



CENTRAL IOWA CELIAC CONNECTION

JANUARY 2015 GF NEWSLETTER AND RECIPES

Hi to all our gluten free friends! We had a great Comfort Foods potluck. And the weather held off for us! We had so many great casseroles and desserts and all kinds of side dishes. And then we had a big potato bar with all the trimmings. Great fun!

Kathy Titus is in charge of the Children's Program, and has arranged for volunteers from the Waukee Silver Cord Program to assist. Kathy's daughter, Ella, always helps too. The Waukee Silver Cord Program is to instill within students the importance of community service, and to encourage students to be accountable for investing in their own education and in their community on a regular basis during their school years. Students will be recognized at 25, 50, 100 and 150 hours of service. Students volunteering 150 hours by April 30 of their senior year will have the distinct honor of wearing a silver cord during their graduation ceremony. Many colleges look at this when recruiting/accepting new students! We appreciate these students!

OUR NEXT POT LUCK IS APRIL 18! Any suggestions for a theme? Email or call me and let me know what you might want! We are always open for ideas!

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.

Samples and Give-aways: Thanks to the following for their donations:

Amy Anderson brought 12 boxes of the **GF Girl Scout Cookies** to sample.

Ronda Gethmann was here to discuss and sample **Young Living Essential Oils**.

DiAnn Neumayer – Specialty Cakes and More brought samples of her fabulous cakes.

Andrea's Gluten Free sent cookies, muffins and gooey butter cakes to sample! Andrea's also sent several door prizes.

Thanks to **Kay Crow** for donating her beautiful gift baskets of yummys for the drawing.

Taste Guru (description of business is below in the newsletter) sent a box of items for the drawing, and gave another as an on-line gift.

Michelle Manning has been our librarian for a number of years. She has basically made the library what it is now. I cannot thank her enough!!! But due to family demands she must step away from this responsibility.

Lisa Huyette Smith and Amber Huber managed the library for our pot luck and will continue for the time being. Thank you both for this great help!

The **Making Tracks for Celiacs**, coordinated by **Denise and Sarah Menzel** October 11, raised **\$4873!!! \$3654.75 went to the CFR (the Center for Celiac Research), and \$1218.25 came to our Central Iowa celiac Connection!!!** What a fantastic job the Menzels and their team of helpers did on this project once again!!!

Dr. Alessio Fasano's Presentation: We had almost **400 people attend Dr. Alessio Fasano's event**. It's too bad more of you didn't make it, but I know the weather was a concern. Dr. Fasano was incredible as usual! We sold all 25 of his books, Gluten Freedom, and he signed all those and many more that were previously purchased by attendees. I almost forgot to have Dr. Fasano sign my book! I was so honored when he sent me

4 chapters on the upcoming book to review and asked me to write a testimonial on them. I couldn't believe it when my testimonial was chosen to be included in the book!

The **Vendors brought fabulous items** that impressed everyone, and not only did they provide samples, but they sold out of everything they brought! The vendors were:

- **Fahlstrom Farms (who drove from Minnesota!)**
- **Specialty Cakes and More**
- **Sweet Rewards Gluten Free Bakery**
- **Ami's Cakes and Confections (who came from Ames)**
- **Healthy Grains Bakery**
- **Friedrich's Coffee was generous enough to donate their wonderful coffee for the event**
- **A representative from the CSA came from Omaha to give out information on the CSA**
- **The Iowa Clinic also had a table where they handed out literature**

RAFFLE: Our raffle was phenomenal! We raised **\$3312.65** just from the raffle and book sales. **Dr. Tom Otrok** won the trip to Mexico! And **Ami Frank** won the beautiful silver necklace (so appropriate since she solicited that great gift for the raffle!). Some **students from Iowa State University** won the private plane sightseeing tour, and they were so excited! **Jan Mackey** won the beautiful quilt that **Deb Umland** made. Someone suggested that it should be a traveling quilt, but Jan wouldn't have anything to do with that! All the raffle items were so great. All raffle money of course stays right here in Iowa with our group. However, as a result, the Central Iowa Celiac Connection has been able to contribute more for CFCR's research efforts. **Our wonderful sponsors included American Business Phones (\$1725), The Iowa Clinic (\$1000), and NCMIC (\$1000). We also had a number of you generous members who donated prior to the event. ALTOGETHER WE RAISED \$7000 FOR THE CENTER FOR CELIAC RESEARCH!!! WOW!!!**

PRODUCT INFORMATION

Andrea's Gluten Free offers many GF products, including: Seasoned Stuffing, Pie Crust, Chocolate Chunk Muffins, Pumpkin Muffins, Goopy Truffle Cookies, Goopy Butter Cookies, Chocolate Chip Cookies, Goopy Butter Cake, 2lb Fine Grind Flour Blend, 4lb Fine Grind Flour Blend, 2lb Pancake Mix, 4lb Pancake Mix, Traditional Pie Crust, and Biscuit Dough. See more at www.andreasglutenfree.com. Some of these products are sold at Hy-Vee stores. If you would like to see other products at the stores please ask your store managers.

Taste Guru (www.tasteguru.com) is the gluten free monthly subscription box. From their website: "Each month we ship out 6 – 9 different gluten-free items right to your door in our colorful Taste Guru box. It's fun to have a mystery box of gluten-free goodness show up in your mail and to try out some new items. Starting at \$15/month (+S&H), the cost doesn't break the bank, and the reviews have been great – MommySplurge.com said '*Gluten-free or not, this month's Taste Guru was amazing!!!*'" What's great is they have put an ad on our website!

By the way, if anyone wants to put an ad on our website it only takes a very small donation to our group.

The **CSA has offered an e-book Holiday Recipe Book**. "You can download "CSA Holiday Recipe Collection E-Book 2014. Please use the following link to download the file:

URL: <http://www.csaceliacs.org/servlet/sf?key=1ddfNCtGgbAGOhhDKLeOEX8mEyGXKSzx&id=1160>. If you experience any difficulties downloading the file, please call us at (877) 272-4272."

BARILLA– Did you see on the news 2 weeks ago about **Barilla in Ames expanding their manufacturing facility** to include the **GF pasta line**? It will be completed in October! I know Barilla has been on the market for a while, but this must mean the pasta has been a big success, as we all well know!

From **Meredith Houle**: The Urbandale Hy-Vee is carrying **Good Bye Gluten bread**. It is so good!

Hurray For The Girl Scouts! For the first time in **Girl Scout** history, **gluten-free cookies** will be available nationwide from most Girl Scout councils. The two new gluten-free offerings include: *Toffee-tastic* - buttery cookies with toffee bits, and *Trios* - made with real peanut butter, chocolate chips, and whole grain oats.

Have you seen the new **Gluten Free Chex Granola Mix**???. I don't know if it is sold here yet. If you've tried it let me know so I can put it in my next newsletter!

Canyon Bakehouse is making a **Deli Style Rye Bread**.

If you get Trader Joe's flyers you would see that they have GF rolled oats – 32 oz. bag for 3.99! They also have GF Chocolate Chip Brownie Mix – 16 oz. box for \$3.99! I have not tasted these but they are certainly reasonably priced.

From **Shelle Bergman**: Her daughter became very sick after eating **Dannon Oikos Greek Yogurt Dips**. Shelle called the company and they told her that all the **Dannon Greek Yogurts are GF**, but **they cannot claim that the Dannon Oikos Greek Yogurt Dips are GF!** Just an FYI! Use your own judgement.

From **Joan Benson – Milton's Gluten Free Everything Baked Crackers** are sold at **Costco**. It is a large bag. I've tasted them and they are terrific! Sorry I don't have the price.

I bought a box of **Krusteaz Brownie Mix at Sam's Club**. There are 3 mixes per box for \$6.95. I made them and they are delicious (one bag makes a 9x9 or 8x8 pan). But they are a bit crumbly when warm. Not so much when they have cooled. **Krusteaz** also offers a **Gluten Free Cornbread Mix** but it is not sold at Sam's.

