



CENTRAL IOWA CELIAC CONNECTION

NOVEMBER 2012 GF NEWSLETTER AND RECIPES

Thank you all for making our Holiday pot luck such an incredible event! You all deserve a round of applause! A few of us cooked 180 pounds of turkey, and we had volunteers who brought at least 80 pounds of mashed potatoes. I made the gravy from the drippings from all the turkeys, and **Kay Crow** and **Angie Wagner** made lots of dressing using Udi's bread. What a team effort! I just want you to know that this kind of extravaganza would not be possible without the help of the steering committee and many others in this group. And thanks to **Kathy Titus** for printing the copies of the newsletter for those who don't have email. Also, thanks so much to **Steve Huyette and Jeff Wagner** for all they do to help us prepare for every pot luck!

Lisa Huyette led the Children's Program with the help of **Velma Roberts. Menzels** donated some celiac bracelets that the kids could win in the children's program. We have a huge group of people who come to our pot lucks, and I **need just a few more people to assist only once a year with the children's program.** Please would you give this some consideration? It so helps that the kids don't have to sit through our meeting time. They get a little antsy, you know!

Thanks to **Michelle Manning** who organizes our **gluten free library.** Michelle told me there are 2 books out that have not been returned to the group. They are Living Without Magazine Dec.-Jan. 2010, and The Intolerant Gourmet: Glorious Food Without Gluten and Lactose, by Barbara Kafka. Please call me if you have these library items. If books are checked out at a pot luck, they need to be returned at the next pot luck. They are not to be left at Hope.

LOST AND FOUND: There were some items left at the church after the pot luck: salad bowl with salad, container that had corn salsa in it, a heavy spoon, tongs, and pie server. If any of these are yours, please call me. Just so you know, if anything is left after future pot lucks, I will leave at the church for their use or their "Lost and Found".

We had an **incredible number of samples and donations** at this meeting:

- **Sweet Rewards GF Bakery, Michelle Holtz.** She brought pumpkin bars and chocolate chip cupcakes with vanilla frosting, and chocolate cupcakes with peanut butter frosting.
- **Beth and Wayne Fahlstrom** from Minnesota: They brought Garlic Cheese Biscuits, Heavenly Brownies, Decadent Chocolate Cake, Fudge Frosting, Banana Bread, white cake with chocolate frosting, and Our Favorite Pizza Crust (made into cheese pizzas). The Fahlstrom Farms Gluten Free website for ordering is www.fahlstromfarms.com. 651-491-9371 And as of today, our products are in Hy-Vee stores in Urbandale, Ames and Boone and Algona. Hope to get into more of them very soon.
- **Udis** – Snickerdoodle Cookies and Cinnamon Raisin Bread
- **DiAnn Neumayer** brought samples from her bakery in Grimes, called **Specialty Cakes and More.**
- "Along with the pie shells, my most popular available cakes at the stores are white or chocolate with white icing, pumpkin cake with cream cheese icing and champagne cake (these are at many Hy-Vees in Des Moines, Ames and now Boone) Although I can make any number of desserts with whipped icing, chocolate glaze, with a large variety of fillings (check web site if needed) etc. the client can design their own cake or dessert. Ideas for the holidays include a chocolate mint cake, pink peppermint cake, apple cake with cinnamon glaze and of course, the pumpkin with cream

cheese. My pie shells are now sold in greater Omaha, Lincoln and Fremont, NE if someone here has a relative there.”

