



CENTRAL IOWA CELIAC CONNECTION

JUNE 30, 2012 GF NEWSLETTER AND RECIPES

TO ALL OUR GLUTEN FREE FRIENDS!

Our theme for this pot luck was appetizers, and what a fabulous variety of tasty treats we had! It was great to get all these ideas for parties and family gatherings! Thanks to all for the wonderful appetizers and fabulous desserts! The steering committee had arranged for, and made, more samples for this meeting than ever before (they are listed below). We would love your feedback on the products. And if you really liked some of them, ask your favorite Hy-Vee to order the products in to their stores.

I want to pass along a **Product Warning associated with our pot lucks: Please, please make sure that the items you bring to the pot luck are gluten free.** This particular issue pertains to the Hy-Vee potato chips that were put on the food table with some dips. **Hy-Vee potato chips are not safe for us to eat.** The bags do not say they contain any gluten, but this product is not on the Hy-Vee gluten free list. If I had seen these I would have removed them, but unfortunately I didn't see them. Lay's Potato Chips are GF and safe.

A cake pan and lid was left at the pot luck on the 30th. If you forgot yours, please call me. Also, several months ago a **green lid to a Pyrex pan** was left at one of our pot lucks. I'll hold on to it for another month or so. My number is 515-224-4145.

The Children's program had about 25 participants. I want to thank Mike (I wish I knew his last name!) **for assisting Lisa Huyette Smith** with this session. He was a great help! **We are in need of 3 or 4 adults or teens willing to help!!!** If we had a number of volunteers you could rotate to help maybe once a year. You would not have to do the planning for the children's activities, and there would always be Lisa or Kathy there. **If any of you who attend the pot lucks with family or friends, but don't mind missing the meeting time occasionally, please contact me ASAP** (515-224-4145). Maybe a few of our high school kids would be interested in this volunteer opportunity to use as their community service projects. **Please, please consider this urgent need**, and let me know if you can help! It's a fun time for the children while we meet after lunch and the kids don't have to sit quietly through a meeting! If we had enough volunteers, Kathy could occasionally attend a meeting after lunch (which she never gets to do)! **Thanks to Lisa for leading the children's program today in Kathy's absence.**

I am not able to get a date from Lutheran Church of Hope for the November pot luck until August. I will email this date out as soon as I get it, so please be watching since this will be our big Holiday pot luck. I have requested Nov.10, so I hope that will work. For those that do not have email I will probably call you. We have already set up a number of special samples for that meeting, and I know you won't want to miss it. There are several reasons we don't meet till November: August is so busy with vacations, Iowa State Fair and school starting. Then there is the state meeting in Ames Sept.22 (there is no ISU home game that day). That info is below, and I've already sent out the registration forms for that meeting by email, and if you did not get it let me know. Those without email should have received the registration form by mail. If you need a state meeting registration form let me know.

The August 18th vendor fair that was planned by the Cedar Falls/Waterloo support group has been cancelled. If you have any questions contact Denise Launderville, Waterloo/Cedar Falls Celiac Support Group.

I wanted to pass along that **Christie Engelbert's father, Pat Conley, died unexpectedly** on Tuesday, June 26, and our prayers are with her and her family. Christie is a member of our steering committee and the coordinator of the Newbie's Group on the second Monday of each month.

Samples at today's meeting included:

Namaste Coating Mixes, 4 flavors donated (We used 2 for the baked zucchini. I did add a little parmesan to the regular coating mix.)

El's Kitchen Gluten Free, individual bags of snacks

Specialty Cakes and More

Cheese Dip from Full Flavor Foods.

Better Batter Mixes, Chocolate and Yellow Cake mixes, Brownie mix, GF All Purpose Flour, Seasoned Flour (used for the onion rings), Pancake and Biscuit mix (used for the pancakes).

Udi's Brownie Bites and Omega Flax & Fiber Bread

2 Girls and a Bakery – coffee cakes, mini red velvet and chocolate cupcakes

Chebe Breadsticks, prepared by Chebe, were on the food table

Giveaways included:

Two GF gift baskets from Kay Crow

Goldbaum's Ice Cream Cones, Pasta, Wonder Meal

Namaste Coating Mixes and coupons

Better Batter Chocolate Cake mix, Yellow Cake mix, Brownie mix

Choice Batter

Enjoy Life Coupons and brochures

Thanks to **Colleen Meyer for donating the Friedrich's coffee** for our meetings, and **Kathy Titus for printing the newsletters** for USPS delivery, **Barbara Moore** for picking up the cups and plastic-ware and coming early to help, and **Steve Huyette and Jeff Wagner** for all the help they provide at every meeting! And **special thanks to the steering committee for arranging and preparing all the samples.**

We have a female member of our group who is looking for a **female roommate** in her mid 20s who is also gluten free and living in the DM metro area. If you are interested in this you can contact me 515-224-4145.

FUTURE MEETINGS

Our Holiday Pot Luck will hopefully be November 10th, but as I previously stated, I won't be able to get a firm date till August, so watch for the update at that time!

The **Newbies Group meets the second Monday of each month** for people newly diagnosed with CD, gluten intolerance or gluten sensitivity. Meet at Lutheran Church of Hope at 7:00pm. Thanks to Christie Engelbert for coordinating these meetings.

Gluten-Free Cooking Class - Summer Picnic- \$10, Thursday, July 19th, 5:30 p.m. - 6:30 p.m. Join your **Mills Civic Hy-Vee dietitian, Julie Gieseeman**, as she demonstrates several gluten-free recipes. Learn some ideas for healthy dishes and taste what's new and exciting in our HealthMarket. A 10% discount will also be provided in

the HealthMarket to all class participants. Registration is required by calling (515)225-1193 or e-mail jgieseman@hy-vee.com.

"I'm planning to have a **gluten-free happy hour on Wednesday, July 25th** from 4 to 6 P.M. at the **Windsor Heights Hy-Vee**, 7101 University. It is a come and go event so there is no need to register. You will be able to meet their new chef, Josh Van Ryswyk. There is **no charge**, and you can enjoy 10% off items in the Health Market." **Sydney Jacobson, RD, LD** | Registered Dietitian. Just an FYI: **Windsor Heights Hy-Vee is carrying those fantastic Katz Cream Filled, Jelly Filled and Powdered Sugar Donuts!** If you are going to get them it might be helpful to call the store first to make sure they are not sold out. Phone # 279-4225. I would love to know **if any other Hy-Vees in the area are carrying these products**. If any of you see them anywhere let me know! Sydney, the dietitian at Windsor Heights, said to let them know if there is something you want them to carry. Mike is the Health Market Manager at that Hy-Vee, so don't hesitate to contact him with questions or suggestions.

Gluten-Free Udis' Happy Hour at Southridge Hy-Vee – FREE; Thursday, August 2nd; 4:00 – 6:30 p.m. You will have the opportunity to try a variety of delicious Udi's gluten-free pizzas. **Angie Wagner** will be representing Udi's. For more information, contact Katie at 515.285.6394 or kjackson@hy-vee.com.

Gluten Free Come and Go Event! Tuesday, August 28th, 4:00-7:00 pm. Come join your **Ankeny Hy-Vee dietitian, Jenny Norgaard**, HealthMarket Manager, Alek Anderson, and Chef Andrew in this **FREE** come-and-go event. Several samples will be provided and a 10% discount will be provided in the HealthMarket. Registration is not required for this event.

The Annual State Celiac Conference will be Sept. 22 in Ames at the Scheman Center. There is **not a home football game** that weekend!

The deadline for the early registration is July 30th. The cost is \$40 before July 30th, and \$45 after July 30th. They are not allowed to have people bring in desserts at this venue. The lunch sounds great, and there will be lots of vendors' samples and items for sale! The vendor fair is all day. There will be a live video feed of speakers to the outside of the main auditorium where the vendors are located. People can choose to listen to the talks they want, see the vendors if they are at their stations, etc. Lunchtime is another time to visit with vendors. There have been a lot of companies offering samples that will be put in "goodie bags" for all attendees.

35th Annual CSA Conference, October 4-5-6, 2012, Hyatt Regency, Long Island, Hauppauge, NY. Get more information on the CSA website, www.csaceliacs.org. **\$100 credit** for registration sent from CSA if someone is interested in going.

From **Anne Cundiff at the Fleur Hy-Vee**: We usually have a **Happy Hour the last Friday of each month** from 4:00-6:00pm. Join us for an evening of trying some of our new gluten-free food additions to the HealthMarket. You will also receive a special discount on gluten-free foods purchased during happy hour. For more information, contact Anne at 515.285.7266, or email her at acundiff@hy-vee.com.