Have you seen the ad from **Aldi's** featuring many of **their LiveGfree products**? They carry many GF products at lower prices! For a list of available GF products at Aldi's go to: <https://www.aldi.us/en/grocery-items/new-at-aldi/>

Product Alert!: If you shop at **Aldi's**, be on the lookout for *Choceur Coconut Crunch* bars. Apparently some of these bars are labeled GF but barley malt is listed as one of the ingredients. If you see this bar, bring it to the attention of the manager and request they remove it from the shelf. Remember to **always read the ingredient label**.

The **Lovely Candy Company** has introduced **GF licorice**. Their candy is certified GF by the Gluten Free Certification Organization. www.lovelycandyco.com/

Pizza Hut and Coors Going Gluten-free in Time for Super Bowl Sunday

<http://www.celiac.com/articles/23874/1/Pizza-Hut-and-Coors-Going-Gluten-free-in-Time-for-Super-Bowl-Sunday/Page1.html> Jefferson Adams Published on 01/23/2015

This Superbowl Sunday gluten-free fans can celebrate with gluten-free Pizza Hut pizza, and, in a few lucky test markets, gluten-free Coors beer.3+

You read right. First, Pizza Hut has announced that, starting Jan. 26, it will be debuting a gluten-free pizza in about 2,400 locations in the U.S. The new pizza will be a 10-inch, six-slice pizza, which will go for \$9.99. The pizza crust will be made by popular gluten-free brand Udi's Foods, and certified gluten-free by the Gluten Intolerance Group.

Pizza Hut's gluten-free pie will be one of the restaurant's lowest-calorie pizzas, with about 100 fewer calories per serving than their current "Skinny Slice" pizza. Every Pizza Hut Gluten-Free Pizza will be baked fresh-to-order on parchment paper and delivered in a specially branded Udi's Gluten-Free Pizza box. Also, all

employees handling Pizza Hut's Gluten-Free Pizza have been trained to wear gloves and use a designated gluten-free pizza cutter.

If that's not enough good news, beer-loving gluten-free football fans in Seattle and Portland will be able to chase their gluten-free Pizza Hut pizzas with Coors' new gluten-free Peak Copper Lager, which will debut in those markets on Superbowl Sunday. Coors will gauge the response in its test markets as it looks to make Peak Copper Lager available in more U.S. markets.

Gluten-free Pizza Hut pizza and gluten-free Coors beer on Superbowl Sunday? I'm going to call that a ***touchdown!***

WEDO is the first company to bring **Banana Flour** to the United States. They use unripe green bananas to create a low-sugar product which has a bran-like taste, rather than a banana flavor. Banana Flour is packed full of healthy nutrients and can be used as a Paleo and Gluten Free substitute for the following: all cooking and baking, thickener for soups and sauces, or as a boost to your morning smoothie. Because of the high starch content in banana flour, rule of thumb is to use 25% LESS Banana Flour than suggested flour (i.e. 3/4C Banana Flour for every 1C suggested flour). The health benefits are it contains potassium, is all natural, and full of vitamins and minerals.

Banana flour mimics the results of wheat flour remarkably well, making for an easy transition to banana flour in your everyday baking. Banana flour works well by itself, but it complements the likes of other flours wonderfully. However, some recipes do call for binding gums to obtain optimal consistency. WEDO Banana flour has a hint of banana flavor, but once it becomes baked into your final creations the taste has an earthy wholesome flavor to it. The texture is light and fluffy, freeing you from gummy, gritty and grainy textures. You'll have tough time believing it comes from bananas.

From **Linda Chamberlin: Schwan's** now carries some certified gluten free products - white bread loaf, breaded chicken nuggets, brownie bites, blueberry muffins, and pizza.

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Products REMOVED from Gluten Free Listing:

- Hy-Vee Chocolate Covered Caramels 12 OZ
- Hy-Vee Chocolate Stars 12 OZ
- Hy-Vee Classics Root Beer Barrels 9 OZ
- Hy-Vee Classics Starlight Mints 20 OZ
- Hy-Vee Double Dipped Chocolate Covered Peanuts 12 OZ
- Hy-Vee English Walnut Pieces 2 OZ
- Hy-Vee English Walnut Pieces 6 OZ
- Hy-Vee English Walnuts 16 OZ
- Hy-Vee Lemon Drops 10 OZ
- Hy-Vee Light Strings Natural String Cheese 20 OZ
- Hy-Vee Natural Almonds 2 OZ
- Hy-Vee Natural Sliced Almonds 2 OZ
- Hy-Vee Pecan Halves 10 OZ
- Hy-Vee Pecan Pieces 2 OZ
- Hy-Vee Pecan Pieces 6 OZ
- Hy-Vee Raw Spanish Peanuts 16 OZ
- Hy-Vee Salted Blanched Peanuts 16 OZ
- Hy-Vee Salted Spanish Peanuts 16 OZ
- Hy-Vee Slivered Almonds 2 OZ

- Hy-Vee Starlight Mints 12 OZ
- Hy-Vee Taco Seasoning Mix 30% Less Sodium 1.25 OZ
- Hy-Vee Taco Seasoning Mix Original 1.25 OZ

GLUTEN FREE TURKEYS include Butterball, Honeysuckle White, Jennie-O, Perdue, Hy-Vee, Target (Check gravy packet for gluten), Fareway. I'm sure there are others.

GLUTEN FREE HAMS – Updated April 2014: **Appleton, Armour, Beelers, Boar's Head, Cook's, Ekrich, Hillshire Farm, Hormel, Jones Dairy Farms.** These are a few of the hams you will find in our local area. **Reminder: Read the glaze packets,** as they may contain wheat or barley. Discard if these are listed in the ingredients. Make your own with brown sugar and pineapple juice.

From **Kathy Wetrich:** I sell **Surface Products** in my salon. Surface products are free of sulfates, gluten, parabens, animal protein, mineral oil and phthalates. Surface is a salon exclusive hair care line that can only be found with registered salons and I am one of them. I would love to sit down and visit more about these wonderful gluten free products. For more information go to Surfacehair.com. Or contact me at 515-360-0144, Creative Hair Designer/Studio 157 @ Westlakes Studios, 6750 Westtown Parkway Suite 150. West Des Moines, IA 50266. <https://www.facebook.com/kathywetrich>.

OTHER INFORMATION

There is a new cook book out. It is **The How Can It Be Gluten Free Cookbook**. It was produced by America's Test Kitchen. **America's Test Kitchen** is a 2,500 square-foot kitchen located just outside Boston. It is the home of *Cook's Illustrated* and *Cook's Country* magazines and is the workday destination of more than three dozen test cooks, editors, and cookware specialists. Their mission is to test recipes until they understand how and why they work and arrive at the best version. Their test kitchen is committed to helping people become more successful when they cook at home. Over the past few years, they have received a chorus of requests from readers who want gluten-free recipes. They wanted them to reengineer favorite dishes. The test kitchen methodology is designed to solve problems just like this. They test various ingredients and techniques in order to develop recipes that work. And they have the resources to test as many times as needed. If they need to make 500 blueberry muffins to perfect this one recipe, they will. (And they did!) Eight people spent almost a year in the kitchen perfecting some of the favorite recipes, making them gluten free. The book is sold at Barnes and Noble for \$16.95. I bought a copy for our library.

The **IDDC is hosting a 5 K run/walk** on March 28, 2015. It is to benefit colon cancer awareness. Contact Anna Fisher at afisher@iddc.net.

Please remember that you should be getting a **bone density test** if you have been diagnosed with celiac disease. If your doctor never ordered one for you then ASK for it! If your bone density is below normal you should ask your doctor if you should repeat it every 2 years. And start on calcium or some other supplement if he orders it.

From **Crystal Laux** who was on our steering committee for a while: "I really miss you all. Oklahoma City does not have an active celiac/gluten free chapter. I emailed the person in charge before I moved out here and never received a message back from her. I still love to read your newsletters that come along with the

→"Keep in touch with the **Center for Celiac Research and Treatment**. Sign up for our newsletter and we'll send you news and updates about research, events and more. www.celiaccenter.org."