- **Namaste** sent Spice Cake and Chocolate Cake. If you’re going to buy a GF cake mix, that is by far my favorite! Thanks to **Jan Steenson** for baking those up.
- **Purely Elizabeth** sent Granola samples.
- **Walden Farms** sent dressing and chocolate syrup samples.
- **Chocolate Inspirations** from Roselle, Illinois, sent GF Award Winning English Toffee. It’s fantastic!
- **Pure Fit Chocolate Brownie Bars**.
- Two flavors of **Friedrich’s Coffee** donated by **Colleen Meyer**.
- **Vicky Travis, Lazy T’s Sauces**, came to our meeting and donated the BBQ sauce that was by the turkey today. They use a gluten free manufacturing facility for their bottling, and are very strict on that issue and that does contribute to the higher cost of this product. They do prior lab testing also before bottling to make sure all ingredients are in fact gluten free.
- **Full Flavored Foods** sent turkey gravy mix. We put it next to the gravy I made on the tables. This is really a tasty alternative for home made. This gravy is great for leftovers like hot turkey sandwiches, creamed turkey, etc. He also sent mushroom sauce for the green bean casserole. We used canned beans from Sam’s and added the sauce and put FunYuns on top. The Full Flavor Foods sauces and gravies are sold at Hy-Vee. Paul sent give-away items as well.
- **Kay Crow** made and donated 2 beautiful gift baskets for the drawing.
- **Angie** gave away some of her own Udi’s products that she has earned as an ambassador.
- Namaste give-aways: Italian Herb Coating mix, Say Chees Pasta Meal, Waffle and Pancake Mix, Namaste Spice Cake.
- Two T-shirts
- **Bob’s Red Mill** cake mixes and flours.
- **Urbandale Hy-Vee** donated the following give-aways: Cup 4 Cup Flour, Angie’s Popcorn, Choice Batter and Magic Pop Rice Cakes.

Now for some really exciting news that I’ve been dying to share with all of you.

If you will go to Jen Cafferty’s www.gfreelife.com or Gluten and Allergen Free Expo on Google, you will see the announcement for which cities that have been chosen for the upcoming **2013 Gluten & Allergen Free Expos! It’s the premier Gluten and Allergen Free Expo in the US. And the reason I’m so excited, obviously, is that we have been chosen to be one of the 5 host cities!** I told you earlier this year that I went to the Expo in Chicago in April and met Jen Cafferty at a networking dinner. She was really impressed when she heard about our fabulous group here, and asked me then if we would be interested in having the Expo in Des Moines. I found some possible venues here and Jen’s team chose **Adventureland Inn and Palace Theater. This location is so convenient for people coming from all different directions. So you need to mark your calendars now for the Des Moines, Iowa, Gluten and Allergen Free Expo that will be held April 6-7, 2013!** These expos have only been held in Chicago and Dallas before now, so we are extremely honored to be part of the expansion of cities! In 2013, **The Gluten & Allergen Free Expos** will be held in the following cities:

San Francisco on February 9-10, 2013

Des Moines on April 6-7, 2013

Chicago on April 21-22, 2013

New Jersey (Meadowlands) on September 7-8, 2013

Dallas on October 26-27, 2013

This is going to be a really big deal...the biggest gluten free event to ever hit around this region. We're hoping to draw from Iowa, Missouri, Nebraska, Minnesota, North and South Dakota. When I went to the Chicago EXPO, there were 4200 attendees! We want to show everyone how we are going to make this a huge success in Iowa too, so I am hoping that you all will plan on attending. We hope to do promotional efforts on radio, newspaper, and TV.

What's going to make this event an even bigger deal is that the Expo will be combined with Jenny McCarthy's Generation Rescue, Hope for Recovery. This is a website and resource for parents with children who have been diagnosed with autism. They will be hosting a regional conference at Adventureland the same weekend! As you may know, autistic children are recommended to be on a GF diet, as well as those with CD, so it is an easy partnership. I just got this information from Jen Cafferty the night before the meeting, so this is hot off the presses! This is the first time this partnership will be taking place. As Jen said, it should be a great weekend for the Des Moines and surrounding gluten free and autism community!

We will need 75-100 volunteers for this big event! What you get for volunteering is free admission to the EXPO and a T-shirt. There will be 80-100 vendors at this event, so there will be products you have never before had the opportunity to sample and purchase. These kinds of special events allow us the opportunity to try new things and hopefully expand the gluten free options in our stores! There will be classes on all sorts of things, from cooking pizzas to raising our celiac kids, how the schools can meet the needs of our GF children, and many more! If you have any requests or suggestions for classes please let me know.

If you are interested in volunteering at the EXPO, go to the website or fill out the volunteer form that I brought with me to the meeting. If you want a form, email or call me. The general admission for the Expo is \$20 (which includes all classes), unless you are a volunteer. A volunteer shift is 5 hours. If you are interested in becoming a vendor at the Expo, please go to the website, or email me and I will send you the information.

