to the New England Celiac Organization (NECO) last spring to see if it could find a way to continue to support the good work your chapter does for your members. We were delighted to say "yes" to that request and to acquire the administration and responsibilities of CSA.

To accommodate you and to better identify NECO's now national presence, NECO will be changing our name to the National Celiac Association (NCA). We are excited and energized to be working with you as we reach out across the country to support those with celiac disease. We hope you will be able to assist us with this transition. There may be things we don't know about you but would like to. A member of our board will be contacting you by phone soon to speak with you about the status of your chapter, its challenges and especially what you are looking for from us. We welcome questions or concerns you may have about this transition and structure. Most importantly, we also want to learn how best we can support you and your chapter going forward.

We look forward to working with you and your members as we continue to support the needs of people with celiac disease and gluten sensitivity."

Best regards,

Lee Graham, NCA Executive Director

Bruce Homstead, RD, CSA President

I also had a follow up email that stated that the CSA still had some business to conduct and will not be closing until that work is completed.

The Christmas Wish event was organized by 102.5 radio. I sent all of you the letter about the single mom with 2 children, who was recommended for the wish. She was newly gluten free and having difficulty with the GF diet. 21 people responded, and \$1040 was donated in the form of Hy-Vee gift cards! Also 2 people donated products! What a fabulous response from all you generous gluten free people!

Up to Half of Patients May Not Fully Respond to a Gluten-Free Diet

By Amy Ratner, Beyond Celiac Medical and Science News Analyst

What condition can have no symptoms but left untreated can lead to serious consequences, including death? High cholesterol might come to mind. But celiac disease should, too, says Francisco Leon, MD, chief medical officer and chief executive officer of Celimmune, a company developing a drug to treat celiac disease that does not respond to the gluten-free diet.

“We are all so into the culture of symptoms,” Dr. Leon laments. “People who think they are not sick, in fact, may be sick even if they don’t have obvious symptoms.” This has become abundantly clear to Dr. Leon in his work on AMG 714, a drug that neutralizes a molecule, called IL-15, that is believed to be a key driver in celiac disease. Celimmune, a clinical development stage immunotherapy company, is currently conducting Phase II clinical trials to evaluate AMG 714 as treatment for non-responsive and refractory celiac disease.

Non-Responsive Celiac Disease

Non-responsive celiac disease is defined as continuing to have persistent symptoms, elevated antibodies or small intestinal damage even after following a strict gluten-free diet for six to 12 months. Dr. Leon says that patients sometimes don’t respond to the gluten-free diet because of conditions unrelated to celiac disease, including bacterial overgrowth and lactose intolerance, but even when these are excluded, a seemingly strict gluten-free diet can inadvertently include enough gluten to trigger symptoms or damage.

A 2007 study by the gastroenterology department at Beth Israel Deaconess Medical Center, Boston, found that **36 percent of patients with non-responsive celiac disease were inadvertently consuming gluten.**

“We often find that an underlying cause is the inability of a patient to improve the gut because they are still being exposed to contaminating gluten,” Dr. Leon says. “Most patients would improve with absolute zero exposure to gluten, but it’s almost impossible to completely avoid it.”

In recent years, endoscopy and biopsy studies have shown that non-responsive celiac disease includes a larger group of patients than previously thought. While current scientific literature indicates that about 30 percent of patients have non-responsive celiac disease, Dr. Leon says there is evidence the number is closer to 50 percent when those who don’t have symptoms but continue to have damage to the intestine, called mucosal atrophy, are included.

“When we use the rule of thumb that 50 percent of all patients on a gluten-free diet continue to have disease activity and call them non-responsive, it is based on a composite of symptoms, antibodies and biopsy results,” he says. Celiac disease patients may become so accustomed to low level symptoms that they see them as normal, says Ashleigh Palmer, Celimmune’s executive chairman. But the biopsy and antibody tests provide researchers with better tools than in the past to identify those who are not recovering as well as thought.

Non-responsive celiac disease is common in both children and adults. AMG 714 will initially be studied in adults. If its safety and effectiveness is proven, it would then be investigated for the treatment of children. AMG 714 is an antibody that binds to IL-15, which is believed to play a key role in inflammation of the gut. It has previously been tested for safety in patients with rheumatoid arthritis and psoriasis. It worked well in clinical studies regarding inflammation in arthritis, leading to the idea that it might work in relationship to non-responsive celiac disease. The drug could also play a critical role in the treatment of refractory celiac disease, a rare but severe form of the disease.

Refractory Celiac Disease

Refractory celiac disease is marked by a lack of response to a strict gluten-free diet after 6 to 12 months, with symptoms, intestinal damage and an abnormal population of white blood cells in the gut. These cells, called abnormal intraepithelial lymphocytes, are unique immune cells found in the lining of the small intestine. Their presence is the distinguishing and disturbing characteristic of refractory celiac disease because they can be the beginning of cancer. A patient is classified as having refractory celiac disease Type I or II based on the proportion and characteristics of the intraepithelial lymphocytes. For diagnosis, the cells are counted by a flow cytometer, an instrument that analyzes the chemical and physical properties of particles. Patients with less than 20 percent of the abnormal lymphocytes have Type I refractory celiac disease, and those with more than 20 percent, Type II. About 1 in 100 celiac disease patients have Type I and 1 in 200 have Type II.