PRODUCT INFORMATION

We have 3 new businesses that are providing GF baked goods in the Des Moines metro area:

Lynn Northcutt, doing business as 2 Girls and a Bakery, brought many delicious samples for us to try, including coffee cakes, mini red velvet cupcakes, and other cupcakes. "We are an in-home bakery on Des Moines' South side. All of our products are gluten free and many can be made egg free, dairy free, and we do not use soy. I make more than cakes and cupcakes. I often tell people to think of my bakery as Panera's baked goods, without gluten. This always brings a smile! Each recipe is customized to the specifications of the client/

customer. My focus is on providing affordable, delicious, and customized gluten free foods. There are no gimmicks or crazy prices, just great baked goods. Baking is my passion and helping others with their special diets is important to me. 515-306-0421 lynn@2girlsandabakery.com

Britt Quigley has a home based bakery called **Sweets Minus Wheat**. “My kitchen is divided in half. I have two pantries now. I have two sets of pots and pans, etc. All desserts made at my house are gluten free (so I don't have to monitor my children).” Thanks to Britt for her contributions to our dessert table. She donated approx. 100 home made muffins in a variety of flavors, pumpkin bars and sweet rolls. If anyone has questions Britt can be reached at 309-830-1436 www.sweetsminuswheat@gmail.com.

Sweet Rewards Gluten Free Bakery, LLC., has been started by **Michelle Holtz**. “I do not have any gluten flours in my home, or any gluten baking items. I use only pans, spatulas, measuring cups, etc that have been used with gluten free products. I removed all my baking pans and utensils that I used to use. We have leased a store front in Clive near 156th and Hickman, and plan to get the store GF certified through GIG. Since I am in my home right now, I'm doing farmers markets and festivals, and taking orders as they come in. I only use certified GF Flours and products. I also have to make sure there is no dairy. I do not use anything that will cross contaminate.” Michelle is planning on bringing samples to our November meeting! www.sweetrewardsbakery.com Phone 515-493-8328.

Better Batter sent all of the products listed above that we baked for the pot luck. We had good intentions on the pancakes and syrup but we blew a breaker so unfortunately our efforts did not materialize. Better Batter has a huge number of recipes on their website: www.betterbatter.org. They are very supportive of our celiac community and the samples were delicious! Many of their products are sold at Hy-Vees.

Domino's has come out with “GF pizza”. However, Domino's has a disclaimer: Although technically gluten-free, the pizza is prepared in shared space with shared toppings, utensils and equipment. Domino's says it is **not safe for people with celiac disease!** NFCA had been working with Domino's and gave them an “amber” designation, which was very confusing to the celiac population. After a huge uproar from across the country, the NFCA has discontinued that designation!

Udi's products have been sold to Smart Balance. They have assured us nothing will change with their products; just a way to expand their market.

Full Flavor Foods have many sauces and gravies. These are so easy to make and are quite delicious! Seasonings are already in their products. Some of their products are sold at the Hy-Vee stores. Call to see if the item you are interested in is available. They will be sending gravies and other items for our November pot luck! Check their website at www.forfullflavor.com.

El's Medleys and Snaps generously donated individual sized bags of their snacks for sampling. “They have no gluten, eggs, trans-fats, hydrogenated oil, high fructose corn syrup, preservatives, artificial flavors, or cholesterol. Wait till you taste how good they are. We take gluten free flours, some canola oil, yeast and water to create our hand-made Bagels. But it's El's own spice blend that gives them that extra kick. And it's the way we slice and bake them that gives our Bagel Snaps their distinctive crunch. We mix those up with some other good things: potato chips, corn chips, pretzels, and corn nuts. We stir them up with more of our zesty spice blend in a great tasting sauce, bake it all together and our Medleys Snack Mix is the result. Our Medleys perk up your taste buds as you savor their zest and crunch. Now we can offer everything that's been missing in most gluten-free snacks: a satisfying crunch and great flavor. We are working on new flavors for our Bagel Snaps and hope to have those available mid-Summer. Garlic may well be one of them. We hope you enjoy our snacks – perhaps you could “like” us on Facebook, and leave any comments.” Jo Burley, El's Kitchen, glutenfree@elskitchen.com.

Sam and Louie's is going to start selling GF pasta as well as their pizza.

Peace Tree Brewery in Knoxville, IA, has a new GF beer on tap. It is a sorghum ale and they say it tastes great. They are looking for feedback on the beer before bottling and making it available in stores. So if you are in Knoxville give it a try. It is not available in stores at this time.

NYC Pizza Cafe may bring some samples of their delicious GF pizza to our meeting in November. Their location is 6305 Mills Civic Pkwy STE 3111 WDM, IA, 50266, 515-457-8200.

Anheuser-Busch has announced the addition of **Michelob ULTRA Light Cider**, a naturally sweetened and GF cider made from crisp apples, featuring one-third fewer calories (120), and a more mellowed sweetness than traditional ciders. The cider became available nationwide (excluding CO, UT, WY and OK) in May. It comes in six-packs of 12-ounce clear glass bottles. The cider is produced at Anheuser Busch's Baldwinsville, New York, brewery.

From **Kettle Cuisine Soups**: It is with much heartache that I announce the discontinuation of our consumer line of single serving frozen soups. Unfortunately, despite our best efforts, **we were not able to successfully build the frozen soup category**. There are many great brands and products vying for space in the frozen food cases of supermarkets, and our products fell a little short of gaining the necessary sales momentum. While we will no longer be selling products directly to consumers, we will continue to make premium quality, gluten free soups for restaurants and prepared foods departments in supermarkets. You will still be able to find our single serving frozen products at select retailers for the next few months, but please call ahead to make sure they still have the varieties you are looking for. Jerry Shafir, Founder & President.

The **Craft Brew Alliance** in Portland, Ore., has announced that it's going national with its Omission Gluten Free Lager and Pale Ale. Unlike most gluten-free beers, which are made from sorghum, rice, buckwheat or other alternative fermentables, the Omission brews are crafted from barley that's been deglutenized through a proprietary process involving an enzyme called Brewer's Clarex. The aim is to make a product indistinguishable in flavor from a normal beer.

The **Italian Village in Adel** can offer a gluten free meal. I had a meal that was catered by them and the chicken was delicious. Brenna is the catering manager there, and really wants to accommodate our GF needs.

PepsiCo's Frito-Lay North America division recently announced a multi-year initiative to validate many of their products as gluten free, with package labeling to follow. Since many of the company's snacks, such as Lay's Classic potato chips and Fritos Original corn chips are made from simple ingredients like corn or potatoes, they are, and always have been, naturally made without gluten ingredients. **Frito-Lay is not removing gluten from products, rather, they have developed a gluten free validation process** with input from the Food Allergy Research and Resource Program (FARRP) and the Celiac Disease Foundation (CDF) for testing ingredients and finished products to ensure they contain less than 20 parts per million (ppm) of gluten before making a "gluten free" claim. This level is in accordance with the limit set forth by the FDA in its Proposed Rule for Gluten Free Labeling (2007). The gluten free claim that Frito-Lay is adding to qualified products appears in the form of a "GF" icon and/or a statement on the back of the bag. Changes to packaging are being phased in and can take some time. Visit Frito-Lay's website, <http://www.fritolay.com/your-health/us-productsnot-containing-gluten-ingredients.html>, as it is the most up-to-date resource to identify products qualified as gluten free.

Chuck E. Cheese is offering gluten-free pizza: To avoid cross contamination or accidental exposure to gluten ingredients in Chuck E. Cheese's kitchens, the personal cheese pizza, manufactured by gluten-free certified facility [Conte's Pasta](#), will arrive to stores in frozen, pre-sealed packaging. The bake-in-bag pizza will remain sealed while cooked and delivered, and until opened and served with a personal pizza cutter at families' tables

by the adult in charge. A GF cupcake is also offered. The pizza is available in every Chuck E. Cheese in Iowa, including West Des Moines.

One of our members ate at Fia's Pizzeria on SW 9th. He got very sick the first time, but thought it might have been from something else. He then ate there again and got very sick again. He spoke with the manager and said the manager got very defensive about questioning the product. I told him I would pass this information along to the group. During our meeting another member of our group added that the same thing happened to her. As always, we need to use our own judgement as to where we can eat safely.

As I mentioned in my last newsletter Steve and I went to the **Gluten and Allergen Free Expo in Chicago in April**. It was quite an experience! There were over 100 vendors, cooking classes by people who are well known authors and chefs, interesting seminars by renowned GF speakers, and more samples than we ever should have tried! I thought I would share some information on a **few of our favorite products**:

Prairie State Gluten Free Gourmet Foods – fabulous gravy mixes and spices;

Conte's Gluten Free Pizza/Pasta/Pierogi – microwaveable meals (www.contespasta@comcast.net);

Namaste Foods – many wonderful cake mixes and other products (www.namastefoods.com);

Rose's Wheat Free Bakery & Café – incredible cakes and scones (located only in Chicago) (www.rosesbakery.com);

Full Flavor Foods – Soups, Sauces and delicious Gravies (www.forfullflavor.com);

Sweet Ali's – breads, cookies, pastries (www.sweetalis.com);

O'Dough's – Breads, Muffins, Cakes (www.odoughs.com);

El's Kitchen Gluten Free Snacks – Snack Mixes, Bagel Chips (www.elkitchen.com);

Think Thin Bars – Nutrition Bars (available at Trader Joe's);

Chocolate Inspirations – great Toffee, many chocolates ([www.chocolate inspirations.com](http://www.chocolateinspirations.com));

Ian's – Fish Sticks, Chicken Nuggets, Onion Rings, French Toast Sticks, French Bread Pizza and Cookies (iansnaturalfoods.com);

Breads From Anna – many types of breads for multiple allergies, (<http://breadsfromanna.com>);

Lucy's GF Cookies;

Enjoy Life Vanilla Honey Grahams (would be great for pie crust), Double Chocolate and Sugar Crisp Cookies;

Pamela's Cookies and Brownie Mix;

Allergy Free Foods – the best chicken tenders ever (these are not sold in this area yet, but I'm hoping that Hy-Vee will consider carrying them. Their many chicken products are only sold in bulk at this point, (www.allergyfreefoods.com)).