This is a note from Jen Cafferty: "Next year, our Expos will meet the needs of *over 20,000 consumers* and hundreds of store buyers, restaurant managers and health care professionals. I am thrilled to be able to bring this event to more cities across the US. We will be meeting the needs of those with celiac, the autism community, athletes and those using a gluten-free diet to help with symptoms from auto-immune and inflammatory diseases. If you are interested in viewing our marketing kit, go to the website. I look forward to seeing you at an Expo next year!" - Jen Cafferty, Founder, The Gluten & Allergen Free Expos.

Jen emailed me Thursday and wanted me to let our group know that she is starting to shoot a television series called Living Free. It is all about the gluten-free lifestyle, and they will most likely be filming while they are here in Des Moines! Now is this exciting or what!!! Mark your calendars now!

Our website was hacked on 9/11 and all my newsletters after 2008 are gone. I'm not sure what else is missing. We have been trying to work on a solution. I asked at the meeting if there was anyone who might want to help us out with this we would greatly appreciate it. We need someone experienced in website design. One person did step forward and offered to help us with this, and so we are hopeful that

things will be improving soon! I'll keep you posted on this issue. And, **Rhonda, thank you so much for your offer of assistance!**

FUTURE MEETINGS

Unfortunately, I was unable to get a date for our winter pot luck, held in January or February. **Lutheran Church of Hope is unable to give me that date at this time. So please watch for that email some time before Christmas! I'll then need to call all the people that don't have email. So if I don't have your accurate phone numbers, PLEASE call me so I can update my listing!!! The next meeting will be the last one before the EXPO, so you will want to have all the updated information.**

The Gluten and Allergen Free Expo April 6&7, 2013 at Adventureland In and Palace Theater!!!

The **Newbies Group meets the second Monday of each month** at Lutheran Church of Hope at 7:00 pm. **Christie Engelbert** leads that group for those that are in their first year of diagnosis of celiac disease, gluten intolerance or gluten sensitivity.

Urbandale Hy-Vee is having a Gluten Free Happy Hour December 5th, 4:00-7:00pm. Join us for free samples of gluten free spirits and appetizers! Look for us near the Health Market. Bring your family, friends and neighbors. We would love to know if you are planning to attend to ensure we have enough goodies to share! Contact Elizabeth, Heather or one of the HealthMarket managers by Thursday, November 29th if you plan to take advantage of this fun gluten-free event! Call for more details or to sign up. 515-251-5284 epohlman@hy-vee.com or hillg@hy-vee.com.

Gluten-Free Happy Hour Friday, November 30th, 4:00 –6:00 p.m. at the **Hy-Vee on Lincoln Way** in Ames. Join us for free samples of gluten-free spirits and appetizers. Bring your family, friends, and neighbors. We would love to know if you are planning to attend to ensure we have enough goodies to share! Look for us near the HealthMarket. Contact Amy or Krissi by Tuesday, November 26th if you plan to take advantage of this fun gluten-free event! We'll be selling gluten-free gift baskets – just in time for the holidays! Enjoy 10% off all HealthMarket items during this event! Call for more details or to sign up! 515-450-0508 or 515-232-1961. aclark@hy-vee.com or 1018healthmktmgr@hy-vee.com

PRODUCT INFORMATION

As most of you know, regular **Milky Way Candy Bars ARE NOT GF. Only the Milky Way Midnight are GF.** Apparently someone brought "Flourless Peanut Butter Cookies with Milky Way in the Middle". There is no name on the card, so I want to make sure you all know about this. I don't know which Milky Way was used for those cookies.

Namaste Spice Cake is now sold at **Costco for \$8.39 per box.** The box contains 4 bags of spice cake mix, and it would take 2 bags to make a 2 layer cake or 9x13 pan cake. If sales of the Spice cake go well they will also offer the Chocolate Cake mix there.