Celiac Disease Prevalence Expected To Exceed 8 Million Cases By 2023, November 17, 2014 - A new market research report has estimated that the prevalence of celiac disease will increase to more than 8 million

cases in the six major markets over the next 10 years, according to a press release. The EpiCast report, based on a literature review and primary research results, was produced by epidemiologists and provides a 10-year age- and sex-stratified forecast for total and diagnosed prevalent cases of celiac disease in the six major geographical markets, which include the United States, France, Germany, Italy, Spain and the United Kingdom, the release said. By 2023, total prevalent cases of celiac disease are estimated to reach 8.08 million at a growth rate of 3.92% and diagnosed cases are expected to reach 1.11 million at a 4.61% growth rate throughout the six major markets. “Current epidemiological studies estimate that celiac disease affects around 1% of the population in western countries, with a range of between 0.3 - 2.7%,” the release said.

Altered Microbiota Linked To GI Symptoms In Celiac Patients On Strict Diet - Wacklin P. *Am J Gastroenterol.* 2014;doi:10.1038/ajg.2014.355.

Abnormal intestinal microbiota (bacteria) was associated with gastrointestinal symptoms that persisted in patients with celiac disease despite adhering to a long-term gluten-free diet, according to new research data.

Researchers from Finland identified 177 patients with celiac disease at the Tampere University Hospital and University of Tampere, who underwent clinical examination, dietary assessment, gastrointestinal endoscopy with duodenal biopsy, and celiac disease serology analysis. Of the remaining patients who were on a strict gluten-free diet for several years and had normalized small bowel mucosa and negative celiac autoantibodies, those with the highest (n=18) and lowest (n=18) Gastrointestinal Symptom Rating Scale scores were identified for 16S rRNA gene pyrosequencing to analyze their duodenal microbiota.

“Our results showed that celiac disease patients suffering from persistent symptoms on [gluten-free diet] had altered Proteobacteria-rich duodenal microbiota and reduced richness of bacteria, indicating intestinal dysbiosis,” the researchers concluded. “We propose that this altered microbiota is associated with persistent symptoms in celiac patients with strict [gluten-free diet] and small bowel mucosal recovery. Further studies are warranted to confirm our results and possibly to find applications for alleviating the symptoms of this specific patient subgroup by intestinal microbiota modulation.”

Celiac Disease Showing Up In Many Forms And At All Ages – By Janice Neumann | Reuters –

A classical set of celiac disease symptoms no longer reflects the profile of most newly-diagnosed patients, according to a new study from Italy. Instead, doctors need to take other symptoms into account and consider the possibility of celiac disease, even when patients don't fit the old image of the condition, researchers say. “It's been a gradual phenomenon since the 1970s that fewer people are presenting with the classical diarrhea and more with non-classical or silent presentation, both in adults and children,” said Dr. Peter Green, who wasn't involved in the study.

“We don't actually know why one person has diarrhea and another presents with abdominal pain or osteoporosis,” said Green, director of the Celiac Disease Center at Columbia University in New York.

Dr. Umberto Volta and his coauthors write in the journal *BMC Gastroenterology* that just 15 years ago, celiac disease was still thought of mainly as a rare pediatric food intolerance, whose most common signs were diarrhea and intestinal damage that was diagnosed through a biopsy.

The disease is now known to be an autoimmune disorder, caused by an inability to tolerate the gluten protein in wheat, barley and rye.

Eating gluten typically causes inflammation of the intestinal lining in people with celiac disease and makes it hard to absorb nutrients.

Research shows that more than 1 percent of people worldwide have the disease, but most may not know it, the authors of the study note. The diagnosis is based on a blood test for signs of the abnormal immune response, such as antibodies, as well as biopsy in some cases.

With his colleagues, Volta, a professor of medicine at the University of Bologna in Italy and vice president of the Ethical Committee at St. Orsola-Malpighi University Hospital, looked at the celiac patients diagnosed over the course of 15 years at that hospital.

The study involved 770 patients, 599 of them female, diagnosed between 1998 and 2007. Nearly half were diagnosed during the first 10 years of the study period and the rest in the last five years, indicating a steep rise in rates of diagnosis.

Among all the patients, 610 people, or 79 percent, had symptoms when they were diagnosed. But most of their problems were not the typical diarrhea and weight loss, but rather “non-classical” issues like bloating, osteoporosis and anemia. Diarrhea was a symptom in just 27 percent of patients.

Indeed, classical symptoms became less common over the years, decreasing from 47 percent of patients during the first 10 years to 13 percent in the last five. Meanwhile, other problems, as well as a lack of any significant related illness, increased by more than 86 percent.

“The most striking change in clinical presentation of celiac disease over time has been the decrease of diarrhea as the leading symptom and the progressive increase of other non-classical gastrointestinal symptoms (such as constipation, bloating and alternate bowel habits as well as gastro-esophageal reflux, nausea, vomiting and dyspepsia),” Volta said in an e-mail to Reuters Health.

“A high proportion of celiac disease patients did not show any gastrointestinal symptom, but they displayed extra-intestinal manifestations such as iron-deficiency anemia, unexplained osteoporosis, abnormalities of liver-function tests and recurrent miscarriages,” he said.

The most common illness associated with celiac was thyroid disease. Only half the patients had severe intestinal damage, and 25 percent had partial damage.

In later years, more patients were diagnosed through blood tests. That may be one factor accounting for the changing pattern of typical symptoms, Volta said, because the patients were diagnosed earlier, before gluten had done its damage.

“The effects of gluten weren’t as severe yet,” Volta said. “The story of celiac disease has been radically changed by the discovery celiac disease-related antibodies, which identify plenty of unsuspected cases.”

Green agreed that testing has vastly improved diagnosis of the disease. He said that in the United Kingdom, anyone with iron deficiency or migraine is tested for celiac disease.

While most celiac specialists understand the varied symptoms, other physicians might not, he said. Green pointed out that in the United States, only 17 percent of people with the disease are actually diagnosed.

“Anyone can have celiac disease, it’s common and underdiagnosed,” said Green. “The message we want to get out is if you think you’ve got celiac disease, don’t just go on a gluten-free diet, test for it.”

Volta said he hoped the study reminded doctors about the many problems that can signal celiac disease.

“I hope doctors keep in mind that celiac disease is a very frequent food intolerance, which should be investigated not only in patients with diarrhea and overt malabsorption, but also in people (with other symptoms),” Volta said.

“The treatment by gluten-free diet improves the quality of life in symptomatic patients and prevents complications in all celiac disease patients including those without symptoms,” he said. ■

From the UNIVERSITY OF CHICAGO CELIAC DISEASE CENTER: What is Nonresponsive Celiac Disease?

- By Carol Semrad, MD

Celiac disease is unique among intestinal inflammatory diseases, in that the trigger for inflammation, gluten, is known. This allows effective dietary treatment. Fortunately, most individuals with celiac disease have improvement in symptoms and signs (diarrhea or constipation, abdominal gas/bloating/cramps, fatigue and anemia) within two weeks of starting a gluten-free diet. Others improve more slowly due to inadequate dietary education, inability to give up favorite gluten-containing foods, or cost. In adults, complete recovery of inflammation on intestinal biopsy may take five years or longer. Approximately 10% of adults never completely recover, unlike children who have near 100% recovery of intestinal inflammation in the long term. The reason for this slow recovery of intestinal inflammation in adults with celiac disease, and whether it has any clinical consequence, is unknown. In two studies, persistent intestinal inflammation carried no mortality risk, one study reported a higher risk for lymphoproliferative disorders.

So what is Nonresponsive Celiac Disease? This term applies to the approximately 20% of individuals diagnosed with celiac disease who have persistent symptoms or anemia with or without a positive tissue transglutaminase antibody. The term is somewhat of a misnomer: The most common cause of Nonresponsive Celiac Disease is failure to completely exclude gluten from the diet, and most of these individuals do have improvement in intestinal inflammation compared to their baseline biopsy, suggesting at least partial diet response. In addition, upon careful review, some are found to have an incorrect diagnosis of celiac disease.