OTHER INFORMATION

Whole Foods is opening July 18th!!!

The CSA recently released a **mobile version of the CSA Gluten Free Product Listing**. It's \$9.99 and available for download on iTunes and is titled GlutenFreeMe. The direct link for purchasing is <http://bit.ly/glutenfreeme>. Time-saving features include searches by Product, Category and Brand, and a Favorites list where new products can be added.

Amy Ratner, editor of Gluten-Free Living, writes: "**Charcoal briquettes are almost always made with corn starch**. Kingsford, the largest manufacturer of briquettes in the US, only uses corn starch. Even if wheat starch is used, which is rare, we could not find any evidence that it would contaminate foods with gluten. Charcoal is

made with 90 percent hardwood and coal. The other 10 percent is made from minor ingredients - binders, an accelerant and an ash-whitening lime to let you know the briquettes are hot enough. The starch binder is only a very small part of the charcoal and in the rare case where wheat starch is used, gluten protein would only be a tiny portion of the starch.

Mark Kantor, PhD, an associate professor of food sciences and nutrition at the University of Maryland said since the briquettes should not come in contact with the food it is very unlikely that food would be contaminated with trace amounts of gluten in the starch. He said "when the briquettes are burned it is unlikely that the smoke would contain any significant amount of intact gluten because the protein would be denatured or incinerated." (From the Beth Hillson newsletter.)

Study gives thumbs-up to gluten-free pasta made from banana flour

A study found the taste of gluten-free pasta made using green banana flour was preferred over that of regular whole-wheat pasta, University of Brazil researchers said. The banana pasta had a significantly lower fat content, and taste testers who compared the two said there was a difference in appearance, flavor, aroma and quality. [United Press International](#) (6/24)

From **Jeff George**: "A new booth has shown up this year at the Ankeny farmers market on Saturdays. It is **Gluten Freely 515**. It is run by Dina Gibbons who makes wonderful baked goods. Her husband and two kids are gluten intolerant. Best news, she has signed up to teach gluten free cooking classes through DSM schools Adult Ed this fall." Thanks, Jeff, for bringing the PF Chang's Lettuce Wraps to the pot luck!

From one of our members, **Alisha Stewart**: "We will miss the pot luck on June 30th because we will be in Iowa City for Jacie's photo shoot with the Iowa Hawkeyes! **Our 8yr old was selected as a "Kid Captain"** this year due to her attitude and ambition as she is currently treating at the University of Iowa Children's Hospital, for Juvenile Rheumatoid Arthritis. When they discovered that she had JRA, at age 4, they also discovered the Celiac. Let me tell you, the gluten drastically affects her RA-if she even gets a smidge of gluten her arthritis flares up. But she has RA in almost all of her joints. It is systemic. When they do her interview this weekend-they will be also talking about her Celiac and how she is a trooper with that, as well as the JRA." This is a link to Jacie's Kid Captain initial announcement: <http://www.uichildren.org/kidcaptain/>

Now in its fourth year, the Kid Captain program is a partnership between UI Children's Hospital and the Iowa Hawkeyes to honor UI Children's Hospital patients and celebrate their inspirational stories. Each year the Kid Captain program serves to inspire all of us and remind us of the courageous children and families who come through the UI doors. **Congratulations to Jacie and the Stewart family!** You must be so proud of your daughter!

We had another discussion on **gluten free communion hosts** at our meeting. Most Christian churches allow gluten free hosts at their services, or gluten free bread, but almost all Catholic Churches adhere to the Vatican's guidelines requiring the presence of wheat in Communion hosts. They can serve low gluten hosts, which can make some people with Celiac Disease ill, or cause damage to the small bowel. **Sue Brinker** talked about her Catholic Church that allows gluten free hosts that are ordered from Ener-G Foods, Inc. (www.ener-g.com). It's wonderful to hear that Sue's parish priest recognizes the needs of those with Celiac Disease and is willing to accommodate those needs.

As we all know, it's the gluten in wheat flour that helps hold the dough together. **When using alternative flours, adding a little xanthan gum will help prevent cakes, cupcakes, breads and other baked goods from crumbling.** Mix the xanthan gum well into the flours used in your recipes. This table can help determine **how much xanthan gum** to use: Cookies - ¼ tsp. per cup of flour (especially important when honey is the sweetener because honey makes a softer cookie); Cakes - ¼ to 12 tsp. per cup of flour of flour; Muffins, Quick Breads - ¾ tsp. per cup; Bread - 1 tsp. per cup of flour; Pizza - 1 tsp. per cup of flour.

“We would like to introduce to you and your members **Strictly Gluten Free** as we are a **specialty retail and wholesale food market** catering exclusively to the Gluten Free Community. Consumers can feel confident that all the products within the store are guaranteed to be 100% gluten free. At Strictly Gluten Free you can purchase high quality, allergy-friendly foods from qualified and caring professionals. We would like to spread the word to the Gluten Free Community that there is now an outlet for them to purchase quality gluten free foods at reasonable prices.” www.strictlyglutenfree.com Toll Free: 855-GF-LIVING, Phone: 631-486-6835

Celiac.com 07/02/2012 - Dismal results on a simple, four-question quiz show that **most chefs and restaurateurs lack the most fundamental knowledge of gluten-free facts and protocols**; a reality that could leave many gluten-free diners at risk of gluten contamination. The quiz was administered at the National Restaurant Association Show in Chicago by the National Foundation for Celiac Awareness (NFCA), a non-profit organization that promotes awareness of celiac disease and gluten sensitivity. Even though a large number of chefs and restaurateurs said they offered gluten-free options at their restaurants, less than 4 percent responded correctly to the gluten questionnaire. People with celiac disease or gluten-intolerance must avoid gluten from wheat, rye and barley, but fewer than half of the chefs could name a [grain](#), other than wheat, that contained harmful gluten. The results showed that the chefs were both poorly informed, and unaware, said Alice Bast, founder and president of NFCA. In addition to asking chefs to name all three [grains](#) that trigger a reaction in people with celiac disease, the quiz asked what kind of oats are safe for those people. There were two other questions, one that asked chefs to identify a possible gluten-containing product (Worcestershire sauce) from a short list of [foods](#) and products, and another that asked if it was true that celiac disease was triggered by glucose (false). The results point to the need for more celiac disease and gluten-sensitivity training and awareness in the [food](#) industry, especially since the number of establishments seeking to offer gluten-free options for their patrons continues to grow.

[More Evidence That Gluten Harms The Brain](#) [Carl Lowe](#) | May 15, 2012 |

Medical Researchers continue to uncover alarming evidence that gluten can harm the brain. They’ll get no argument from me. I know firsthand how gluten can make you hallucinate and lose touch with your memory. But, in the latest discovery, researchers find that babies born to mothers who are gluten sensitive have twice the risk for developing schizophrenia 25 years later.

Not Just Digestion

Problems deriving from the gluten in wheat, barley and rye were once thought to be mostly digestive issues. No more. Increasingly, gluten is found to cause brain and nerve problems. Oftentimes, people who suffer these neurological injuries don’t report any stomach or intestinal symptoms.

In a study looking at a connection between gluten and mental illness, scientists examined birth records and blood samples from more than 700 children born in Sweden between 1975 and 1985. More than 200 of the children eventually developed psychoses like schizophrenia and delusional disorders. They found that the mothers who had gluten sensitivities were much more likely to give birth to children who later suffered from schizophrenia. While the researchers are not sure what links a mother’s gluten sensitivity to a child’s later illness, they believe their research points an important way to improving long-term health.

“Our research not only underscores the importance of maternal nutrition during pregnancy and its lifelong effects on the offspring, but also suggests one potential cheap and easy way to reduce risk if we were to find further proof that gluten sensitivity exacerbates or drives up schizophrenia risk,” says study lead investigator Håkan Karlsson, M.D., Ph.D., a neuroscientist at Karolinska Institutet in Sweden.