Pacific Natural Gluten Free Condensed soups are a fresh take on nostalgic family favorites. Green bean casseroles, pot pies and other one-dish meals get a modern update with our collection of condensed soups. Made with organic, pure and simple ingredients such as crème fraiche and roasted chicken with no added flavors or sugar, our condensed soups make it easy to whip up dinner any night of the week or are a delicious meal all on their own. Pacific Natural, which makes soups in shelf-stable boxes instead of cans, includes almost all its soups on its gluten-free list. Pacific tests its products to GF-20ppm. Be aware that the same facility and/or the same equipment may be used to manufacture gluten-containing products

Progresso, now owned by General Mills, labels many of its soups "GF." You can choose from varieties that include traditional Manhattan Clam Chowder, reduced sodium Garden Vegetable, and traditional Split Pea with Ham, among many others. Progresso soups are tested to GF-20ppm, and those that are considered GF will be prominently labeled as such.

Now there are Progresso Recipe Starters, but you need to check the ingredients carefully, because the ones i looked at do contain wheat!

Rudi's has new soft and scrumptious gluten-free tortillas. The tortillas are soft and pliable, ready to be rolled into a delicious burrito or tasty sandwich wrap. Available in three delicious flavors: plain, spinach and fiesta.

Seneca Onion Thins are no longer made.

Feel Good Foods makes Chinese Eggrolls and Chicken Dumplings. They are carried at Hy-Vee and I've heard rave reviews about them!

Hy-Vee is now offering Hy-Vee frozen GF waffles and they are in the Health Market Freezer section. **They also offer soft pretzels at Hy-Vee.**

Steve and I were in LA recently and there is a restaurant there that makes one of the best pizzas I've ever had. The company is **Fresh Brothers**, and they have a great GF menu, listing pizzas and wings. They use Venice Baking Company pizza crust, baked to perfection. So if you are in the Los Angeles area, look them up!

Katz has a new product...Caramel filled donuts. As you know we sampled the jelly and cream filled donuts here earlier this year and they are fantastic. They are sold at the Windsor Heights HV, and Katie Rigg, Health Market Manager at the new Urbandale Hy-Vee, told me she was going to bring them in to the Urbandale store. Katz has a number of other fantastic items as well, so check them out!

Since Halloween has come and gone, you can still check this link for **GF candy from Shelley Case's most recent newsletter:** <http://surefoodsliving.com/2010/10/gluten-free-halloween-candy-quick-list-2010/comment-page-1/>

Udi's Bread and Baking Company has been sold to Smart Balance. They assure the consumers that nothing will change about the product, but they are looking for a larger market. **Glutino is also under that same umbrella.**

Anheuser-Busch has announced a new product...**Michelob Ultra Light Cider**, a naturally sweetened and GF cider made from crisp apples. It features 1/3 fewer calories and more mellow sweetness than the traditional ciders.

Goodbye Gluten. This bread comes in multigrain or white and is fresh baked when it comes to stores. Festival Foods hopes to stock this bread in the future. www.goodbyegluten.com.

OTHER INFORMATION

Did you know that modified wheat contains about 500 times more gluten than before?

An Update on Quinoa: From an article By Caroline Scott-Thomas in News on Food & Beverage Development - North America:

A study, published in the American Journal of Clinical Nutrition, suggests that more thorough testing of different varieties of quinoa is necessary to ensure their suitability for those with celiac disease, after

researchers found two of 15 varieties contained levels of celiac-toxic elements sufficient to cause an allergic response in a minority of gluten-sensitive people. The researchers tested 15 different quinoa varieties, and four samples triggered some antibody reaction, although all had levels of gluten epitopes that were below the 20mg per kg suggested for foods that can be labeled as gluten-free. "Generally, quinoa is safe for patients with CD (celiac disease)," they concluded. "However, we observed large variability in the immune effects of protein, depending on the cultivar tested, as occurs in oats." The study recommends more work "to confirm the suitability of quinoa for patients with CD and to facilitate its full incorporation in the gluten-free market." Source: FoodNavigator-usa.com

Sesame-Seed Allergies Appear To Be On The Rise - Sesame seeds are the No. 3 allergen in Israel and No. 4 in Australia, food industry analyst Phil Lempert said. While sesame seeds must be listed as a potential allergen on food labels in Canada and the EU, there is no such requirement in the U.S., where sesame products are becoming more common and sesame-seed allergy is becoming more prevalent.