Therefore, the first step in assessment for persistent symptoms is evaluation by a registered dietitian knowledgeable in the gluten-free diet. The most common hidden culprits include medications, processed gluten-free food, gluten-contaminated oats, and restaurant meals. If, despite a stricter gluten-free diet, gastrointestinal symptoms persist, further evaluation is warranted. This usually includes a repeat endoscopy with duodenal biopsy, with further testing based on three different categories of patients:

- 1) Persistent symptoms, intestinal biopsy normal. This indicates that celiac disease is well controlled on diet and either the diagnosis is incorrect or there is another cause of symptoms. The most common other causes include IBS, Constipation due to low fiber in a gluten-free diet, lactose or fructose intolerance and microscopic colitis in those with predominant diarrhea. In patients who have suffered weight loss, superior mesenteric artery (SMA) syndrome should be considered due to loss of fat around the artery that can then compress the duodenum and cause obstruction.
- 2) Persistent symptoms, mild inflammation/villous atrophy on intestinal biopsy. This may indicate high sensitivity to even trace amounts of gluten and may warrant a trial of a naked gluten-free diet (no oats and no processed or restaurant food). Occasionally it is due to other diseases that can cause intestinal inflammation, such as non-steroidal anti-inflammatory drugs, small intestinal bacterial overgrowth, infection, or co-existent Crohn's Disease. Sometimes, no other cause is found and depending on symptoms and degree of inflammation, immunosuppression treatment is considered.
- 3) Severe symptoms with weight loss and severe intestinal inflammation/ villous atrophy. This situation is rare, and involves 5% or less of adults with Nonresponsive Celiac Disease. These individuals have severe malabsorption and often require intravenous nutrition. Special studies of intestinal lymphocytes are needed to determine the risk for development of T-cell lymphoma. Treatment is with drugs that suppress the immune system or in the latter case chemotherapy/ bone marrow transplant. It is important in older adults to assess for the use of sartan drugs (olmesartan) used to treat hypertension. These drugs can cause severe intestinal inflammation similar to celiac disease, and these patients are often misdiagnosed as having celiac disease.

The good news is that most individuals with celiac disease have resolution of their symptoms and recovery of intestinal inflammation. Even in the Nonresponsive Celiac Disease group of adults, a stricter diet and time was favorable for complete improvement in symptoms and recovery of intestinal inflammation to normal. In the

group with persistent mild inflammation and/or villous atrophy, there was no decrease in mortality in follow up for over 10 years.

Little is known regarding persistent mild intestinal inflammation and the risk for bone mass loss, other autoimmune diseases, and cancers. Therefore, the goal in therapy remains recovery in symptoms and intestinal inflammation on a strict gluten-free diet. At present, there is no other effective therapy.

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Catholic Bishops May Be Revising The Gluten Free Communion Hosts! Catholics with celiac disease received some hopeful news recently, when the U.S. Conference of Catholic Bishops voted overwhelmingly in favor of drafting of a revision to the Guidelines for the Celebration of the Sacraments with Persons with Disabilities. The bishops voted to change the guideline to accommodate people with celiac disease and others who cannot consume wheat, and have been unable to take full communion. Because churches are required to serve communion wafers that contain wheat, numerous people have been unable to consume the wafers, and have thereby been missing out on what many deem to be a crucial part of communion. Some Catholic churches have tried to accommodate people with celiac disease and gluten sensitivities by offering low-gluten communion wafers. However, even the low-gluten versions approved by the church did not meet the FDA standards requiring less than 20 parts per million of gluten, and were thus unacceptable to many with celiac disease or severe gluten sensitivity. For these people, even small amounts of the wheat gluten can cause health problems. Exactly what changes the bishops will make regarding the Eucharistic wafer remain to be seen. Ideally, the new guidelines will permit wafers that are safe for people with celiac disease, and which will permit them to enjoy full communion.

“Mayo Clinic Going Gluten-Free: Essential Guide to Managing Celiac Disease and Related Conditions” by Joseph A. Murray, MD. This is another new book for helping those of us with CD.

Celiac Disease Not Tied to Gluten Timing in Infants - Diana Phillips, January 19, 2015 [Medscape Medical News](#) - The timing of gluten introduction into an infant's diet does not appear to influence a child's subsequent risk of developing celiac disease (CD), investigators report in an article published online January 19 in *Pediatrics*. The new finding, from a multinational prospective birth cohort study, challenges some current ideas on how best to prevent the onset of the autoimmune disorder.

Previous studies have suggested that the age at first exposure to gluten, as well as breast-feeding and its interaction with gluten during weaning, might influence disease onset, note Carin Andren Aronsson, MSc, from the Department of Clinical Sciences at Lund University, Molmo, Sweden, and colleagues in *The Environmental Determinants of Diabetes in the Young (TEDDY)* study.

Although the general recommendation is to introduce small amounts of gluten while the infant is still breast-fed, preferably between 4 and 6 months of age, "the trials on which the recommendations are based are few and have not yet been evaluated in longitudinal studies to confirm whether these infant feeding practices are valid in different populations," the authors write.

Therefore, to determine whether timing of gluten introduction is an independent risk factor for CD, the authors examined data from the TEDDY birth cohort. Infants were eligible for the TEDDY cohort if they were born at one of six research centers in Finland, Germany, Sweden, and the United States between September 2004 and February 2010 and if they screened positive for type 1 diabetes mellitus–associated, high-risk HLA-genotypes.

In the current study, the investigators focused on members of a subset of the TEDDY cohort who had been tested for CD autoimmunity (CDA) with tissue transglutaminase autoantibodies (tTGA). A total of 6436 patients met the study criteria. During a median follow-up of 5 years, 773 patients (12%) tested positive for CDA and 307 (5%) were diagnosed with CD, including 20 children whose diagnosis was based on high tTGA levels.

"Of the 773 children who tested positive for tTGA, 283 [37%] were positive at 24 months, 536 [68%] at 36 months, 658 [85%] at 48 months, and 185 [24%] children were tested positive in samples collected before the age of 24 months," they state.

With respect to feeding practices, gluten was introduced at a median 21.7 weeks in Sweden, at 26.1 weeks in Finland, and at 30.4 weeks in Germany and the United States.

In unadjusted analyses, risk factors significantly associated with the development of CDA and CD were the HLA-DR3-DQ2 genotype, Sweden as country of residence, female sex, and family history of the disease.

The timing of gluten introduction was not associated with risk for CDA and CD by 5 years of age, after adjusting for those factors. The lack of association between timing of gluten introduction and CDA or CD held true both in overall analyses and subset analyses by country of origin.

There was an increased risk for CDA in infants who breast-fed for more than 1 month after gluten introduction (hazard ratio [HR], 1.23; 95% confidence interval [CI], 1.05 - 1.44) compared with those who stopped breast-feeding at or before gluten introduction. However, the association was not significant for CD (HR, 1.13; 95% CI, 0.88 - 1.46). Both analyses were adjusted for HLA genotype, country of origin, sex, and family history.

"Despite differences in timing of gluten introduction between participating countries, the time to first introduction to gluten-containing cereals was not found to be a risk factor for CDA or CD," the authors report. "Instead, we found a significantly increased risk for CDA, but not for CD, among children being breastfed for >1 month after gluten introduction, in the overall analysis."

The authors speculate that the increased risk for CD among Swedish children "could be caused by a higher intake of gluten-containing cereals at time of weaning, although this assumption needs to be explored in future studies."

The authors have disclosed no relevant financial relationships. Pediatrics. Published online January 19, 2015. ■

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

We hope to see you at our Spring Pot Luck on April 18th!!! If you have any questions please call me at 515-224-4145.