Neurological Difficulties

Other brain and neurological problems that may be linked to gluten include:

- **Dementia:** When researchers at the Mayo Clinic fed a gluten-free diet to people with celiac who were suffering from memory and cognitive problems, they found significant [improvement](#) in some of the patients.
- **Migraine:** [Researchers](#) have reported that a migraine headache can be the first sign of celiac disease.
- **Nerve damage:** [Studies](#) show that up to half of all people with celiac disease (intestinal damage from gluten) suffer from peripheral neuropathy — deterioration of the nerves in the hand and feet that can cause numbness, pain, burning and tingling.
- **Difficulty in walking:** Known as gait ataxia, difficulty in walking caused by gluten can be a [serious issue](#). It can interfere with your sense of balance and make you unable to stand on one foot.
- **Epilepsy:** Epilepsy, especially in children, is frequently [linked](#) to celiac disease.
- **Autism:** [Research](#) at Penn State shows that when parents of autistic children eliminate gluten and casein from children’s diets, their behaviors and physical problems often improve.

Non-Responsive Celiac Disease:

From Celiac.com 06/04/2012 – “**Non-responsive celiac disease** is very much what it sounds like: celiac disease where symptoms seem to resist treatment and continue even in the face of a gluten-free diet.”

A team of researchers recently set out to look for the most likely causes of persistent symptoms in celiac disease patients on a gluten-free diet. The research team included David H. Dewar, Suzanne C. Donnelly, Simon D. McLaughlin, Matthew W. Johnson, H. Julia Ellis, and Paul J. Ciclitira. They are variously affiliated with King's College London, Division of [diabetes](#) and Nutritional Sciences, Department of [Gastroenterology](#), and The Rayne Institute at St. Thomas' Hospital in London.

Their goal for the study was to investigate all patients referred to our center with non-responsive celiac disease (NRCD), to establish a cause for their continued symptoms. For their study, the research team assessed all non-responsive celiac disease who were referred to their gastroenterology center over an 18-mo period.

They then established the etiology of ongoing symptoms for these patients. For all patients, the team established a thorough case history and conducted a complete examination with routine blood work including tissue [transglutaminase antibody](#) measurement. Additionally, each patient was examined by a specialist gastroenterology dietitian to try to spot any gaps in their diets, or any hidden sources of gluten consumption. When possible, the team conducted a follow-up small [intestinal biopsy](#), and compared the results against the [biopsies](#) from the referring hospital. Patients with persistent symptoms received colonoscopy, lactulose hydrogen breath testing, pancreolauryl testing and a computed tomography scan of the abdomen. The team monitored patient progress over a minimum of two year period. Overall, the team looked at 112 patients with non-responsive celiac disease. They determined that twelve of those did not actually have celiac disease. Of the remaining 100 patients, nearly half, 45%, were not adequately following a strict gluten-free diet. Of these, 24 (53%) were found to be accidentally consuming gluten, while 21 (47%) admitted to not faithfully following a gluten-free diet.

Microscopic [colitis](#) was found in 12% and small [bowel](#) bacterial overgrowth in 9%. [refractory](#) celiac disease was found in 9%. Three of these were diagnosed with intestinal [lymphoma](#). After 2 years, 78 patients remained well, eight had continuing symptoms, and four had died. In most cases of non-responsive celiac disease, the team found a reversible cause can be found in 90%. In the vast number of those cases, continued consumption of gluten was the main cause. The team is proposing the use of an algorithm for further investigation of the matter. **Source:** [World J Gastroenterol. 2012 Mar 28;18\(12\):1348-56.](#)

Remember to watch for the date of our next GF pot luck held some time in November! I hope you all have a wonderful summer! Don’t hesitate to call me if you need anything! My best to you all!

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

Central Iowa Celiac Connection Steering Committee Members: Barb Huyette, Angela Wagner, Lucy Newcomb, Jan Steenson, Kay Crow, Kathy Titus, Christie Engelbert.

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

RECIPES

(This recipe was in the April newsletter, but the oil was omitted from the ingredients. So I reprinted it here with the amount of oil used.)

PUMPKIN BARS

Deanna Wilson

(The recipe comes from glutenfreegoddess.blogspot.com)

2 large eggs

1/3 cup extra light olive oil or vegetable oil

1/3 cup light brown sugar, packed

1 cup pumpkin puree

2 t vanilla

1-3/4 Flour or (Pamela's Ultimate Baking Mix)

1 t baking powder

1/2 t baking soda

3/4 t salt

3/4 t xanthan or guar gum added

1 t cinnamon

1/2 t Pumpkin Pie Spice (or blend nutmeg, cloves, allspice, & ginger)

1/3 cup walnuts or pecans

Preheat the oven to 350 degrees F. Grease a 9 x 13 pan. Beat eggs till blended; add the oil and beat. Add brown sugar beat until smooth. Add pumpkin, beat till smooth; add vanilla. Add baking mix (or flour) and spices; beat just until batter is smooth. Stir nuts in by hand. Spread evenly and bake 20 to 25 minutes. Cool. Frost.

P F Chang's lettuce wraps for the appetizers, group size. The real thing, not homemade. Jeff George

MILLET PUFFS

Amy Anderson

From the June 2010 issue of [O, The Oprah Magazine](#)

4 Tbsp. unsalted butter

2 cups marshmallows

3 cups puffed millet cereal

1 Tbsp. whole cumin seed

1 tsp. whole fennel seed

1 tsp. black mustard seed

¼ tsp. Reshampati chili powder

¼ tsp. turmeric powder

½ cup dried currants

½ tsp. kosher salt

1 tsp. chopped curry leaf

Note: Arrowhead Mills makes millet puffs, but you can also substitute other unsweetened puffed cereals, like Kashi 7 Whole Grain Puffs. Dried cherries, cranberries, or raisins can be used instead of currants. Place the butter in a large skillet or Dutch oven; heat over medium heat until frothy. Add the marshmallows and start to melt them, stirring with a rubber spatula so that they don't stick or burn (you can lower the heat if you need to). When the marshmallows are halfway melted, add all the remaining ingredients except the millet and stir well, so spices start to toast and are fully mixed with the marshmallow. Add the millet, turn off heat, and stir until all of the millet is mixed and evenly coated in the spiced marshmallow mix. Move the pan to a heat-proof surface, and immediately start rolling into small balls, about the size of a cherry; if your hands are slightly damp with cold water, the mixture will be easier to work with. Place the balls on a plate, uncovered, until they dry out slightly, about 1 hour. Store in an airtight container up to three days. Servings: Makes 36 small balls (about 6 servings)

DILL PICKLE WRAPS

Dick Masimore

2 Jars Claussens Kosher Dill Pickle Spears (From Refrigerated Section)

1 ½ Tubs of Whipped Hy-Vee Brand Cream Cheese

1 7 oz, Tub Buddig Dried Beef, (GF) + 2 3oz. packages.

Slice Dill Pickle spears in half lengthwise. Spread Cream Cheese on slices of the Dried Beef, and wrap around split pickle spears. Cut in half. This makes a large batch, approximately 100 pieces, or if don't need that many, you can leave whole.

CREAM CHEESE LAYER BROWNIES

Julane Fritz

1 – Bob's Red Mill Gluten Free Brownies Mix

1 – 8 oz Philadelphia Cream Cheese

½ cup Nestle's Semi-Sweet Chocolate Chips

Heat oven to 350°. Spray or grease 9 X 13 pan. Prepare Brownie Mix and Cream Cheese mixture according to directions. I put ¼ cup chocolate chips in brownie batter. Spread ½ of batter in pan and then spread cream cheese mixture on top of brownie batter. Sprinkle ¼ cup of chocolate chips on top of cream cheese and lightly press. Carefully spread remainder of brownie batter on top. Bake 25 minutes.

BLT BITES

Jan Steenson

Cherry Tomatoes - Slice off the tops of each tomato. Cut a small portion off the bottoms so they sit on a tray. Use the small end of a melon scoop to remove the centers. Invert tomatoes onto damp paper towels and cover with plastic wrap; refrigerate until ready to fill.

Mix together filling:

Turkey bacon; fried to crispy state; chopped in very small pieces

Hellmann's mayo

Chopped green onion (amount used is personal taste)

Fill each tomato with filling. Refrigerate until ready to serve.

SUGAR COOKIES WITH CREAM CHEESE FROSTING

Jan Steenson

Mix: Full Circle Cookie mix prepared per directions

Frosting: Pillsbury Cream Cheese

I topped each cookie with a fresh strawberry slice

OATMEAL FIG NEWTONS

Crystal Laux

½ cup sugar (I used regular sugar for the pot luck, but Splenda baking blend I think works better as I used this making this recipe before and they didn't flatten out as much as they did with regular sugar)
½ cup brown sugar (same goes with the Splenda brown sugar blend) If you do substitute the sugar with the Splenda blends make sure you cut the amount listed in the recipe by ½.

½ cup unsweetened applesauce

Cinnamon & nutmeg (I was generous and probably used at least 2 tsp each)

1 tsp baking soda

1 tsp baking powder

½ tsp salt (optional, I omitted)

1 egg

1 tsp vanilla

1 tsp almond extract (optional)

2 cups of gluten free rolled oats (I used Trader Joes Gluten Free Rolled oats)

Trader Joes Fig Butter (The label does not have their certified G, but label does not contain any gluten and I had them check to verify as well)

Heat oven to 325. Put 1 ½ cups of the gluten free oats in a food processor or blender (I used my bullet) until finely ground like flour. Mix all ingredients together (except the including the finely processed oats and the non ground full oats. Fill mini muffin pan cups with batter ¾ way full. Cook in oven for 10-12 minutes. Remove and place a ½ tsp-1 tsp of Fig butter on the top of each muffin.