Refractory celiac disease is believed to be independent of gluten since the gluten-free diet is not effective in preventing the lymphocytes from increasing. “The concept is that refractory celiac disease is almost a different disease, or it’s a disease on top of a disease,” Dr. Leon says. “It’s a complication of celiac disease.”

Patients with Type II have a greater than 50 percent chance of the abnormal lymphocytes spreading outside the gut, causing a full-blown lymphoma, which has a poor prognosis and high mortality. “Type I is milder, and it has been shown that with steroids you can control the disease,” according to Dr. Leon. “But with Type II you need something more powerful to prevent the cells from invading the body. If that happens, the patient has a 50 percent chance of dying.”

He describes a process of damage, repair, damage, repair that occurs when a patient with celiac disease consumes gluten. “If you don’t take care of that process, it could eventually lead to cancer,” he said, noting that a similar mechanism, with different triggers, is at work in colon and skin cancers. Most cases of both types of refractory celiac disease occur in older patients who are not diagnosed until later in life. Typically, they suffer symptoms for many years until severe pain develops and abnormalities such as severe anemia are discovered. Finally, celiac disease is pinpointed as the cause. Refractory celiac disease only appears in patients who have not been on a gluten-free diet or have not followed the diet correctly for decades, Dr. Leon says.

“If there is a significant number of patients who are not aware they are being continually exposed to gluten, and they are constantly getting damage from that exposure at either the symptomatic or asymptomatic level, over many years they can transition to refractory celiac disease,” Palmer explains. “That is of great concern.” The concern has grown as it’s become clear how nearly impossible it is for patients to be completely gluten-free.

Clinical Trials

One of the clinical trials being conducted by Celimmune specifically targets refractory celiac disease Type II. The study, which lasts 20 weeks and is being conducted in the United States, France, Holland, England and Spain, is enrolling 24 patients with a confirmed diagnosis of refractory celiac disease Type II. The first participant began receiving a bi-weekly intravenous infusion of AMG 714 in April. All study participants will have intestinal biopsies before and after treatment and will maintain a strict gluten-free diet.

Dr. Leon says some patients with refractory celiac disease Type II have lymphoma in the gut for five to 10 years, and it still does not spread to the rest of the body. Others have a much quicker progression. Studies being done by Celimmune are looking at factors that might help explain what triggers the cancer growth. Biomarkers in the gut and blood are being collected. “One of our goals is to see if we can correlate the parameters with the clinical course of the disease,” Dr. Leon says.

Celimmune’s second clinical trial, which also lasts 20 weeks, is being done in Finland and investigates non-responsive celiac disease. The first of 63 participants began receiving AMG 714 in April. The study includes both patients who have intestinal damage despite being on the gluten-free diet and those who are well controlled on the diet. The first group will stay on the gluten-free diet, with the study determining how the

drug affects them. In the second group, the study will evaluate how well the drug reduces the effects of gluten during a controlled gluten challenge.

The trials are designed to determine how AMG 714 would be used by patients, including whether it would replace the gluten-free diet or be added to it, Dr. Leon says. Celimmune will have data from both trials on a broad range of gluten exposure because the company is measuring gluten consumption with new urine and stool tests offered by Biomedal, a Spanish company. The tests will be used to determine if study participants are truly on a strict gluten-free diet and to monitor the gluten challenge.

I received the following letter from the Center for Celiac Research informing us of their accomplishments this past year. I thought you might be interested.

"Dear Friends at the CSA of Des Moines,

This fall, the Center for Celiac Research and Treatment celebrated 20 years of advocacy, innovation and discovery. Our adventure began in Baltimore in 1996 with a very small staff and no idea of what the future would hold. Since then, we have seen the Center grow and thrive in a way that could only have been achieved through the participation of our friends in the celiac community, our academic colleagues and our industry partners. Together, we have made great strides in improving the quality of life for people with celiac disease and gluten-related disorders. We would like to share some of the highlights of our activities from this busy year.

Implementing Clinical Innovations:

We continue to expand our clinical portfolio to include the diagnosis and treatment of all gluten-related disorders in patients from around the globe. To help long-distance patients continue treatment after initial face-to-face appointments in our Boston clinic, we have initiated "Virtual" follow-up visits. In another exciting development, Maureen Leonard, MD, MMSc, has been named Clinical Director of the Center. Dr. Leonard is an outstanding young physician who is directing the clinical work of the Center and our clinical research trials. Her recent publications include identifying a much higher rate of intestinal damage in children with celiac disease than previously thought, leading to revised clinical care practices at Mass General Hospital for Children.

Providing Educational Updates:

We are committed to providing the most up-to-date care and information to our patients and healthcare providers. In addition to virtual clinic visits, we have updated www.celiaccenter.org to provide additional educational materials for patients and providers. We continue to look for innovative ways to connect with providers, patients and clinical research study participants through our social media channels. Follow us on Facebook (Center for Celiac Research and Treatment) and Twitter (@CeliacResearch).

Developing New Research Models:

To date, there are no ideal animal models to recapitulate celiac disease in humans. To support our ultimate goal to reverse or prevent celiac disease and other autoimmune disorders, we have developed an innovative technique using intestinal tissue from people who have undergone clinically indicated endoscopies. We are engineering gut organoids, which are powerful tools to help us study the interaction between the gut tissue and the complex bacterial ecosystem in our intestine. This cutting-edge research could help us eliminate the major roadblock of using mice models in the study of celiac disease.