***Glutenfreely Yours,
Barb Huyette***

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

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

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| Lightened Up Squash Mac and Cheese -_Gluten Free | Teresa Kessler |
| 3 cups cubed butternut squash (fresh from Trader Joe's) 1 ¼ cups chicken broth (GF Pacific organic chicken broth/low sodium from Hy-Vee) 1 ½ cups milk (I used whole milk) 2 cloves garlic 2 tablespoons fat-free Greek Yogurt (Fage from Hy-Vee) Salt and Pepper 1 cup shredded Gruyere cheese (Hy-Vee) 1 cup grated Parmesan cheese (Hy-Vee) 1 lb GF pasta (Tinkyada brown rice spirals w/rice bran) | In a medium saucepan over med-high heat, add butternut squash, broth, milk and garlic. Bring to a boil and reduce to a simmer until the squash is fork tender (about 20 minutes). Remove from heat and add to the base of Vitamix or blender. Add the yogurt and season with salt and pepper. Blend starting on low and slowly increase the speed, being careful to avoid spatters. Blend until smooth and then add in the Gruyere and Parmesan cheeses. Blend again until combined and cheese is melted. Bring a large pot of salted water to a boil. Cook the pasta according to package instructions for al dente. When pasta is done, drain and add it directly to the cheesy squash mixture. |
| Tip: -Make the cheese-squash sauce ahead of time and warm before use. -Buy pre-cut squash for easier preparation or steam/microwave a whole squash to easily cut and peel. | |
| Corn Casserole | Barbara Moore |
| 1 can whole kernel corn 1 can cream style corn 1 stick margarine, melted 1 cup shredded cheese 1 cup uncooked G.F. macaroni | Melt margarine and add rest of ingredients. Don't drain whole kernel corn. Bake 350 for one hour |
| Potato Casserole- Comfort Food | Kathy Swanson |
| 2 lbs. frozen hashbrowns, <u>thawed</u> (Ore-Ida) ½ c. melted butter (Hy-Vee unsalted) ½ t. salt ½ t. black pepper 2 Tbs. minced dried onion (McCormick) 1- 12 oz. container cream of chicken soup (Pacific g-f) 16 oz. sour cream (Hy-Vee) 2 c. grated sharp cheddar cheese (Hy-Vee) | Mix all ingredients together and put into greased 13"x9" baking dish. Bake at 350° degrees for 50 minutes. |

| Fabulous Focaccia | LeAnn Larick |
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| 2 ½ cups Basic Blend ½ cup potato flour 1 Tablespoon Xanthan gum 1 ½ teaspoons salt 4 ½ teaspoons instant active or active dry yeast 1 ¼ cups warm water (105 to 110 F) 4 large eggs ¼ cup herb oil (see below) or olive oil ¼ Parmesan cheese or cheese substitute (I use Parma) | Lightly brush a 9 x 13 inch pan with olive oil. In the bowl of a stand mixer, combine the flours, xanthan gum, salt and yeast. Using the paddle attachment or using a heavy-duty, hand-held mixer, beat briefly to blend. Combine the water, eggs and oil and add to the dry ingredients. Beat on medium speed for 10 minutes. Press the dough into the prepared pan. Let rise in a warm, draft-free area for 30 minutes. Preheat the oven to 425F. Brush the top of the dough with olive oil and sprinkle with the Parmesan cheese. Bake for 20-25 minutes. Cut the focaccia into strips and serve warm. For the herb oil, combine ¼ olive oil with a blend of fresh or dried herbs (oregano, rosemary, thyme) and crushed garlic to taste. Makes 8 servings (Reprinted from Gluten-Free Makeovers by Beth Hillson) |
| Basic Blend Flour 2 ¾ cups rice flour (15.4 ounces), 1 ¼ cups corn or potato starch (8 ounces), 1/3 cup tapioca starch/flour (1.5 ounces) | |
| Tater Tot Casserole | Barb Huyette |
| 1 pound ground beef 1 two pound bag Ore Ida Tater Tots 1 6 oz. can GF mushroom pieces and stems (I think all of these cans are GF) 1 can Progresso GF Creamy Mushroom Soup 1 T. GF potato starch (to thicken soup) Garlic, salt and pepper to taste | Brown ground beef and drain. Add spices. Add soup, mushrooms, and potato starch and mix. Pour mixture into a baking dish or pan. Top with tater tots. Bake at 350 for about 45 minutes, till tater tots are crispy browned. There are so many variations to this recipe by adding onions, peppers, corn, peas, green beans, Progresso Chicken Corn Chowder instead of Creamy Mushroom Soup, etc. It's just so easy! And the leftovers are great! |
| Chocolate Truffle Cheesecake | Deb Umland |
| Crust: 1 Pkg GF Chocolate Sandwich Cookie Crumbs 2 TBS Sugar ¼ C. Melted Butter Filling: ¼ C. Semisweet Chocolate Chips ¼ C. Whipping Cream 3) 8 oz pkgs Cream Cheese 1 C. Sugar 1/3 C. Baking Cocoa 3 Eggs 1 tsp. Vanilla Topping: 1 ½ C. Semisweet Chocolate Chips ¼ C. Whipping Cream (at room temp) 1 tsp. Vanilla Whipped Cream for garnish | Combine cookie crumbs, sugar & butter. Press into a greased 9-in. springform pan. Bake at 350 degrees for 10 minutes. Cool on wire rack. Reduce heat to 325 degrees. For filling, melt chocolate chips, then stir in cream & mix well. Set aside. In mixing bowl beat cream cheese with sugar until smooth. Add cocoa & beat well. Add eggs beating in one at a time just until combined. Stir in vanilla & chocolate mixture until blended. Pour over crust. Bake for 50-55 minutes or until center is set. For topping, melt chocolate, remove from heat then stir in cream & vanilla. Spread filling over top of cheesecake. Refrigerate overnight. Carefully run knife around edge of pan to loosen. Remove sides of pan. Just before serving, garnish with whipped cream. (I didn't like how the filling turned out. It was so hard, even at room temp, that it cracked when I cut it. Next time I will use 1C Choc |

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| | Chips & 1/3 C Whipping Cream.) |
| Dutch Letter Bars | Deb Umland |
| 1 C. Butter, softened 2 Eggs 1 8 oz Can Almond Paste 2 C Sugar 2 C GF Flour Mix 1 tsp Xanthan Gum Raw Sugar Sliced Almonds | In a mixing bowl cream butter & almond paste. Beat in eggs. Add sugar & flour, mix until well blended. Spread into greased 9 X 13 pan. Sprinkle with raw sugar & sliced almonds. Bake at 350 degrees for 30 – 35 minutes. Cool completely before cutting into bars. |
| LEMON DELIGHT | Marianne Eivins |
| 2 cups boiling water 1 ½ cups cold milk 1 large or 2 small pkgs Lemon Jello 1 pkg.(4-serving size) vanilla Instant Pudding 1/2 cup Cold water 2 t. rum extract 1/2 t. ground nutmeg 2 cups thawed Cool Whip | Stir boiling water into Jello for 2 minutes or until completely dissolved. Stir in cold water. Cool to room temperature. Pour milk into another bowl and add pudding mix Beat with a wire whisk for about 30 seconds, and immediately stir into cooled Jell-O until smooth. Stir in the rum extract and nutmeg. Refrigerate about an hour or until slightly thickened. Stir in the Cool Whip with wire whisk until smooth and creamy. |
| Banana Bread with Applesauce | Dean L. Minar |
| 2 ½ c, gluten-free, general purpose flour (Domata) 1 tsp. baking soda ¼ tsp. salt 4 eggs 2 c. mashed ripe bananas (4-5 medium sized) 1 c. sugar ¾ c. applesauce 1/3 c. canola oil 1 tsp. vanilla extract ½ c. chopped walnuts (optional) | Combine flour, baking soda, and salt in a large bowl. In another bowl combine the remaining ingredients and mix well. Fold this mixture into the large bowl of dry ingredients. Prepare two (2) 8" x 4" bread pans by spraying the inside with a non-stick cooking spray. Pour the batter into pans dividing the batter equally between the two pans. Sprinkle with optional walnuts. Bake at 350 degrees for 45-55 minutes. Test with a toothpick in the center to verify it is done. Cool on wire rack before removing from pans. |
| Hot Chicken Casserole | Lynn Louk |
| 2 cups gluten free (Barilla) elbow macaroni 2 cans Progresso Creamy Mushroom Soup 7 oz. Velveeta cheese, cubed 4 hard cooked eggs, chopped Mix and put into 9" x 13" casserole. Cover and let stand in refrigerator overnight. Top with buttered gluten free bread crumbs and bake at 350 degrees for 60 minutes. | 1 medium onion, chopped 2 cups cooked chicken, cut up (or may substitute ham or tuna) |
| Peanut Butter Chocolate Chip Cookies | Amber and Natalie Huber |
| 1 cup Jif creamy peanut butter 1 cup sugar 1 egg ½ cup mini chocolate chips | Bake at 400° for around 10 minutes |