APPLE CINNAMON LEMON BUDDIES

Crystal Laux

6 cups apple cinnamon Chex cereal

3 squares Gurley's vanilla flavored almond bark (you can use more for more chocolate coverage of cereal, but 3 squares was all I had)

1 ½ Tbls lemon/lime/orange juice (you can use real lemon/lime/orange and some of the rind, but I didn't have any)

1+ cup powdered sugar

Put the cereal in large bowl and set aside. Melt the almond bark on stovetop slowly over medium heat and add the lemon juice. Mix until the lemon juice is fully incorporated into the almond bark. Pour almond bark over cereal while mixing to get as much of the cereal covered as possible. Put the cereal mixture and the powdered sugar in a large ziplock bag. Shake bag to coat cereal with powdered sugar. Lay out on wax paper to cool. (If you don't lay out the cereal to cool, it will taste soggy).

PICKLE WRAP DIP (serve with crackers)

Lynnette Stout

2 – 8 oz. pkg cream cheese

2 packages of Budding Beef or Ham

1 jar Dill Pickles (I use Hy-Vee)

4 to 8 oz. Sour Cream, to your desired consistency

Cut up Budding meat, and dice pickles into bite sizes. Mix all ingredients together. Pour a little bit of pickle juice for extra flavor (optional).

AVOCADO SALSA APPETIZER

Velma Roberts

1 Bell pepper red, chopped
 1 small red onion, chopped
 5 cloves garlic, minced
 1 can Black beans, drained & rinsed
 3 lg Roma tomatoes chopped
 ½ jar Kalamata olives in red wine vinegar, sliced
 1/3 cup olive oil
 ¼ cup lime juice

3 tablespoons pear infused vinegar (Alessi)
 1 teas dried oregano
 ½ t. salt
 ½ t. ground black pepper
 ¼ t. cayenne pepper
 4 Avocados peeled, pitted & diced

Combine all ingredients in order except avocados and refrigerate for 8 hrs or overnight.
 Stir avocados into mixture before serving, with chips.

MEXICAN CORN DIP

Barbara Moore

3-11oz cans texmex corn, drained (Green Giant)
 1 can chopped green chili peppers
 1 cup sour cream
 3 green onions, chopped
 10 oz cheddar cheese
 1 red pepper, chopped
 Mix altogether and refrigerate

1-15oz can jalapenos*
 1 cup mayonnaise
 10 oz mont.jack cheese
 1 small bag fresh parmesan cheese
 *I only used a half of these jalapenos

PICKLE ROLL-UPS

Amber & Natalie Huber

Dill pickles - squeezed of extra moisture
 Cream cheese
 Carl budding turkey
 Lay turkey flat and spread cream cheese over whole area. Roll pickle up in the turkey.

DILL PICKLE DIP

Kim Musgrove

(Just like the wraps, but without all the work!)
 8oz softened cream cheese (I used Kraft Philadelphia original)
 8oz chopped ham (I used Hormel Natural Choice deli ham)
 3-4 chopped dill pickle spears (I used Great Value Kosher dill spears)
 Combine all ingredients and chill for one hour. You can add a tablespoon of pickle juice to make more spreadable if needed. Serve with crackers.

Taco Dip

Kim Musgrove

8 oz softened cream cheese (I used Kraft Philadelphia original)
 8 oz sour cream (I used Daisy brand)
 One package taco seasoning mix (I used Old El Paso – original)
 Cream together cream cheese and taco seasoning until mixed well. Stir in sour cream. This is your bottom layer. Top with your favorite taco toppings. I used:
 Shredded lettuce – Marketside Iceberg
 Shredded cheese – Hy-Vee mild cheddar
 Black Olives – Great Value sliced ripe olives
 Serve with chips (Tostitos)

LAYERED BEAN DIP

Angie Wagner

2 cans Fritos Bean Dip
 1 pkg. Hy-Vee Taco Seasoning
 Diced Tomatoes
 2 c Hy-Vee Shredded Cheese

1 - 16 oz Daisy Light Sour Cream
 Sliced Black Olives
 Diced Onion

In a 9 x 13 pan, spread bean dip in the bottom of the pan. In a bowl, mix sour cream and taco seasoning, then spread mixture on top of bean dip. Add black olives, onions and tomatoes, then top with cheese. Chill. Serve with tortilla chips.

BACON WRAPPED TATER TOTS

Jeff Wagner

1 pkg Louis Rich Turkey Bacon
 1 pkg Ore-Ida Tater Tots
 Toothpicks

Preheat oven to 425 degrees. Cut bacon slice in half. Wrap tater tots with bacon and secure with toothpick. Bake for 25 minutes or until bacon is crispy.

CHEX MIX SNACKS

Joe and Juanita Greener

1 (14 oz) box (12 cups) Chex mix of choice (I used Corn Chex)
 2 cups brown sugar
 ½ cup butter (Hy-Vee unsalted)

½ cup margarine (Bestlife)
 2 Tablespoons corn syrup (Karo)

Melt brown sugar, margarine, butter and corn syrup. Stir constantly. Bring to a boil and boil for 3-5 minutes. Add to Chex mix and stir. Transfer to two baking sheets and bake at 250 degrees for 45-60 minutes, stirring every 15 minutes. Cool and store in air-tight container.

GLUTEN & EGG FREE OATMEAL CHOCOLATE CHIP COOKIES (Dairy Free Option) Judy Hammel

1 3/4 cup Mama's Almond or Coconut Blend (I used Coconut Blend)

1 cup Gluten Free Oats*
 1 tsp. Baking Soda
 1 tsp. Salt
 1 1/4 tsp. Xanthan Gum
 3/4 cup Butter, or (Non-Dairy Margarine)
 1 cup Sugar
 2 Tbsp. Molasses
 1 tsp. Vanilla

1/2 cup Applesauce (I used unsweetened tree top) (I used / Mott's natural applesauce)

1 1/2 cup Chocolate Chips or Non-Dairy chocolate Chips

Preheat oven to 350 degrees. In a medium bowl, combine flour oats, baking soda, salt and xanthan gum. Mix and set aside. In a mixing bowl cream butter with sugar and molasses. Add vanilla and applesauce, mix well. Scrape down sides off bowl. Pour in half of flour mixture and mix until combined then repeat with remaining flour. Stir in chocolate chips. Using a 1 inch cookie scoop, drop dough 2 inches apart on an ungreased cookie sheet. Bake for 12-14 minutes. Allow to rest on cookie sheet for 2 min. before removing to cooling rack. * For a chewy cookie take out right at 12 minutes. For a crisper cookie cook for 14 minutes. Ovens may vary so watch carefully. * Gluten Free Oats: You can get gluten free oats at www.glutenfreeoats.com, Gifts of Nature www.giftsofnature.net, and Bob's Red Mill www.bobsredmill.com.
<http://www.glutenfreemama.com/pdf/OatmealChocolateChip.pdf>.

VEGGIE CORN SALSA

Jill Morgan-Taets

Chop in small pieces: 1/2 sweet onion, 1 each: green, red, & yellow pepper, 2-3 stalks of celery, 1 can drained shoepeg corn, 1 can drained black eyed peas.

Dressing: ½ c. cider vinegar, ½ c. sugar or ¼ c. Splenda, ½ tsp. crushed red pepper. Mix together and serve with Frito Scoops or crackers.

TEXAS CAVIER

Kathy Roth

Sauce:

1/3 cup olive oil

¾ cup apple cider vinegar

1 cup sugar

2 tsp black pepper

Boil and cool down to room temperature

Drain:

1 can corn

2 cans black beans

1 small can of jalapeno's (if wanted)

Mix together and then add:

½ green pepper chopped

½ red pepper chopped

1 small red onion chopped

Mix everything together and let sit for 24 hours in the refrigerator. Serve with corn chip scoops

Refrigerate leftovers and can be saved for a couple of weeks! Enjoy

COWBOY CAVIAR

Norma Rohn

1 C. vegetable oil

½ C. cider vinegar

½ C. sugar

Boil above to dissolve sugar—let cool.

Drain the following cans of:

1 can pinto beans (w/jalapeno if preferred)

1 can black eye peas (w/jalapeno if preferred)

1 green pepper-chopped

1 can black beans (optional)

1 can white shoepeg corn

4 stalks celery-chopped

1 medium onion-chopped

Mix above ingredients. Add marinade. Let sit 4-6 hours or overnight. Drain off marinade and serve with Fritos or Tostitos scoops.

BUTTERY DIJON DEVILED EGGS

Norma Rohn

1 dozen large eggs, hard-cooked and peeled

¼ cup butter, softened

¼ cup mayonnaise

1 tablespoon Dijon mustard

1 teaspoon fresh lemon juice

¼ teaspoon ground red pepper

Salt to taste

Ground white pepper to taste

Paprika (optional)

Cut eggs in half lengthwise; carefully remove yolks. Mash yolks; stir in butter and next 4 ingredients.