Predicting and Preventing Disease Through Precision Medicine:

The secret to understanding why certain individuals develop celiac disease could be connected to an in-depth look at the microbial communities and patterns present in the intestine-the gut microbiome. In 2012, we

published research showing that distinct microbial patterns are present in children just prior to the development of celiac disease. We are expanding on this finding through the Study (Celiac Disease Genomic, Environmental, Microbiome and Metabolomic Study). We aim to enroll 500 infants aged 6 months or younger who have a parent or sibling diagnosed with celiac disease, and we are well on our way with nearly 180 babies from the United States and Italy. Study team members will analyze stool samples of the participants to investigate if and how the microbial composition of the gut might contribute to the development of celiac disease. Children in the study will receive periodic blood testing to monitor for blood markers indicative of celiac disease to ensure early diagnosis. Other factors will be measured, including breastfeeding versus bottle, type of delivery and use of antibiotics. By predicting who will develop celiac disease, we will better understand how to intervene and ultimately prevent the onset of disease.

Harvard Medical School Celiac Research Program:

We continue to build strong collaborative research and education programs with our colleagues at Beth Israel Deaconess Celiac Center and Boston Children's Hospital Celiac Disease Program. Our collaborative research projects currently include searching for biomarkers in patients with non-celiac gluten sensitivity and retrospectively evaluating the frequency of mucosal recovery in pediatric patients with celiac disease. In educational outreach, we are in the planning process for our second symposium in April 2017 following the highly successful inaugural symposium in Norwood, Mass., held in conjunction with the New England Celiac Organization in April 2015.

Moving Closer to an Alternative Treatment:

Some of our long-time supporters will be familiar with the story of zonulin, a molecule that increases intestinal permeability, and larazotide acetate, the successful candidate we developed to reduce intestinal permeability. This makes it a promising therapeutic for helping people with celiac disease eat safely on the gluten-free diet. In several clinical trials involving more than 800 patients and a phase 2B trial with 342 patients, larazotide has been shown to be safe and effective in a "real world setting" for people with celiac disease. The drug has been fast-tracked by the FDA and is scheduled for Phase 3 trials late in 2016. With this trajectory, larazotide could be the first drug approved for patients with celiac disease in the very near future.

On behalf of all the members of our clinical and research team at the Center for Celiac Research and Treatment, I am delighted to share these brief highlights of our work. Our progress is only made possible through your generosity. Since the founding of the Center in 1996, because of your loyal support, we have been able to advance our mission of improving the lives of people with celiac disease and other gluten-related disorders. Thank you for being an integral part of this journey. With our move to Massachusetts General Hospital, our philanthropic partnerships are stronger than ever, and we look forward to aggressively pursuing advances in patient care, research and educational initiatives in 2017. We deeply appreciate your commitment to support our work. To learn more about any of these projects or other research, please feel free to contact me at afasano@partners.org or Ellen Plapinger from the MGH Development Office at 617-726-0402 or eplapinger@partners.org. As we look forward to the next twenty years, it is your support that propels us forward. Your generosity has strengthened our ability to remain a world-class Center in an ever-changing healthcare environment, and we are sincerely grateful."

The following information is about the Nima food testing device from their website. I've had some questions about it and found this info. I am only sharing it to let you know about it, and am no means promoting it. The device is very expensive at \$199, and the capsules in which to place the food to be tested are also expensive (\$47.95 for 12).

"A discreet new device, small enough to fit into a pocket or purse, could make eating out an easier and safer experience for gluten-sensitive people." Manufactured by San Francisco-based startup 6SensorLabs, the

portable gluten-testing device, called Nima, can test food for the presence of gluten, providing results within minutes and reducing people's food anxiety. The device could also provide greater social freedom, making meals more enjoyable, said 6SensorLabs co-founder and chief technology officer Scott Sundvor.

Using the Nima device, individuals can make sure their food is gluten-free by placing a tiny piece of their meal inside a disposable capsule, twisting the cap shut and inserting the capsule into the Nima's main sensor unit. Within 2 to 3 minutes, Nima will let users know if the food is safe to eat by displaying a smiley face on the screen if there is no gluten or a frown if the result is positive for the protein, the company said.

The device can test a range of foods, from soups and sauces to more solid items like baked and fried goods, Sundvor said. Using a combination of a chemical and mechanical process, the Nima grinds down any chunky bits, dissolving the food in a proprietary blend of enzymes and antibodies that zero in on any gluten in the mix. And Sundvor said those antibodies can detect levels of gluten as low as 20 parts per million, the FDA limit for the maximum level of gluten considered acceptable in foods that are labeled gluten-free.

But the Nima itself is not an FDA-approved device. It is not intended for medical or diagnostic use, the company said. Instead, the Nima is marketed as a tool for getting more information about food when eating out, Sundvor said.

Nima's results have also been validated by two different external labs: Bia Diagnostics and BioAssay Systems. And Sundvor said his company is making sure to get the device tested even more thoroughly by a third party before making the sensor available to the public later this year."