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| ½ cup mini M&Ms | |
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| (Gluten-Free!) Congo Bars | Aimee Thode |
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| http://www.bojongourmet.com/2010/08/gluten-free-congo-bars.html Adapted from Cook's Illustrated; further adapted (as typed) for GF potluck | |
| 1 ½ cup pecans ¾ cup shredded, unsweetened coconut 1 ½ stick butter, melted and warm 1 cup light or dark brown sugar 2 large egg 2 tablespoon dark rum 4 teaspoons vanilla extract 1 ¼ cup flour blend- millet, sorghum, potato starch, xanthan gum 1 teaspoon baking powder ¾ teaspoon salt 1 cup chocolate chips | Position a rack in the center of the oven and preheat to 350°. Grease the pan 9x13. Spread the pecans on a small sheet pan and roast in the oven until golden and fragrant, 8 minutes. Remove and let cool, then break or chop into coarse pieces. Meanwhile, spread the coconut on another small baking pan and bake for 5 minutes until golden, stirring once or twice. Set aside to cool. In a large bowl, whisk together the sugar and egg. Slowly pour in the melted butter, whisking to combine, and add the rum and vanilla. In a small bowl, whisk or sift together the flour, baking powder and salt. Stir the dries into the wets. Stir in the cooled pecans, coconut, and chocolate chunks. Spread the dough evenly into the pan. (It will look like not enough, but don't worry, it will rise in the oven.) Bake until puffed, shiny and slightly cracked on top, and a toothpick inserted comes out with a few large, wet crumbs clinging (don't overbake), 30 minutes. Let cool at least 20 minutes before cutting (longer for cleaner-looking bars). Trim away the outer 1/2", then cut into 16 bars. The bars are best the day they are made, but will keep, in an airtight container, for several days. |

| Gluten Free Crustless Pizza | Linda Chamberlin |
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| 1 lb ground beef &/or Italian Sausage (or ground turkey or chicken) 2 eggs, beaten 8 oz jar of Gluten Free tomato sauce or pizza sauce Italian Seasonings (I use Penzey's spices as all are GF) Onion, chopped (caramelize if you wish) Roasted Garlic Toppings of choice – black olives, mushrooms, pepper, spinach, tomatoes, etc. Shredded Cheese Sliced Pepperoni | This recipe is very easy to personalize to the likes of your family. Preheat oven to 450 degrees. In a skillet, cook ground beef &/or sausage until no longer pink. Drain well. If using just ground beef, season with Italian seasonings. Mix cooked meat with the beaten eggs and press into the bottom of a 9" by 11" or 9" or 13" baking dish that has been greased with olive oil. Bake for 8 – 10 minutes. Remove from the oven, and pour/spread the tomato sauce over the meat layer. Top with your choice of toppings. I used camel zed onions, roasted garlic, sun dried tomatoes, red pepper, and spinach. Sprinkle with Italian seasonings. Cover with shredded cheese. Place pepperoni slices on top. Return to the oven and bake until bubbly and browning. Let it cool a bit before serving. |

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| Cheesy Cream Corn | Christie Engelbert |
| 3 packages (16 oz. each) frozen corn 2 packages (one 8 oz., one 3 oz.) cream cheese, cubed (Hy-Vee) ¼ cup butter or margarine, cubed 3 tablespoons water 3 tablespoons milk 2 tablespoons sugar 6 slices process American cheese, cut into small pieces | Combine all ingredients in a slow cooker; mix well. Cover and cook on low for 4 hours or until heated through and the cheese is melted. Stir well before serving. |

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| Broccoli Salad Recipe | Jean Sweet |
| 1 bunch broccoli ½ cup onion, chopped ½ cup white seedless raisins 1 cup sunflower seeds ½ lb. bacon Dressing: 1 cup GF mayo ¼ cup sugar 2 tsp. vinegar | Combine broccoli, which has been separated into small flowerets, the onion and raisins. Refrigerate. Mix the dressing (can make ahead). Combine with broccoli just before serving along with sunflower seeds and bacon. |

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| Portuguese Soup | David Johanson |
| All ingredients are Gluten Free. Polish sausage is from Aldi's and is noted as GF on the package. 8 cups chicken broth 1lb polish sausage sliced or diced 1lb potatoes, peeled and cubed. 1/2 a green pepper diced (chopped in a Cuisinart) 15oz can of kidney beans. 1 can of diced tomatoes 1 head of cabbage coarsely (chopped in a Cuisinart) 1 med onion (chopped in a Cuisinart) 1 large carrot diced 2 garlic cloves-minced. | Combine all in a large pot; bring to boil then simmer for about 90 min. stir occasionally. |

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| Crock Pot Mac and Cheese | Heather King |
| 12 oz box of GF elbow noodles (multi-grains are best) 10 oz colby and monterrey jack cheese, cubed 10 oz velveeta cheese cubed 1 stick butter, cubed (1/2 cup) Salt and pepper 1 cup of milk 12 oz can of evaporated milk | Boil GF noodles for only 6 minutes and drain. Grease your slow cooker, I used a 3 qt size. Fill the crock pot with the following layers: 1/2 the noodles, 1/2 the cheeses and butter, 1/2 the noodles, 1/2 the cheeses and butter, salt and pepper, then pour the milk and evaporated milk over the top. Cook on low for 3 hours. Stir once halfway through cooking. |

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| GF Crock Pot Apple Crisp | Barb Mittman |
| (Makes 12 servings. 4-quart slow cooker) Apple Filling: | |

2/3 cup C & H white granulated sugar
 1¼ cups water
 3 Tablespoons Argo cornstarch
 4 cups peeled and sliced apples
 ½ teaspoon ground cinnamon
 ¼ teaspoon ground allspice
 Combine apple filling ingredients in a slow cooker.
 Topping:
 ¾ cup Bob's Red Food Mill GF oatmeal
 1/3 cup C & H brown sugar
 ½ cup rice flour
 ¼ cup margarine, at room temperature
 Combine topping ingredients in small bowl until crumbly. Sprinkle over apple filling. Cover and cook on Low for 2-3 hours.

| Pumpkin Pie Cocoa Krispies | Judy Hammel |
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| 9 Cups one degree organic foods vegan sprouted brown rice crisps and/or cocoa crisps 1 package 5½ Cups GF Aldi's brand mini marshmallows 1/3 Cup canned Aldi's brand pumpkin 4 ½ -5 T Hy-Vee Butter-I accidentally used 6 T –a bit too much ¼ t Frontier Ceylon Cinnamon 1/4 t Trader Joe's Pumpkin Pie Spice | Melt butter with marshmallows then add b spices and pumpkin mix well. Then add crisps and then put in a pan to set once set cut and serve if too much butter turn into crisps balls. Note a bit more spices would have made it a bit better just my opinion. |

| Frito Treats | Lawrence and Shirley Mann |
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| 1 Party size Frito Scoops 1 cup Hy-Vee Creamy Peanut Butter 1 cup Karo light corn syrup 1 cup sugar | Spread Fritos on cookie sheet. Bring Karo and sugar to a boil on the stove (until clear). Take off heat and stir in peanut butter until creamy. Pour over Fritos and let cool. |

| Pumpkin Bars | Norma Rohn |
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| 2 C. GF flour 2 Tbsp. baking powder 1 tsp. baking soda ¼ tsp. salt 2 C. sugar 4 eggs 1 C. oil 2 tsp. cinnamon 1 can pumpkin | Mix together. Bake on cookie sheet for 25 minutes @ 350 degrees |
| Frosting: 1 3 oz. pkg. cream cheese ¾ stick butter 1 ¾ C. powdered sugar 1 tsp. milk 1 tsp. vanilla | Mix together & frost after bars have cooled |