Stir in salt and white pepper to taste. Spoon or pipe yolk mixture evenly into egg white halves.

Sprinkle with paprika, if desired. Cover and chill at least 1 hour or until ready to serve.

POOR MAN'S CAVIAR

Barb Mittman

Dressing:

1 cup C and H granulated sugar

¾ cup corn oil

1 cup Heintz Apple Cider Vinegar

Mix together in a small saucepan. Bring to a boil and let cool.

Combine the following:

1 can drained white kernel corn (Fareway)	1 can drained pinto beans (Bush's Best)
1 can drained black beans (Mrs. Grimes)	1 can/cup chopped tomatoes
½ cup chopped black olives (Lindsey)	1 large chopped onion
3 stalks chopped celery	
1 small can (or ½ cup fresh) chopped jalapeno peppers	

(Optional ingredients include: sliced green olives and yellow hominy)
 Add cooled dressing and refrigerate. The longer it sits, the better it is (within reason).
 Serve with Tostitos chips or Frito scoops.

STUFFED CELERY

Dave Johanson

1 bunch celery
 1 (8 ounce) packages cream cheese (I used reduced fat).
 2 tablespoons sour cream (I used light).
 ¼ cup of diced red and green sweet peppers.
 20 small green olives
 Coarsely chop the olives. Separate and wash celery stalks. Can remove celery strings, if desired. Mix cream cheese and sour cream. Stir in peppers and olives. Spread filling into celery. Cut into bite-sized pieces. Chill until serving time. Can also be spread on Gluten Free crackers.

HOMEMADE FRESH SALSA

Denise and Sarah Menzel

1 ¼ lb. roma tomatoes	1/2 white onion
2 jalapeno peppers	1 t. salt
Pepper	3 T. lime juice
1 c. cilantro	

In a food processor, dice onion and jalapeno peppers. Add tomatoes and cilantro in batches so tomatoes don't get too ground up. Stir in remaining ingredients.

CORN DIP

Angie Wagner

3 11 oz cans Hy-Vee Mexicorn	1 10 oz can Rotel (mild), drained
1 c Hellmann's Light Mayo	1 c Daisy Light Sour Cream
2 c Hy-Vee Shredded Cheddar Cheese	

In a mixing bowl, mix all ingredients together. Chill. Serve with tortilla chips.

MEXICAN-RANCH DIP

Angie Wagner

1 16 oz Daisy Light Sour Cream	1 8 oz pkg. Hy-Vee Light Cream Cheese
1 pkg. Hidden Valley Ranch Dip Mix	1 10 oz can Rotel (mild), drained
2 c Hy-Vee Shredded Cheddar Cheese	

In a mixing bowl, mix all ingredients together. Chill. Serve with tortilla chips.

JIMMY DEAN SAUSAGE CHEESE BALLS

Joan Benson

2 lbs Jimmy Dean Regular Sausage	1 ½ cups gluten free Bisquick
4 cups shredded Sharp Cheddar cheese	½ cup finely chopped onion
½ cup finely chopped celery	½ teaspoon garlic powder

Preheat oven to 375 degrees. Mix all ingredients. Form into 1" balls. Bake 15 minutes on ungreased Cookie sheet until golden brown. Makes about 6 dozen sausage cheese balls.

Sausage cheese balls can be frozen uncooked.

BACON WRAPPED WATER CHESTNUTS

Marsha Greenstein

1 LB. bacon

2 (8 OZ) cans water chestnuts

3/4 cup packed brown sugar

1 tablespoon mayo

1 TSP. GF Worcestershire sauce

3/4 cup ketchup

Optional: 2 tsp. chili/hot sauce

Soak 35 wooden toothpicks in a shallow glass of cold water. Preheat oven to 375 degrees.

Cut package of bacon in half. Wrap one half strip of bacon around each water chestnut, finishing it off by securing it with a toothpick. Bake wrapped water chestnuts in a shallow dish or baking sheet for 20 mins. While water chestnuts are baking, in a small bowl mix brown sugar, mayo, Worcestershire sauce, ketchup and hot sauce (if used). When wrapped water chestnuts are done baking, remove from oven but do not turn off heat. Transfer the water chestnuts to a paper towel covered plate to soak up bacon grease. Carefully clean up baking dish by wiping down with paper towels. Place the water chestnuts back on the baking sheet and pour sauce all over them. Bake for an additional 30-40 min. or until bacon is crispy. Transfer to serving plate and serve hot with toothpicks intact. Enjoy!

PEACH PIE

Deb Umland

Donna Jo's Dream Pastry, From Bette Hagman's Cookbook

Pastry:

½ C. Tapioca Flour

½ C. Margarine

½ C. Cornstarch

½ C. Butter

¼ C. Potato Starch

1 Egg (cold)

1 C. Sweet Rice Flour

1 Tb. Vinegar

1 tsp. Xanthan Gum

4 Tb. Ice Water

½ tsp. Salt

Sweet Rice Flour for rolling

Dash Sugar (optional)

Mix together flours, xanthan gum, salt & sugar. Then cut in margarine & butter. Beat egg add vinegar & ice water. Stir into flour mixture, forming 3 balls. Refrigerate dough for 1 hour or more to chill. Roll dough out on plastic wrap, for easier handling, dusting with sweet rice flour. Makes enough pastry for a 2-crust 9" pie plus 1 pie shell.

Filling for 9" 2-crust pie

5 C. Sliced Fresh Peaches

¾ C. Sugar

3 Tb. Cornstarch

¼ tsp. Cinnamon

1 Tb. Butter

Bake pie for 25 minutes at 425 degrees then reduce heat to 350 degrees and bake another 25 – 30 minutes or until golden brown & bubbly in the center.

STRAWBERRY PIE

Deb Umland

3 oz Box Strawberry Jello

1 Baked 9" Pie Shell

2 Tlbs Cornstarch

1 Quarter Fresh Strawberries

1 C Sugar

or enough to fill pie shell

1 C Water

Mix together sugar & cornstarch in medium sauce pan, stir in water. Bring to boil stirring constantly until mixture has thickened. Remove from Stove & stir in Jell-O until completely dissolved. Cool

slightly. Slice strawberries into pie shell & pour sauce over strawberries. Refrigerate until completely set up. Serve with Cool Whip or Whip Cream.

CORN RELISH DIP

Deb Umland

1 11oz Can Mexicorn drained

1 C Sour Cream

½ C Mayonnaise

1 C Shredded Cheddar Cheese

1 tsp Cumin

1 tsp Cayenne Pepper

Stir all ingredients together. Serve with Fritos Scoops.

SAUSAGE ROLLS

Barb Huyette

1 bag (3 ½ cups) Pamela's GF Bread Mix

1 packet active dry yeast

¼ C. oil

2 large eggs

Warm water (to equal 2 cups with the eggs and oil)

16 oz. medium hot ground sausage

12 oz. cream cheese at room temperature

GF cooking spray

Preheat oven to 325. Prepare Pamela's GF Bread Mix according to pkg. directions for Stand Mixer preparation. Grease 24 muffin cups with cooking spray. Drop prepared bread dough into muffin cups, dividing equally. With oil on your fingers press dough down and up the sides of the muffin cups. Set rolls aside to rest while preparing the filling (approximately 20 min.). Brown the sausage in a roomy skillet, crumbling well while cooking. Remove from heat. DO NOT DRAIN. Add softened cream cheese to the sausage and stir well to combine. Divide the sausage mixture equally among the muffin cups. Bake for 25-30 min. until lightly brown. Cool slightly in pan, then remove. Yield: 24 - 2 ½ inch rolls. These sausage rolls may be frozen, well wrapped, for up to 3 months. Remove desired number from freezer and defrost in microwave for 2 min., then crisp up in the toaster oven.

SALTED NUT ROLL BARS

No Name

4 T. butter or margarine

1 pkg. peanut butter chips (12 oz.)

1 can sweetened condensed milk

1 pkg. miniature marshmallows (10 oz.)

1 16 oz. jar dry roasted peanuts

Add butter and peanut butter chips to medium saucepan and heat until they have melted together, stirring. Remove from heat and add sweetened condensed milk. Stir till well blended. Stir in marshmallows, then peanuts. Spread into 9x13 pan and refrigerate.

FRUITY PEBBLES TREATS (from pebblesplay.com/recipes) Doris Fulton

1/4 cup (1/2 stick) butter or margarine

1 pkg. (10-1/2 oz.) miniature marshmallows (6 cups)

1 pkg. (11 oz.) **Fruity Pebbles Cereal** (about 8-1/2 cups)

Microwave butter in 4-qt. microwavable bowl on HIGH 45 seconds or until melted. Add marshmallows; toss to coat. Microwave 1-1/2 minutes or until marshmallows are completely melted and mixture is well blended, stirring after 45 seconds. Add cereal; mix well. Press firmly into greased foil-lined 13x9-inch pan. Cool. Cut into 24 squares.