The most important thing to understand about the Nima, according to Beyond Celiac, is the fact that the Nima device may show "gluten found" if trace amounts, sometimes BELOW 20 parts per million (ppm), are found. This means that a restaurant, or manufacturer, or family member, might be doing exactly the right things, and the Nima might still show a positive reading. *(Less than 20 ppm is the teeny amount of gluten deemed safe for people with celiac disease by top researchers in the field and the FDA. It's important to note that trace amounts of gluten as low as 5 ppm may trigger a positive test.*

New Study Illuminates Ongoing Conversation about Testing for Gluten in Oats Labeled "Gluten-Free"

The study was conducted by a team of PepsiCo Inc. and Quaker Foods and Snacks employees who published "Gluten-containing grains skew gluten assessment in oats due to sample grind non-homogeneity" in the peer-reviewed journal *Food Chemistry*. It was reported on by celiac disease expert Tricia Thompson, MS, RD of Gluten Free Watchdog.

The study found that gluten-containing kernels of wheat, barley or rye may contaminate oats, but are difficult to detect when testing samples of the oats for gluten. The difficulty arises when a portion of the oats are taken to test for gluten contamination. Currently, testing involves grinding the oats with the intention of evenly distributing any gluten that may be present throughout the sample. The study found that grinding the oats does not actually ensure that gluten is evenly distributed. In effect, several samples taken from the same batch of oats may show three different results: one may show no gluten contamination, the second may show gluten contamination below 20 parts per million (ppm) and the third may show over 20 ppm.

This variation in results means that oats thought to be gluten-free because they tested with under 20 ppm of gluten (the FDA's guideline for labeling food "gluten-free") could actually contain a dangerous amount of gluten for those with celiac disease or non-celiac gluten sensitivity.

A Gluten Free Fun Camp will be held from July 16-21, 2017 with True Friends at their Camp Courage location in Annandale, MN. It will be on the lakeside of the camp, which means they can hold more campers! The week will be filled with games and adventures: Rock's Got Talent, Dance Party, Capture the Flag, a chocolate fountain, Nature club, Art Club, Zoo Break, Camp-out, Bonfires and much more. Of course they serve delicious gluten free meals prepared by their amazing camp cooks. Children ages 8-17 who have celiac disease or who are on gluten free, and their siblings are welcome at the Gluten Free Fun Camp. The website is www.twincitiesrock.org.

A Vaccine to Treat Celiac Disease Gets Closer

By Amy Ratner, Beyond Celiac Medical and Science News Analyst

Researchers working on a vaccine to protect celiac disease patients from gluten exposure got a better idea in a recent clinical trial of the doses that will be needed, clearing the way for the drug to move to the next stage of study.

ImmusanT, a Massachusetts biotechnology company developing Nexvax2®, reported that a just-concluded Phase 1b trial tested the safety and tolerability of the therapeutic vaccine at various doses, from an initial injection through a series of booster shots.

Nexvax2 is a form of immunotherapy, a promising approach to celiac disease that uses the body's own immune system to treat or prevent disease.

Building resistance

The premise behind Nexvax2 is that if a small amount of the vaccine is given at first and the amount gradually increased, the immune system of those who have celiac disease and the gene most commonly associated with it, HLA-DQ2.5, will build up resistance to the harmful protein in gluten without any negative effects. In the recent clinical trial, 38 patients in three groups were given gradually escalating doses of the vaccine or a placebo, followed by maintenance doses that were higher than those tested in earlier studies. Results are being used to create a dosing regimen for a planned Phase 2 study this year.

A Phase 2 study is an important next step that will involve more participants and be designed to determine how well the vaccine works at protecting against gluten exposure and whether the benefits outweigh any risks. ImmusanT will begin recruiting patients later in 2017. Sixty three percent of drugs make it to Phase 2 trials, according the Biotechnology Innovation Organization, a trade association.

Initially, the vaccine would be used to protect against gluten exposure while patients continue a gluten-free diet. But as a second step, ImmusanT is looking to launch a vaccine that would eliminate the need for the diet. "Nexvax2 has the potential to protect against the effects of gluten exposure in patients with celiac disease and improve their quality of life," said Leslie Williams, ImmusanT president and chief executive officer.

Thanks to all who emailed your recipes to me for the newsletter before and after this pot luck! I really appreciate that, since it takes much time for me and Fran Andrews to retype all those that were not sent, along with all the ones that don't have email! Thanks for your help, Fran!

We hope to see you all at our next gluten free potluck on July 1st! If you have any questions or concerns please feel free to call me at the number below.

***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 Guylar and Jan Morgan.

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

POTATOES were baked at 375 degrees for 75-90 minutes.

TOPPINGs included chili (recipes included here), Country Crock, Daisy Sour Cream, Steamed Broccoli, Bacon Bits, Shredded Cheddar Cheese, Daiya Dairy Free Cheddar Cheese, and Green onions. **YUMMM!**

TURTLE LAYER BARS	Emily Crow
6 cups GF crispy rice cereal 4 cups min marshmallows 4 T. (half stick) margarine or butter 20 – 25 caramels, unwrapped 5 T. sweetened condensed milk 3 tsp. butter or margarine 1 cup chocolate chips 1 tsp shortening 1 ½ cups pecan pieces	Melt butter over low heat in large saucepan. Add marshmallows and stir constantly until completely melted. Remove from heat and add in crispy rice cereal. Stir until well coated. Press into a PAM-sprayed 9x13 dish. In a small saucepan, combine caramels, milk, and butter. Cook and stir over low heat until smooth. Drizzle evenly over prepared rice crispy bars. In a small microwave safe bowl, combine chocolate chips and shortening. Microwave on high for 30 second intervals, stirring every 30 seconds, until melted and smooth. Drizzle over caramel. Sprinkle pecans over chocolate and caramel. Allow to set and cut into bars.