When you are getting tested for CD there is a test that is cheaper and has higher specificity than others. It is the Diaminated Gliadin Peptide Antibodies test. It should be done along with the TTG. See article below.

A Frequently Asked Question from University of Chicago Celiac Disease Center: What common nutrient deficiencies might an adult experience prior to diagnosis? Iron, calcium and Vitamin D are the most common deficiencies, but some present with deficiencies in B12, copper, folate, magnesium, niacin, riboflavin and/or zinc. Nutrient deficiencies associated with celiac disease are due to intestinal damage caused by protein in wheat, rye and barley. In most cases, nutrient deficiencies that were caused by damage from celiac disease will naturally resolve as your intestine heals. Many on a gluten-free diet choose foods that aren't fortified with vitamins and minerals like their gluten-containing counterparts. Thus, we suggest a general multivitamin to prevent against nutritional deficiencies.

Common Blood Pressure Drug Can Result in Celiac Misdiagnosis - Mayo Clinic researchers have discovered an association between a commonly prescribed blood pressure drug, Olmesartan, and severe gastrointestinal issues such as nausea, vomiting, diarrhea, weight loss and electrolyte abnormalities — symptoms common among those who have celiac disease. The report has been published online in Mayo Clinic Proceedings. In the US, Olmesartan is sold as Benicar and, in combination with other drugs, as Azor, Benicar HCT, Tribenzor.

After examining their medications, Mayo Clinic gastroenterologist Joseph Murray, M.D., identified 22 patients that had been affected over a three year period and pulled several of the patients off Olmesartan. Some had been mistakenly diagnosed with celiac disease. Their symptoms dramatically improved. Eventually, all 22 were taken off the drug, and all showed improvement. 18 of the 22 patients had intestinal biopsies after stopping the medication and showed improvement. "We thought these cases were celiac disease initially because their biopsies showed features very like celiac disease, such as inflammation," said Dr. Murray, in a Mayo Clinic press release. All the patients were unresponsive to a gluten-free diet and did not have tissue transglutaminase antibodies in the blood, which are used to detect celiac disease. 14 patients had symptoms so severe that they were hospitalized. After discontinuing Olmesartan all the patients gained weight and had an improvement in symptoms.

Dr. Murray emphasized that "the great majority of patients on this medication (Olmesartan) do not need to do anything." However, he recommended that patients taking Olmesartan discuss this finding with their physician if they "are experiencing GI symptoms or unexplained weight loss" or "if a diagnosis of celiac disease has been made in the recent past."

From Alisha Stewart: I thought that I would share the following link with you. My sister in law, Heather Hope, has a Gluten Free book that she wrote as her final project for her Masters. She has a few copies printing right now for her Library Science Program/Education Degree. She has been teaching at Valley for 10-12 years, but has been working on her Masters as her three little ones have been getting

older. Anyway, I thought you would enjoy some of the recipes that she included in the back part of the book! She tested all of her recipes on Jacie and myself, and they are WONDERFUL!
<http://www.mixbook.com/photo-books/family/i-love-the-gluten-free-me-7708445?key=a54c19f7ecb84ca3f5604a56109d614ccd203401&siid=3140818>

Peter Reinhart and Denene Wallace have co-authored The Joy of Gluten-Free, Sugar-Free. Baking: 80 Low-Carb Recipes that Offer Solutions for Celiac Disease, Diabetes, and Weight Loss. The cookbook is a collection of recipes using nut and seed flours, almond milk, and alternative sweeteners. It is available in hardcover or Kindle edition.

Canada Enacts Food Labeling Law - "Canada's new food labeling law went into effect on August 4, 2012. The new regulations require food manufacturers to use plain, simple language when listing allergens, gluten sources, and sulfites in their list of ingredients. Health Canada now considers GF foods that are prepared under good manufacturing practices and contain (less than) <20ppm of gluten as a result of cross-contamination, meet a GF claim. Any intentionally added gluten sources, even at low levels (e.g. wheat flour as a component in a seasoning mixture), must be declared either in the list of ingredients or in a "Contains" statement. However, a food may be listed as GF if a manufacturer, using a cereal-derived ingredient, includes additional processing steps which are demonstrated to be effective in removing gluten. In other words, if you are looking at a food that was made in Canada, you can be reasonably confident that if it says, "gluten-free" it is below the 20ppm threshold. You also can be reasonably certain that it does not contain any undeclared gluten-containing grains." For more information, go to: Health Canada.