PUMPKIN SPICE CHICKPEAS

Kristine Vicker

Roast: 4 C. garbanzo beans and 4 T. butter

3 T. butter ½ C. maple syrup1 T. cinnamon 2 t. ginger

½ t. nutmeg

Combine last 5 ingredients for glaze on top. Sprinkle with sea salt.

HONEY CHAI CHICKPEAS

Kristine Vicker

Roast: 4 C. garbanzo beans and 4 T. butter

3 T. butter ½ C. honey1 T. cinnamon 2 t. ginger1 t. allspice ½ t. cloves

Combine last 6 ingredients for glaze on top. Sprinkle with sea salt.

DEEP FRIED PICKLES

No Name

Buttermilk, granulated garlic, rice flour, GF yellow corn meal, pickles (refrigerator dills).

SIMPLE TACO DIP

No Name

2 pkgs. Cream cheese

½ C. Pace Picante Sauce or other taco sauce

Garlic salt

Mix together and spread on dish. Layer with onion, tomato and cheese. Place in fridge for 2 hours or overnight.

PEACH COBLER

Sue Brinker

6 sliced peaches 1 C. Domata Flour

½ C. tp 1 C. sugar, depending on sweetness of fruit

1 t. baking powder ¾ t salt1 egg, beaten 1/3 C. butter or margarine, melted and cooled

½ t. cinnamon

Place sliced peaches in greased 6x10 baking dish. Mix together with fork until crumbly: flour, sugar, baking powder, salt and egg. Sprinkle over peaches. Pour melted and cooled margarine or butter on top. Sprinkle with cinnamon. Bake 30-40 min. at 350.

STUFFED JALAPEÑOS

Amy Jepsen

1 lb. ground pork sausage

1 8 oz. pkg. cream cheese, softened

1 C. shredded parmesan cheese

1 lb. large fresh jalapeno peppers, halved lengthwise and seeded

Preheat oven to 425. Place sausage in a skillet over medium heat, and cook till evenly brown. Drain grease. In a bowl mix sausage, cream cheese, and parmesan cheese. Spoon about 1 T. sausage mixture into each jalapeno half. Arrange stuffed halves in baking dish. Bake 20 min. until bubbly and lightly browned.

STUFFED JALAPENOS

Michelle Holz

Fresh jalapenos

Wimmer's GF Beef Smokies

Tofutti "Better than Cream Cheese"

Hormel GF Bacon

Cut jalapenos in half long ways, clean out seeds, and wash. Fill jalapeno halves level with cream cheese. Set beef smokie in cream cheese. Wrap with 1 slice of bacon, hold in place with toothpicks. Set on cookie sheet and bake at 350 for 30-40 min. or until desired crispness.

BANANA BREAD

No Name

Cream together: ½ C. margarine and 1 C. sugar

Add to above mixture: 2 eggs, 3 large ripe bananas (mashed), 1 t. almond flavoring, ½ t. vanilla, ¼ t. salt. Mix in 2 C. GF flour and 1 t. soda. Pour into 4 small loaf pans (greased and floured). Bake 25-30 minutes at 350 until a toothpick inserted in center comes out clean. Spread with honey nut cream cheese.

MERINGUE COOKIES

Linda Chamberlain

(From 1000 Gluten-Free Recipes by Carol Fenster)

3 lg egg whites, at room temp

2/3 C Sugar

1/8 t cream of tartar

½ t pure vanilla extract

Place a rack in the middle of the oven. Preheat to 225. Line a 13 x 9" baking sheet (NOT NON-STICK) with parchment paper; set aside. In a medium bowl, beat the egg whites with an electric mixer on medium-high until frothy, about 30 sec. Gradually add 1 tablespoon sugar and beat 1 min. Increase mixer speed to high and beat in cream of tartar, vanilla, and remaining sugar; continue to beat about 2 min, or until the whites are glossy and the peaks stand straight up rather than curling over at the top. Gradually sift the powdered sugar into the beaten egg whites, 2 tablespoon at a time, in two batches and gently fold it in.

Spoon mixture into a heavy-duty plastic freezer bat with ¼" of the corner cut off. Pipe 24 cookies, about a tablespoon each, 1" apart on the baking sheet.

Bake 1¼ hrs in the middle of the oven or until the cookies are dry. Turn off heat and leave the meringues in oven 30 more min. Remove meringues from oven and cool on baking sheet. Store tightly covered for up to 1 month.

STRAWBERRY CLOUDS

Linda Chamberlain

(From "Everyday With Rachel Ray" Magazine June 2012)

Ingredients

1 pound strawberries, hulled

¼ cup sugar

1 pint heavy cream, chilled

2 cups crumbled meringue cookies

In large bowl, smash berries and sugar. Whip cream until thick; fold into berries. Gently stir in meringues. Serve within an hour. Serves 6. You may lighten the calories and sugar by substituting Cool Whip for heavy cream and Splenda for the sugar. *Hint: Slice the strawberries before smashing if your berries aren't soft & juicy. Because of today's heat and the fact that I made such a large amount, I used Cool Whip, but this is richer with the whipped cream.*

BEAN DIP

Connie Johnson

(from The Gluten Free Vegan by Susan O'Brien)

Blend and chill:

1 15 oz. can garbanzo beans and white kidney beans, rinsed and drained

¼ C. olive oil

1 t. curry powder

1 t. ground cumin

2 T lemon juice

½ C. chopped fresh cilantro

Pinch of cayenne pepper

¼ t. sea salt

Fresh ground pepper

Serve with fresh vegetables or chips.

FIESTA SPREAD

Jennifer Moorman

1 pkg. 1/3 fat Philadelphia Cream Cheese

½ C. Hy-Vee Apricot Preserves

½ C. Hy-Vee Medium Chunky Salsa

On the Border tortilla chips

Place block of cream cheese on serving plate with shallow rim. Mix salsa and preserves. Pour over cream cheese. Serve with tortilla chips.

BBQ LITTLE SMOKIES

Jennifer Moorman

2 16 oz. pkgs. Hy-Vee Little Smokies

1 bottle Sweet Baby Ray's Honey BBQ Sauce

Place little smokies in crock pot. Pour entire bottle of BBQ sauce over smokies and stir so that smokies are covered. Cook on high for 1 hour then reduce to low/warm.

HOT DIP

No Name

1 14 oz. can sauerkraut, rinse, drain, cut into smaller pieces

1 ½ C. shredded cheddar cheese

1 ½ C. shredded Swiss Cheese

¾ C. Mayo

4-6 oz. corned beef

Reserve ½ C. each cheese for topping. Bake at 350 for 25 min. Serve with corn chips.

BLACK BEAN AND CORN SALSA

Janice Monson

2 cans black beans, drained and rinsed

2 cans corn, drained

1 t. salt

1/3 C. cilantro, chopped

1/8 C. olive oil

½ C. lemon juice

¾ C. green onion, chopped

1 ½ C. chopped tomatoes

Combine and chill. Serve with tortilla chips

CHEESECAKE DESSERT

Janice Monson

Crust:

5-6 T butter or margarine, melted

¼ C. sugar

Approx. 2 C. graham cracker crumbs (Kinnikinnick)

Mix above well and press into the bottom of a 9" square pan.

Soften and beat smooth 1 8oz. pkg. cream cheese

Beat separately:

2 eggs

½ C. sugar

1 t. vanilla

Gradually add egg mixture to cheese mixture. Beat until smooth. Pour over crust and bake at 325 for 20-25 min. Cool. Top with cherry or blueberry pie filling. Top with Cool Whip. Store in refrigerator.

GRASSHOPPER BROWNIE BARS

Cathy Fenton

Makes 16 large brownies or 32 small brownies (halve recipe for an 8x8 pan).

Recipe from Baked Explorations via Serious Eats.

Ingredients:

For the brownie base:

¾ cup GF flour	½ teaspoon salt
1 tablespoon cocoa powder (like Valrhona)	
5 ounces good quality dark chocolate (60 to 72%), coarsely chopped (or use chips)	
½ cup (1 stick) butter, cut into 1 inch cubes	¾ cups sugar
¼ cup firmly packed light brown sugar	3 large eggs, at room temperature
1 teaspoons vanilla extract	

For the buttercream layer:

¾ cups sugar	2 tablespoons GF flour
¾ cup milk	3-4 tablespoons heavy cream
1 ½ sticks (¾ cup) butter, softened but still cool, cut into small cubes	
1 teaspoon peppermint extract	Green food coloring

For the chocolate glaze:

6 ounces good-quality dark chocolate (60 to 72%), coarsely chopped
1 teaspoon light corn syrup
½ cup (1 stick) unsalted butter, softened, cut into cubes

Directions:

To make the brownie base: Preheat the oven to 325 degrees F. Spray the sides and bottom of a glass or light-colored metal 9-by-13-inch pan. Line the bottom with a sheet of parchment paper, and butter the parchment. In a medium bowl, whisk together the flour, the salt and cocoa powder. Melt the chocolate and butter in microwave in med. size bowl, stirring frequently.