CHOCOLATE COBBLER	Emily Crow
1 cup GF flour 1 tsp xanthan gum (omit if your blend already contains) 2 tsp baking powder ¼ tsp salt 7 T. cocoa powder, divided 1¼ cups sugar, divided ½ cup milk 1/3 cup butter, melted 1½ tsp vanilla extract ½ cup brown sugar 1½ cups HOT tap water	Preheat oven to 350°, grease 8x8 pan. In a large bowl, combine GF flour, xanthan gum, baking powder, salt ¾ cup sugar, and 3 Tb of the cocoa powder. Mix in the milk, melted butter, vanilla and stir until smooth. It will resemble brownie batter. Spread evenly in the greased baking dish. In a separate bowl, combine the remaining ½ cup sugar, 4 T. cocoa and brown sugar. Sprinkle evenly over the batter in the baking dish. Pour HOT tap water over the entire dish. DO NOT STIR! Bake for 35 – 40 mins until the center is set. Serve warm with a scoop of ice cream and the gooey chocolate sauce on top! ** NOTE: for potluck, I doubled all ingredients so I could make a 9x13 pan.

SUGAR COOKIES	Barbara Moore
3 c. flour 2 tsp. xanthan gum 2 1/2tsp. baking powder 1/2 tsp. soda 1 c. butter 2 eggs 1 c. sugar 3 T. milk 1 tsp. vanilla	In a large bowl, mix together flour, xanthan gum, baking powder and soda. Add butter and cut in like pie crust. In another bowl, beat eggs with a whisk. Add sugar, milk and vanilla. Beat until well blended. Pour into dry mixture, stir until well blended. Chill overnight. Roll 1/8 to 1/4" thick in gluten free flour or or cornstarch. Bake 8 to 10 min. in a 350 degree oven. Cool completely, frost and decorate.

LEMON BARS	Barbara Moore
1 c. flour 1/2 c. butter 1/4 c. powdered sugar Mix above ingredients together as for pie crust and pat into 8" sq. buttered pan. Bake for 12 min. at 350 degrees. Cool completely. 3 T. lemon juice grate rind of one lemon. Pinch of salt 2 beaten eggs 1 c. sugar 2 T. flour	Mix above ingredients and pour over cooled crust. Bake for 25 min. at 350 degrees. Sprinkle with powdered sugar and bake a few minutes more.

DUTCH LETTER BARS	Valerie Sarenpa
1 cup butter 1 can OR BOX almond PASTE – (NOT Almond filling) 1 ½ cup sugar 2 eggs plus 1 egg yolk (Save the egg white) 2 cups GF flour - prefer a flour mix with almond flour in it. 2 tsp almond extract ½ tsp vanilla extract Sliced almonds and coarse sugar Preheat oven to 325 degrees	Crumble paste into a microwave safe bowl; add butter and microwave for 30 – 45 sec onds more to melt. (Best to stir at 45 sec.) Pour into mixer bowl and add the 1½ cups sugar, the eggs and flavorings. Cream together until smooth. Add flour and mix. Spread in a 9x13" pan. Brush with beaten egg white. Sprinkle with sliced almonds and coarse sugar. Bake for 30 minutes until golden brown. <u>No not overbake.</u>

FROSTED GLUTEN FREE SUGAR COOKIES	Sue and Becky Brinker
1 box of Betty Crocker Gluten Free Sugar Cookies prepared as directed on box. I used an electric mixer to combine ingredients. 1 can of Pillsbury Funfetti Hot Pink Vanilla Frosting – gluten free. Sprinkles	

CRANBERRY ALMOND OATMEAL COOKIES	Marianne Eivins
3/4 C cane sugar 1/4 C potato starch	Preheat oven to 350 degrees. Cream together the butter and sugar. Blend in the

1/2 C butter 1/2 t xanthan gum 3T milk (cow, soy, rice, almond) 1/2 t baking powder 1 t vanilla extract 1/2 baking soda 1 1/2 C G-F quick oats 1/4 t sea salt 1/2 C sorghum flour 1/2 C sliced almonds 1/4 C tapioca flour 1/2 C dried cranberries	milk and vanilla. In a separate bowl, whisk together the oats through the salt. Add the dry ingredients to the wet and mix. Add the almonds and cranberries and blend in well. Put rounded tablespoons on a greased cookies sheet. Bake for 15 minutes. Makes 2 dozen.
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CHERRY PIE	Kim Bailey
Glutino Pie Crust mix made according to package directions. Fareway brand cherry pie filling	

DOLE CHOPPED SUNFLOWER CRUNCH SALAD KIT	Kim Bailey
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DAIYA DAIRY FREE CHEDDAR CHEESE	Madelyn Bryan
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BEEF CHILI	Barb Huyette
10 pounds ground beef, browned and drained 3 large onions, chopped 3 green peppers, chopped 4 16 oz. cans chili beans, not drained 4 16 oz. cans kidney beans, rinsed (I used dark and light red) 4 16 oz. cans diced tomatoes 3 28 oz. cans Fedeli Italian Peeled Tomatoes 2 29 oz. cans tomato sauce 10 t. chili powder 6 Bay leaves 3 t. Cumin 3 t. garlic salt Frank's Hot Sauce to taste (I used at least 1/4 cup) Salt and Pepper	Brown ground beef with onions, peppers, salt, pepper and garlic salt. Drain. Add the remaining ingredients and bring to a boil. Turn heat down and simmer for 2 hours. Adjust spices as needed.