Here's to a Great, GF School Year! Did you know that some arts and craft supplies such as Play-Doh (by Hasbro) and paper mache contain gluten? Along with that, cross-contamination in the classroom can be a problem with snack time, crafts, and class room parties. Schär has offered some helpful tips for your child's GF school year. If you Google Schär's school letter, you will find all sorts of information on how to handle lots of school issues for your child no matter the age.

Specialized Food-Service Insurance Caters to Businesses Providing G-F Menus: According to Insureon, the leading online agent for small business insurance, a growing trend toward "gluten-free" menu items at America's restaurants and catered events is increasing the demand for a special kind of insurance designed to protect food-service businesses against lawsuits arising from bad reactions to food products.

The "gluten-free" trend is helping many establishments appeal to millions of Americans who are seeking gluten-free options for a variety of reasons, including gluten sensitivities (claimed by up to 10 percent of Americans, according to the National Institutes of Health) and celiac disease (diagnosed in about 1 percent of the U.S. population, or 3 million people). While offering more options for these customers makes for good public relations, it also opens the door to a new level of potential liability.

While any restaurant could face a lawsuit arising from alleged food poisoning or food allergies, those promising "gluten-free" menu items are at even greater risk of a lawsuit if a customer should choose these options and still have a reaction. Because there are currently no standards that define exactly what constitutes "gluten-free," some restaurants may be promoting a "gluten-free" product that is prepared in the same area as foods containing gluten, raising the potential for cross-contamination. While many people with sensitivities may not have reactions to small amounts of gluten, others with higher levels of sensitivity could have a severe reaction, raising the potential for lawsuits. Source: RestaurantNews.com

Countless callers to the University of Chicago Celiac Disease Center have mentioned that their doctor dismissed celiac disease as a possible diagnosis because the caller was overweight or obese. - By Sonia Kupfer, MD - Many doctors have been trained to think of celiac patients having a weight problem in the sense that they have unexplained weight loss, or are

underweight. Relatively few, it seems, actually consider celiac as a possibility when the patient is actually overweight or obese. It may be surprising, in that case, to realize that while celiac disease classically presents as malabsorptive diarrhea and weight loss, between 22-32%, or up to one in three of US adult celiac patients, are overweight or obese. The realization that weight issues are a real problem among celiac patients led to a study out of The University of Chicago, entitled *High Prevalence of Overweight and Obese Adult Celiac Patients in the Midwestern United States*. The goal of the study was threefold:

- Determine prevalence of overweight & obese CD patients in the Midwestern US
- Compare patient characteristics across body mass index (BMI) groups (age, gender, time since diagnosis and number on gluten-free diet (GFD))
- Determine changes in BMI over time

This study included patients in the University of Chicago celiac patient database between 2002 and 2011. It included adults only (at least 18 years of age), with a biopsy diagnosis and biopsy findings of Marsh with a recorded BMI (kg/meter squared). It compared the prevalence of the BMI categories in these celiac patients to the Midwest adult BMI data from the 2007 National Health Interview Survey. The first important finding is that we had the highest rate of overweight or obese celiac patients reported to date in the United States. With a sample size of 258 patients, we found that 38% of them were either overweight (26%) or obese (12%). Over half of the patients (56.6%) had a normal BMI, and just 5.4% of the patients were underweight, a condition that many health care practitioners erroneously consider essential to a celiac diagnosis. In comparison to the general population in the Midwest, celiac patients had lower rates of being overweight or obese (60% versus 38%, respectively) and a higher prevalence of underweight (1.6% versus 5.4%, respectively). One trend that we saw in our patient population is that the younger the patient was at the age of diagnosis, the more likely his or her weight would be normal. The mean age of diagnosis for the group with the normal BMI was 35.4 years. The mean age for those both underweight and overweight was 38.1 years, and the obese group was diagnosed at a much higher mean age of 46.3 years. There were no differences in average BMI between those diagnosed less than a year before compared to those over a year out from diagnosis. There was a suggestion of higher BMI in those on a gluten-free diet compared to those who were not, but this did not reach statistical significance. On follow up visits, there was a significant change in weight across the group: 9% of the patient group had a positive change in their BMI, while only 1.2% of the group had a decrease in BMI. This study leads to several interesting conclusions and questions about overweight and obese celiac patients. First, in contrast to conventional wisdom, there is a high prevalence of overweight and obese adult patients with celiac disease in the Midwestern United States. One year after follow-up most of these patients gained weight. Finally, adult celiac patients with a BMI exceeding 30 are generally diagnosed at a later age. More work needs to be done to investigate whether this is due to a less severe presentation of the disease, or due to the misconception that celiac disease patients are not obese. At our Center, we are conducting further work in this area to understand how BMI and other factors affect risk of heart disease in celiac patients. - Ronit Rose, *Program Director*, NurAlima Grandison, *Study Coordinator*, Jacquelyn Giaimo, *Office Assistant*.