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| Peanut Butter Bars | Jodi Rusch |
| 1 Cup Peanut Butter (JIF) 1 Package Butterscotch Chips (Fareway brand) 3 Cups Gluten Free Rice Krispies (Kellogg's) | Melt peanut butter and butterscotch chips. Mix in Rice Krispies. Press into 8x8 pan. |

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| Beans and Little Wieners | Judy Hammel |
| 3 family size 28 oz. each cans of Bushes Baked Beans variety to spice it up ½ Cup of Kraft original barbeque sauce ¼ to 1/3 Cup Fareway brand ketchup 1 ½ to 2 packages of Aldis little smokies cut into thirds More onion and garlic seasoning to taste | Mix into crock pot and simmer till ready to serve. This makes about 4 to 5 quarts. |

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| Davy Crockett Bars | Ellen Brand |
| 2 eggs 1cup vegetable oil 1 teaspoon vanilla 1 cup white sugar 1 cup packed brown sugar 2 cups GF flour 1 t. Salt 1 t. Baking soda 1 t. Xanthum gum 2 cups GF oatmeal 1 cup mini chocolate chips | Stir together eggs, oil and vanilla. Add white sugar stir, then add brown sugar and stir. Mix flour, salt, soda, and xanthan gum in separate bowl then add to eggs/sugar mixture. Stir in oatmeal and chocolate chips. Bake on ungreased cookie sheet for 20 minutes at 350°. |

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| Apple Pie | Kim Bailey |
| Glutino Gluten Free Pantry Pie Crust Mix made according to package directions. Lucky Leaf Apple Pie filling. | |

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| Pamela's Chocolate Chip Cookies | Kim Bailey |
| 7 T Butter ¼ cup light brown sugar ¼ cup white sugar 1 egg 1 ½ cups Pamela's Pancake Mix 1 ½ cups semi sweet chocolate chips (Hershey brand) | Preheat oven to 350. Cream butter and sugars. Mix in egg and then dry mix. Add chocolate chips. Place scoops of dough on parchment lined cookie sheet. Lightly flatten. Bake for about 12 minutes. Let cool slightly before you remove from cookie sheet. |

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| “Grown-Up’s” Mac n’ Cheese with Three Cheeses, Crispy Prosciutto, Sun-dried Tomatoes and Multigrain Pasta, with Panko-Herb Crust | Andrea Wilhite |
| Creamy, Three-Cheese Sauce (recipe below) Gluten Free elbow macaroni pasta (14.5 ounces), uncooked 3 ounces sun-dried tomatoes (Drained from Oil, if used those packed in oil), julienned 8 ounces sliced Prosciutto, crisped and chopped, divided use (*see note) ¼ cup grated sharp white cheddar cheese | (*Crisp the Prosciutto slices, in batches, in a non-stick skillet over medium-high heat until golden-brown and crispy, similar to bacon; chop finely once cool enough to handle.) Preparation: -Preheat the oven to 350; lightly butter a large casserole/baking dish. -Prepare the Creamy, 3-Cheese Sauce; set aside and |

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| <p>¼ cup grated jalapeno jack cheese ¼ cup grated Gruyere cheese 1 cup Gluten Free panko bread crumbs 1 ½ tablespoons olive oil 1 teaspoon Italian seasoning ½ teaspoon black pepper ¼ teaspoon salt 3 tablespoon chives, chopped, for garnish</p> | <p>keep warm. -Cook the elbow macaroni according to package instructions, and drain well. -Next, add the cooked elbow macaroni directly into the Creamy, 3-Cheese Sauce, along with the sun-dried tomatoes, and gently stir to combine well -Pour about half of the elbow macaroni/cheese sauce/sun-dried tomato mixture into the buttered casserole/baking dish, and then sprinkle over about half of the chopped, crispy prosciutto -Pour the remainder of the elbow macaroni/cheese sauce/sun-dried tomato mixture into the casserole dish, and sprinkle over the top the ¼ cups of white cheddar, jalapeno jack and Gruyere cheeses, mixing them a bit -Combine the panko bread crumbs with the olive oil, Italian seasoning, black pepper and salt using your fingers, and sprinkle that mixture evenly over top of the cheeses to form a crust. -Place the uncovered casserole/baking dish into the oven to bake for about 25 minutes, or until the cheese is hot and gooey, and the breadcrumb topping is golden and crispy; if the breadcrumb topping needs additional browning, just turn the broiler on low, and allow it to crisp up a bit more for a moment or two (don't walk away from it) -To finish the mac n' cheese, sprinkle the remainder of the chopped, crispy prosciutto over the top, as well as the chopped fresh chives, and serve immediately while hot. (Full Recipe makes one full 9' x 13' pan)</p> |
| <p><u>Creamy, Three-Cheese Sauce ingredients:</u> 4 cups low-fat milk (or 2% milk) 2 cups half and half 1 tablespoon chicken base 2 cloves garlic, pressed through garlic press 1 ½ teaspoons salt ¼ teaspoon ground white pepper Pinch ground nutmeg 6 tablespoons butter 9 tablespoons gluten-free flour (I used Namaste Gluten Free Flour Blend) 1 ½ cups, heaping, grated extra sharp white cheddar 1 ½ cups, heaping, grated jalapeno jack cheese 1 ½ cup, heaping, grated Gruyere cheese 1 ½ teaspoons lemon juice</p> | <p>Add the milk, half and half, chicken base, garlic, salt, white pepper and nutmeg into a medium-sized pot, and place over medium heat. Bring the mixture to a good simmer, whisk to blend so that all ingredients within are combined, and turn off the heat; keep warm. Place a large (preferably non-stick) pot over medium-low heat, and add the butter in; once melted, add in the flour, and stir to combine to form the "roux", or thickener for the sauce, and allow it to cook for about 1 minute to cook out the raw flour taste. Next, slowly pour the hot milk/half and half mixture into the roux, whisking the whole time to avoid lumps from forming; allow the mixture to come to the simmer for about 2-3 minutes, whisking occasionally, to allow the sauce to thicken and tighten up a bit. Once thickened, turn the heat off, and add the grated cheeses into the cream sauce, one at a time, whisking very well to blend between each addition of cheese; whisk in the lemon juice; once</p> |

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| | smooth and blended, cover and keep warm until ready to use (or cool completely, and keep in a covered container in the fridge until ready to use, when it can be re-heated gently). |
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| Oreo Fluff | Nicki Eddy |
| 2 cups milk Jello Brand vanilla pudding size 3.4 oz 1 small tub of Kraft cool whip 1 package of Glutino chocolate vanilla crème cookies | Mix dry pudding and milk together for 2 minutes. Crush cookies. Put cool whip and cookies into pudding mix and stir. Refrigerate until ready to serve. |

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| Rocky Road Bars | Diane McElroy |
| 1 cup butter 5 ½ oz. GF graham crackers 2 Tbsp. corn syrup 1-1/3 cups mini marshmallows 9 oz chocolate** 1 cup peanuts | Line a 11 x 7-inch pan with parchment paper. Melt butter, corn syrup and chocolate (break or cut in pieces) in a large bowl. In a separate bowl, break the crackers into small pieces and add marshmallows and peanuts. Pour in chocolate mixture and mix well. Transfer the mixture to the prepared pan and smooth the surface. Chill for 1 hour until set. Lift from pan and cut into bars. Store in an airtight container for up to 2 weeks. <i>**Milk chocolate or dark chocolate can be used.</i> |