CHILI WITH BEEF	Kay Crow
1 lb. ground beef 1 cup chopped onion * 1 heaping tablespoon chili powder 1 teaspoon salt 1 or 2 cans pinto beans (we use 2) 1 can petite diced tomatoes 1 small (8 oz) can tomato sauce 1 tablespoon sugar (optional)	In large pot, brown ground beef. Add onion, chili powder and salt and cook until onion is tender. Add beans, tomatoes and tomato sauce (and sugar if using. I find the sugar cuts the acidity of the tomatoes). Cook on medium heat for at least 20 minutes or reduce heat and simmer longer if you like. * I don't like chopping onions so my go-to is always a heaping cup of Pictsweet frozen Seasoning Blend; its mostly onion with a little pepper, celery and parsley)

TURKEY CHILI	Angie Wagner
2 1/2 lbs. ground turkey 1/2 medium onion, chopped 1 TBSP chili powder 1/2 tsp pepper 2 15oz cans Hy-Vee chili beans 1/4 c Hy-Vee tomato sauce 1/2 c Hy-Vee tomato juice	Brown ground turkey. Add onions. Add seasonings, beans, sauce and juice. Cook on medium heat for 30 minutes, stirring occasionally.

EASY CHILI	Christie Engelbert
1 lb. Ground Turkey Breast 2 1 lb. Cans Hy-Vee Tomato Sauce 2 1 lb. Cans Hy-Vee Chili Beans in Gravy 2 T. Chili Powder 1 tsp. salt 2 T. Sugar 2 T. Vinegar 2 tsp. garlic powder	In a large saucepan, brown ground turkey until done. Add remaining ingredients and simmer for 20 minutes.

AVOCADO SALAD	Laurie Christeson
<u>Salad:</u> Schwan's Southwest Roasted Corn (with onions, pepper & black beans) thawed 1-2 pints of cherry tomatoes 3-4 avocados - diced	Mix together in small bowl and set aside Combine all veggies in bowl and then pour dressing over and toss to mix well.
<u>Dressing:</u> 1/4 cup light olive oil Juice of 1 lime 1/4 teaspoon cumin Salt and pepper	

PEANUT BUTTER PROTEIN COOKIES	Judy Hammel
3C Creamy or Chucky Skippy Peanut Butter 1 scoop Nature's Life Vanilla Protein Powder 1 capful Tone Vanilla Flavoring ½ t. Authentic Foods Vanilla Powder Flavoring 1C Truvia Brown Sugar 1 ¼ C White Sugar 3 Eggs 2 ½ t. Aldi's Baking Soda	Beat eggs, soda, Sugar, and Vanilla Flavoring then add to peanut butter and powder. Put parchment paper on cookie sheet. Drop T size or larger on pan. Bake 350 degree for ten minutes.

CREAMY BROCCOLI COLESLAW	Judy Hammel
4C Broccoli Slaw or Coleslaw Mix 1C Hellman's Mayo GF 1t Tone Celery Flakes 1t Tone Chives 1 ½ t. Tone onion powder 1 ¼ T Tone garlic powder	Mix and refrigerate then serve (adjust seasoning to your liking)

<p>½ t. Himalayan Pink sea salt Tone Pepper to taste 1t. Burman's Aldi yellow mustard 2T Simply Nature Aldi's Apple Cider 2-3 handfuls of Southern Grove Aldi's Raisins 2-3T Sugar GF</p>	
CARAMEL CHOCOLATE BARK	Barb Mittman
<p>2 cups Hershey's dark chocolate chips (60-70% dark chocolate) 12 Kraft caramel squares 1 teaspoon water, divided ¼ teaspoon flaky sea salt (optional) Chopped nuts (optional)</p>	<p>Line a rimmed baking sheet with foil. Microwave chocolate on medium for 1 minute. Stir, then continue microwaving on medium, stirring every 20 seconds until melted. Combine 6 caramels and ½ teaspoon water in a small bowl. Microwave on high just until melted (30-60 seconds). Stir the melted caramel into the melted chocolate thoroughly. Pour mixture onto the foil and spread it into a 9-inch square. Combine the remaining 6 caramels with ½ teaspoon water in the small bowl and melt. Drizzle caramel over the chocolate and sprinkle with salt and/or nuts, if desired. (Bark for potluck had no salt or nuts.) Refrigerate until set, about 30 minutes. Transfer bark and foil to a cutting board. Use a sharp knife to cut into pieces. Store in the refrigerator.</p>

FRENCH CHOCOLATES – MINT	Barb Mittman
<p>10 oz. (1 pkg.) Hershey's mint chocolate chips + 2 oz. semi-sweet chocolate chips ¾ cup Fareway sweetened condensed milk 1 teaspoon Tones vanilla Dash salt Chopped walnuts (optional)</p>	<p>Line a 9-inch square pan with foil. Microwave chocolate on medium for 1 minute. Stir, then continue microwaving on medium, stirring every 20 seconds until melted. Stir in sweetened condensed milk, vanilla, and salt. Pour into pan (top with walnuts) and cool several hours to firm. Cut into squares. Note: This same recipe can be used with any <u>12 oz.</u> combination of chips (i.e. 6 oz. peanut butter + 6 oz. semi-sweet chips). Chocolate mixture may also be shaped into one-inch balls, rolled in walnuts and left to harden.</p>