When melted and smooth add both sugars. Whisk the sugars until completely combined. Let cool to room temperature. Add three eggs to the chocolate/butter mixture and whisk until just combined. Add the vanilla and stir until combined. Do not overbeat the batter at this stage or your brownies will be cakey. Sprinkle the flour/cocoa/salt mix over the chocolate. Using a spatula (do not use a whisk) fold the dry ingredients into the wet until just combined.

Pour the batter into the prepared pan, and bake for approximately 15 to 20 minutes, rotating halfway through the baking time. A toothpick inserted into the brownies at an angle should contain a few moist crumbs. Let cool completely.

To make the buttercream: In a medium heavy-bottomed saucepan, whisk the sugar and GF flour together. Add the milk and cream and cook over medium heat, whisking occasionally until mixture comes to a boil and has thickened, 5 to 7 minutes. Transfer the mixture to the bowl of an electric mixer fitted with the paddle attachment. Beat on high speed until cool. Reduce the speed to low and add the butter and mix until thoroughly incorporated. Increase the speed to medium-high and beat until filling is light and fluffy. Add the peppermint extract and green food coloring and mix until combined. If the filling is too soft, chill slightly in the refrigerator and then mix again until it is the proper consistency. Spread the filling evenly across the top of the brownie layer and place the pan in the refrigerator, for a minimum of 45 minutes, while you make the chocolate glaze.

To make the chocolate glaze: In a large bowl, combine the chocolate, corn syrup, and butter. Melt in microwave stirring with a rubber spatula, until the mixture is completely smooth. When melted stir vigorously for 1 minute to cool. Pour the mixture over the chilled buttercream layer and use an offset spatula to spread it into an even layer. Place the pan back in the refrigerator for 1 hour, or until the glaze hardens. Remove the pan from the refrigerator, wait about 15 minutes for the glaze to soften slightly, and cut the bars with a warm knife. Serve immediately. Note: The bars can be stored in the refrigerator, tightly covered, for up to 4 days.

YUMMY TACO SALAD DIP

no name

(From Allrecipes.com)

- | | |
|---|--|
| 1 (16 ounce) can refried beans | 2 avocados, peeled and pitted |
| 1 teaspoon <u>lemon juice</u> | 1 (16 ounce) container <u>sour cream</u> |
| 1 (1.25 ounce) package taco seasoning mix | 2 tomatoes, diced |
| 1 (2.25 ounce) can sliced black olives, drained | 1 bunch green onions, chopped |
| 1 (16 ounce) package Cheddar cheese, shredded | |

In a 12x12 inch or larger dish, evenly spread the refried beans in a thin layer. In a medium bowl, mix the avocado and lemon juice until almost smooth. A few avocado lumps are desirable. Spread the avocado mixture over the refried beans. In a medium bowl, blend the sour cream and taco seasoning; spread over the avocado mixture. Sprinkle the tomatoes in a layer over the sour cream mixture, followed by the olives and the green onions. Top the dip with a layer of cheese.

QUINOA MAC N' CHEESE

No Name

- | | |
|------------------------------|----------------------------------|
| 2 t olive oil | ¾ C chopped green onion |
| ½ C. red pepper | 1 ½ C quinoa, rinsed and drained |
| Good pinch of salt | A few grinds of seasoning salt |
| 2 cloves garlic, minced | 3 C. water |
| 2 Large eggs | 1 C. fat free milk |
| 2 C. shredded cheddar cheese | |

Optional toppings – gluten free corn flake crumbs, salsa, sour cream, etc.

Heat oil in saucepan over medium heat. Add green onion and red peppers; cover and cook 5 min. or until tender. Stir in quinoa and garlic, uncovered, 3-4 min. or until grains start to turn opaque. Add 3 C water and season with salt and seasoning salt. Cover and reduce heat to med-low and simmer (15-20 min. or more depending on what type of quinoa you use) or until most of the liquid has been absorbed. Remove from heat and let stand 5 min. Preheat oven to 350. Coat 13x9 inch dish with cooking spray. Whisk together eggs and milk in large bowl. Fold in quinoa mixture and cheese (if you feel you need more cheese, add it here). Stir and let some of the cheese melt. It will seem a little soupy, don't worry, it will all mold together. Transfer to prepared baking dish, and if using gluten free corn flake crumbs, add now. You can also sprinkle a bit more cheese on now if you prefer for topping. Bake 25-30 min. or until browned around edges. Toss with any other toppings you would like (salsa, sour cream, etc).

BETTY CROCKER GF BROWNIE MIX, using 2 eggs and ¼ C. butter.

No Name

LITTLE SMOKIES

No Name

Wimmer's Little Smokies Smoked Sausage
Cookie's BBQ Sauce

TORTILLA STICKS

2 8-oz. pkgs. Cream cheese, softened
 6-8 green onions, chopped
 1 5-oz. can chunked ham

Betty Olivencia

1 green pepper, diced
 2 T. mayonnaise
 1 pkg. 10 inch corn tortillas

Combine cream cheese, green pepper, green onion, mayo and ham. On plastic wrap, layer tortillas and filling, repeating 3 times, and ending with tortilla. Chill overnight. Cut into squares and serve with toothpicks inserted in each square.

DEVILED EGGS

Mix broken up egg yolks with Walden farms Chipotle Ranch GF dressing and fill egg whites. I then drizzled more dressing over the deviled eggs. Put sprinkling of poppy seeds and paprika. Top with an edamame for fun!

Elaine Hites

FLOURLESS PEANUT BUTTER COOKIES

1 C. sugar
 2 t. McCormick vanilla

Cook Family

½ C. Brown sugar
 2 eggs

Combine and bake at 350 for 8 minutes.

PEANUT BUTTER AND CHOCOLATE CRUMBLE BARS

½ C. butter, softened
 1 C. GF rolled oats
 1/12 t. baking soda

Sharon Grimm

¾ C. Brown sugar, packed
 1 C. GF flour blend

Mix ingredients. Press 1 ½ C. into greased 8x8 inch pan. Microwave: 4 squares Bakers Semi-sweet Chocolate. When melted, stir in 1/3 C. peanut butter. Spread over crust. Sprinkle with remaining crumbs. Bake at 350 for 22-25 min. or until edges are brown.

PEANUT BUTTER BROWNIES

½ C. oleo, softened
 1 C. sugar
 3 eggs
 2 C. GF flour
 2 t. baking powder
 ½ C. Hershey's Chocolate Syrup

Sharon Grimm

¼ C. peanut butter (Skippy)
 1 C. brown sugar, packed
 1 t. vanilla
 1 t. xanthan gum
 1 2/3 C. peanut butter chips (10 oz.)

Blend together oleo, peanut butter, sugars, eggs and vanilla. Add flour and baking powder to peanut mixture,. Stir in peanut butter chips. Spread half of the batter into pan. Drizzle syrup over top. Top with remaining batter. Swirl with knife.

ITALIAN MEATBALLS

2 lbs. lean hamburger
 ¾ C. milk
 ½ C. finely chopped onion
 2 t. parsley
 ½ t. oregano
 ¼ C. + 2 T. parmesan cheese

Ruth McCoy

½ C. GF Panko bread crumbs
 2 eggs
 2 t. Italian Seasoning
 ½ t. garlic powder
 ½ t. salt
 ½ t pepper

Mix the Panko bread crumbs and milk. Let sit until milk is absorbed. Add remainder of ingredients and form into balls. Bake at 375 for 15-25 min. depending on size of meatball. Cookies GF BBQ sauce is the sauce I used for these.

SCOTCHEROOS

Tiara Bales

- 1 C. sugar
- 1 C. Hershey's or Nettle's Chocolate chips
- 1 C. butterscotch chips (Hershey's are GF but I read that Nestle's are not)
- 6 C. GF Rice Krispies cereal
- 1 C. light corn syrup
- 1 C. peanut butter

Combine sugar and syrup in a saucepan. Cook over medium heat, stirring constantly, until mixture boils. Remove from heat and stir in 1 C. peanut butter, mix well. Pour into cereal and mix well. Press into a buttered or sprayed 9x13 pan. I used Carlini Canola No-Stick Cooking Spray. It says gluten free right on the can. Melt chips together over low heat, stirring constantly until well blended. Spread over cereal mixture. Cool and cut into bars. Enjoy!

CHOCOLATE CHIP BANANA BREAD

Jolene Gentzler

- 2 C. Namaste Foods Perfect Flour blend
- 1/8 t. salt
- 3/4 C. honey (can use sugar)
- 2 Lg. eggs
- 1/2 t. gluten free vanilla
- 1 t. baking soda
- 1/2 C. Canola oil
- 1/4 C. brown sugar, packed
- 3 bananas, mashed
- 1/2 C. Enjoy Life chocolate chips (optional)

Directions: Heat oven to 325°. Lightly spray 9x5 loaf pan with non-stick spray or lightly coat with butter. In medium bowl, sift together flour, baking soda + salt. Set aside. In a large bowl mix together the canola oil, brown sugar + honey (or white sugar). Add eggs, mashed bananas + vanilla to the canola + sugars, stirring until well blended. Fold in the dry ingredients + chocolate chips (if using). Pour batter into prepared pan. Bake 65-75 minutes or until toothpick inserted in center comes out clean.