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| The Sweet Potatoes | Alisha Stewart |
| *Gold Medal Brown Sugar *DunBars Nature Pride sweet potatoes *Kraft Marshmallows *Real Butter | |

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| Jacie's Puppy Chow | Alisha Stewart |
| *GF General Mills Rice Chex * Skippy Peanut Butter *Powdered Sugar *Hershey's Milk Chocolate chips *Real Butter | |

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| Porcupine Meatballs | Kathy Titus |
| 1 lb ground beef 2 Tbs chopped onion 2 tsp baking powder ½ cup uncooked Minute rice ¾ cup milk 1 can Hy-Vee Sloppy Joe sauce Salt & pepper | Preheat oven to 400 degrees Mix all ingredients together except for the Sloppy Joe sauce. Roll mixture into meatballs, place in baking dish, and pour Sloppy Joe sauce on top of meatballs. Bake uncovered for 30 minutes, then cover with foil and bake for an additional 30 minutes. Salt and pepper to taste. |

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| GF Appetizer Meatballs | Ruth McCoy |
| <p>One 28 ounce bag frozen GF <i>FarmRich</i> original meatballs (Walmart or Hy-Vee) One 12 ounce bottle <i>Hy-Vee</i> Chili Sauce 1 cup <i>HyVee</i> Concord Grape Jelly 1 Tablespoon lemon juice (optional) Combine sauce with jelly and lemon juice. Add meatballs and heat until sauce has thickened.</p> | |

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| Vanilla Almond Sugar Cookies | Barbara Moore |
| <p>1 cup sugar ½ cup butter 1/3 cup soymilk* 2 tsp. vanilla ¾ cup white rice flour 1/3 cup coconut flour 2 Tbsp. potato starch ½ tsp. baking powder ½ tsp. baking soda ½ cup almonds, sliced</p> | <p>Preheat oven to 350 degrees. Cream together butter and sugar and beat for two minutes. Add vanilla and soymilk and beat an additional minute. In a separate bowl mix together dry ingredients except almonds. Add dry to wet ingredients and mix briefly, then add almonds. Mix until just blended. Place by rounded tablespoons on greased cookie sheet. Bake 10-12 min. Makes 24 cookies</p> |

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| Scalloped Potatoes and Ham | Sue and Becky Brinker |
| <p>10 C. peeled and sliced potatoes 1 chopped onion 2 – 16 oz. pkgs. Chopped ham (Farmland) 1 can Progresso Creamy Mushroom Soup 1 – 16 oz. jar Cheese Whiz</p> | <p>In a saucepan combine soup and cheese till cheese is melted. In a large crock pot put in ½ of the potatoes, half the onion, and half the ham. Pour in half of sauce and stir. Layer the rest of the ingredients and pour the rest of the sauce and stir. Season as desired (I used seasoned salt, Penzey's Mural of Flavor, and parsley flakes). Cook on high about 6 hours or until potatoes are soft.</p> |

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| Sweet Kale Vegetable Salad Mix | Angie Wagner |
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| Betty Crocker GF Yellow Cake Mix with lemon frosting | Kim Wright |
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| Chocolate Chip Cake Drop Cookies | No Name |
| <p>9 oz. GF yellow cake mix ½ t. baking powder 1 egg ¼ C. vegetable oil ½ C. semisweet chocolate chips, M&Ms, or Cherry Chips</p> | <p>Preheat oven to 350. Line 2 cookie sheets with parchment paper. In a medium bowl stir together the cake mix and baking powder. Add egg and oil and mix until well blended. Stir in chips or M&Ms. Drop by rounded spoonfuls onto cookie sheets. Bake for 8-10 minutes. Rotate cookie sheets half way through the baking time for even baking. This makes 24 cookies.</p> |

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| Chocolate Scotcheroots | Sherry Fry |
| <p>1 cup sugar 1 cup light corn syrup 1 cup peanut butter 6 cups Gluten Free Rice Krispies</p> | <p>Bring sugar and corn syrup to a boil in a 3 quart pan. Remove from heat. Blend in peanut butter. Then put in Rice Krispies. Press into a buttered 9x13 pan. Melt chocolate chips and butterscotch chips in microwave.</p> |

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| 6 oz. chocolate chips 6 oz. butterscotch chips | Spread over top and chill till top sets up. |
| The Original Chex Party Mix | No Name |
| 4 ½ C Corn Chex 4 ½ C Rice Chex 1 Chex Party Mix Seasoning Pkt 6 T butter 1 C Mixed Nuts 1 C Glutino Mini Pretzels | Heat oven to 250. Melt butter in large roasting pan in oven. Stir in contents of seasoning pack. Gradually stir in remaining ingredients until evenly coated. Bake 1 hour, stirring every 15 minutes. Spread on paper towels to cool. Store in airtight container. |

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| Taco Meat | Angie Wagner |
| 2 T Spice islands Taco Seasoning ¾ C Water 1 lb browned ground beef | Mix together, bring to boil. Reduce heat and simmer 15 min. |

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| Gluten Free Chocolate Chex Caramel Crunch | No Name |
| 8 C Chocolate Chex Cereal ¾ C packed brown sugar 6 T butter or margarine 3 T light corn syrup ¼ t baking soda ¼ C white vanilla baking chips ¼ C chocolate chips | Into large microwavable bowl, measure cereal; set aside. Line cookie sheet with waxed paper. In 2-cup microwavable measuring cup, microwave brown sugar, butter and corn syrup uncovered on high 1-2 min, stirring after 1 min, until melted and smooth. Stir in baking soda until dissolved. Pour over cereal, stirring until evenly coated. Microwave on high 3 minutes, stirring every minute. Spread on cookie sheet. Cool 10 minutes. Break into bite-size pieces. In a small microwavable bowl, microwave vanilla baking chips uncovered on high about 1 minute 30 seconds, or until chips can be stirred smooth (bowl will be hot). Drizzle over snack. Repeat with chocolate chips. Refrigerate until set. Store in tightly covered container. |

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| Pumpkin Dessert | Lynnette Stout |
| 1 13oz can Evaporated Milk 3 Eggs 2 T Pumpkin Pie Spice 1 can Pumpkin 1 t salt 1 C sugar Topping: 1 Box GF Yellow Cake Mix ¾ C butter or margarine | With mixer combine first six ingredients and pour into a prepared 9x13 pan. Sprinkle one box of yellow cake mix on top of pumpkin mixture. Place thinly sliced pats of butter on top of cake mix. Bake at 350 for 50 minutes. Allow to cool. Serve with whipped topping. I used Fareway brand evaporated milk and pumpkin, and Hodgson Mill's cake mix. |

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| Gluten Free Brownies | No Name |
| 1 Pkg Bob's Red Mill Gluten Free Brownie Mix 1 Large Egg ¾ C or 1½ Sticks Melted Butter or Margarine ¾ C Warm Water | Preheat oven to 350. Spray a 13x9" pan with cooking or baking spray. Place Bob's Red Mill Gluten Free Brownie Mix in a large mixing bowl and beat in butter or margarine, egg, gluten free vanilla, and water with |

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| <p>2 t Gluten Free Vanilla Extract ¼ C Gluten Free Chocolate Chips or Chopped Walnuts (optional)</p> | <p>electric mixer on medium speed until just combined. Stir in chocolate chips or nuts if desired. Spread the batter in the prepared pan and bake for 20-25 minutes or until toothpick inserted in center comes out clean. Cool thoroughly cut and serve. Serves 16, 1 brownie each when cut into 16 pieces (2x3" ea). Note: You can use ¼ C applesauce, ¼ C blended silken tofu or egg alternative of choice as egg replacement.</p> |
| <p>Frosting: 1½ C powdered sugar 2 T Almond Milk 3 T Butter 2 T Cocoa</p> | |