PEANUT BUTTER COOKIES	Nicki Eddy
<p>1 c Skippy Peanut Butter 1 c Sugar 1 Egg 1 tsp Vanilla</p>	<p>Mix everything together. Roll into a ball, then flatten with fingers. Bake at 350° for about 10-12 minutes.</p>

PINEAPPLE PRETZEL SALAD	Sherry Fry
<p>1 cup crushed Pretzels 1/2 cup melted butter 1/3 cup sugar</p>	<p>Stir mixture and set it aside to cool. Fold together cream cheese, cool whip, and 1/3 cup sugar. Add pineapple. Combine the pretzel mixture just before</p>

1 8-oz pkg. softened cream cheese 1 8-oz pkg. cool whip 1/3 cup sugar 1 20 oz. can crushed pineapple drained Microwave pretzels, butter and 1/3 cup sugar for 2 to 3 minutes on medium.	serving.
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LETTUCE SALAD	Cindy Vanderwielen
<u>Salad:</u> 10 cups romaine lettuce 1 cup shredded Swiss cheese 1 medium apple, cored and cubed 1 medium pear, cored and cubed 1/4 cup dried cranberries 1/2 cup cashews	<u>Dressing:</u> In blender, combine 1/2 cup sugar, 2 TBLS finely chopped onion, 1/3 cup red wine vinegar, 2 TBLS lemon juice, 1/2 tsp salt. With blender running, gradually add 2/3 cup vegetable oil. Then add 2 tsp poppy seeds and blend until mixed. Combine the lettuce, cheese, apple, pear & cranberries in bowl. Drizzle with desired amount of dressing and add cashews. Toss to coat and service immediately.

CHOCOLATE CHIP FLUFFERNUTTER CHEERIO BARS	Teresa Koch
2 TBS butter 1 10 oz. bag mini marshmallows ½ cup peanut butter 5 cups Honey Nut Cheerios® ½ cup chocolate chips	Melt your butter in a large sauce pan over medium heat. Add in your marshmallows and stir till melted. Mix in your peanut butter completely. Stir in your Honey Nut Cheerios® until they are completely coated in mixture. Fold in ¼ cup of your chocolate chips. Press mixture into a 9x13 pan. Press remaining chocolate chips on top of bars. Allow to set. Slice and serve. Serves 15.

LOADED BAKED POTATO MUFFINS	Amber & Natalie Huber
1/3 package (12 oz.) turkey bacon (chopped) 3 cups leftover (or chilled) mashed potatoes 1 & 1/4 cup cheddar cheese 1 egg (can add 3 tbs. of chives if you want, 2 tbs. in and 1 tbs. on top)	Heat oven to 375°. Spray mini muffin tin, I used liners. Mix potatoes, 1 cup cheese, bacon, and egg. Divide mix into pan and pack down. Bake for 20-25 minutes, until golden brown. Remove and sprinkle with the rest of the cheese. Bake for another 3-5 minutes. Remove from oven and let set in pan for 5 minutes. (if you make in regular muffin pan, bake for 30-35 minutes)

PINEAPPLE UPSIDE-DOWN CAKE	Jan Morgan
1 King Arthur Flour gluten-free yellow cake mix, plus all ingredients listed on cake mix box 1/4 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 35-40 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.
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PEANUT BUTTER BARS	Norma Rohn
1 C. sugar 1 tsp. baking soda 1 C. brown sugar 1 tsp. vanilla 1 C. margarine 2 C. GF flour 2/3 C. peanut butter 2 C. GF oatmeal ¼ tsp. salt 12 oz. chocolate chips	Mix in order given EXCEPT chocolate chips and press in jelly roll pan. Bake at 350 ° for 20 minutes. Then sprinkle chocolate chips on top and spread. Wait until completely cool and add frosting. Frosting: 2 C. powdered sugar, 1 C. peanut butter, 4 T. milk. Mix and spread on cooled bars.

MINI CREAM PUFFS	Kay Crow
½ cup butter or margarine 1 cup water ¼ teaspoon salt 1 cup gluten free flour ½ teaspoon xanthan gum 1 tablespoon sugar 4 eggs ½ teaspoon vanilla <u>Filling</u> 1 small package vanilla instant pudding ¾ cup milk 1 cup Cool Whip Mix pudding, milk and cool whip and refrigerate.	Preheat oven to 375. Combine flour, xanthan gum salt, & sugar and set aside. In a large pot bring water and butter to a boil. Stir in flour mixture all at once and stir until mixture forms a ball and all flour is absorbed. Transfer the dough to a mixing bowl to cool a little. Beat in the eggs one at a time, making sure mixture changes from lumpy to creamy before adding another egg. Add vanilla. Drop by heaping teaspoonfuls onto ungreased baking sheet or parchment paper; or you can use a pastry bag or Ziploc bag if you prefer. Bake for 17 Minutes then reduce heat to 300 and bake for 7 more minutes. Puffs should be 2 to 3 times in size and golden brown. Remove from oven, turn oven off, and immediately poke puffs with a toothpick to let steam escape. When cool enough to handle, slice like a clam shell and lay open. Return to turned off oven to dry for 10 minutes or more. When cool, fill with a teaspoon of filling and close tops. Dust tops with sifted powder sugar. I find a shaker or sifter works best for this.

HY-VEE HEALTHMARKET NATURAL FUDGE BROWNIES	Heidi Wubben
2 eggs 7 T. butter melted and cooled Chocolate Chips -if desired	Preheat oven to 350. Grease or spray an 8x8 inch pan. Pour Hy-Vee Health Market natural gluten-free fudge brownie mix in medium bowl. Add eggs and melted and cooled butter. Stir together or beat with electric mixer until well blended. Add chocolate chips. (I didn't measure but

	just put in what I thought looked good.) Batter will be very thick and somewhat sticky. Spread in prepared pan. Bake 28-30 minutes. Cool before cutting.
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MANDARIN SALAD	Lynn Louk
1/4 cup sliced almonds 1-11 oz. can mandarin oranges, drained 1 tbsp. + 1 tsp. sugar (or 4 fresh mandarins, separated into sections) 1/4 head lettuce 2 green onions, sliced 1/4 bunch leaf lettuce Sliced raw cauliflower (optional) 2 med. stalks celery, chopped <u>Sweet & Sour Dressing:</u> 1/4 cup oil 1/2 tsp. salt 2 tbsp. sugar Dash of pepper 2 tbsp. vinegar Dash of tabasco sauce 1 tbsp. snipped parsley	Cook almonds and sugar over low heat, stirring constantly, till almonds are coated. Cool. Tear lettuce into bite-sized pieces. Add remaining ingredients and toss with dressing. Top with almonds.

BANANA BARS	Tracy and Michael Berryhill
(From Gluten-Free Gourmet Makes Dessert by Bette Hagman)	
<u>For Cake:</u> 1 ¼ cups GF Mix ¼ tsp xanthan gum 2 tsp baking powder ¼ tsp salt 1 cup mashed ripe bananas (2 bananas) ¾ cup brown sugar 1/3 cup white sugar ¼ tsp buttermilk 1 egg 1 TBSP vegetable oil 2 tsp vanilla ½ cup chopped walnuts <u>Drizzle topping:</u> ¼ cup confectioners' sugar 2 tsp milk or juice	Preheat oven to 350°. Grease a 9" square cake pan with shortening or spray with vegetable oil spray. In a small bowl, whisk together the flour mix, xanthan gum, baking powder, and salt. Set aside. In the bowl of your mixer, beat together the mashed banana and both sugars until blended. Add the buttermilk, egg, oil, and vanilla. Beat well. Stir in the dry ingredients until just blended (do not beat). Fold in the nuts. Spoon the batter into the prepared pan. Bake for 25 – 30 minutes or until a tester comes out clean. Remove from the oven and keep the cake in the pan. Stir together the confectioners' sugar and liquid until just thick enough to drizzle well. Drizzle in a zigzag pattern over the cooling cake. When cooled, cut the cake into 12 bars.

CAULIFLOWER PIZZA CRUST	Dave Johansen
1 cup cauliflower crumbles ½ cup grated parmesan cheese 1 egg beaten 1 tsp Italian Seasonings ½ tsp crushed garlic ½ tsp salt	Microwave cauliflower crumbles for 5 – 8 minutes, no need to add water. Drain cauliflower and pat dry. Preheat oven to 450° F. Spray a cookie sheet with non-stick cooking spray. Combine 1 cup cauliflower crumbles, 1 egg and parmesan cheese. Then add Italian seasonings, crushed garlic and salt. Make sure

1 ½ cups shredded mozzarella cheese Pizza Sauce Toppings of your choice	everything is well mixed. Then place dough on cookie sheet and pat into a 9" circle. Bake dough at 450° F for 15 minutes. Remove from oven and add sauce, mozzarella cheese and other toppings. Place pizza back in oven until cheese is melted.
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CHEESY POTATOES	No name
1 – 2 lb. bag loose hash browns 2/3 C. chopped onion 6 oz. shredded cheddar cheese 2 (12 oz.) GF cream of chicken condensed soup 8 oz. sour cream 2/3 stick butter, melted 2 C. Chex rice cereal	Mix all ingredients together, except butter and cereal. Place in a greased baking dish. Mix together butter and cereal, place on top. Bake 1 hour and 15 minutes at 350° uncovered.

COCKTAIL SAUSAGES	Kris Morine
2/3 C. Smucker's Grape Jelly 1/3 c A-1 Steak Sauce 1 TBSP French's Yellow Mustard	

SEX IN A PAN	No name
<ul style="list-style-type: none"> ▪ Graham layer first ▪ Cheesecake layer second ▪ Chocolate pudding layer third ▪ Vanilla pudding layer fourth ▪ Cool whip layer fifth <p><u>Graham cracker layer:</u> Schar grams 1 box ¾ stick butter</p> <p><u>Cheesecake filling:</u> 8 oz. cream cheese Splash lemon juice Splash vanilla 1 can sweetened condensed milk Pudding filling (2 flavors) Jell-O instant pudding Add 1 cup less than directions</p> <p><u>Cool Whip layer:</u> 3 containers cool whip 2 large Hershey bars Melt Hershey bar and mix</p>	