Is Follow-up Testing for Celiac Disease Necessary? - The University of Chicago Celiac Disease Center www.cureceliacdisease.org - (From the Fox Valley Celiacs Newsletter)

What does follow-up testing do? Follow-up testing is conducted to ensure that antibody levels are returning to normal, indicating that the intestine is healing on the GF diet. Repeat intestinal biopsies are no longer necessary if the antibodies decline as expected. These tests are reasonably good indicators of the extent to which a celiac patient has been avoiding gluten and can detect when hidden gluten has entered the diet.

How often should follow-up testing occur? It is recommended that new celiac patients receive follow-up testing twice in the first year after their diagnosis. The first appointment should occur 3 to 6 months after the diagnosis, and the second should occur after 1 year on the GF diet. After that, a celiac patient should receive yearly follow-up testing.

What tests are needed and how are they interpreted? Guidelines on the diagnosis and treatment of CD from both the North American and European Society for Pediatric Gastroenterology, Hepatology and Nutrition advise that tTG-IgA be used for follow-up care. Interpreting this test result is straightforward—a celiac patient on the GF diet for at least several months should have a negative test. The University of Chicago Celiac Disease Center recommends additional testing because the tTG test can sometimes be inaccurate in people with autoimmune disorders like Type 1 diabetes. Thus, the newer anti-deamidated gliadin peptides (DGP) are recommended. The two key tests to run are the DGP-IgA and DGP-IgG. These antibodies are actually more promptly and fully responsive to a strict GF diet, so their numbers should be close to zero, indicating a minimal antibody response to gluten. The additional advantage of these tests is that the blood can be drawn by any physician and sent to any laboratory.

While a negative test is what most celiac patients want to see sometime after beginning the GF diet, it may take a year or more for a normal value to be reached, especially if the initial value was very elevated. I've been having joint pain, and I think it's from CD. I carefully follow the diet.

Sometimes the symptoms a patient had before diagnosis do not seem to resolve, or at least not completely. In general, this can be due to 1 of 3 circumstances:

- 1) Gluten is still in the diet
- 2) Symptoms are not due to CD
- 3) Symptoms are due to CD but may persist even when following a GF diet.

In the first instance, it is imperative that, in addition to the blood tests (see above), a careful dietetic review be done; it is rare, but possible, for the tests to be normal even when a small amount of gluten may have unknowingly been introduced. Sometimes the GI doctor may want to repeat the biopsy to be absolutely sure that CD is in remission. In the second instance, it is common for joint pain to be due to another cause, such as arthritis, rather than CD, in which case changing the diet won't help alleviate the symptoms. Likewise, people with irritable bowel syndrome (IBS) will have symptoms that persist on a GF diet, which is an indication that the symptoms may not be due to CD. Thus, an accurate search for alternative causes for the symptoms must be performed. Finally, there are health issues that originate because of CD but do not resolve on a GF diet. For instance, some patients with peripheral neuropathy will continue to have problems even when on a GF diet. From a practical standpoint, you need to first make sure that the diet is completely GF; then ask your doctor if your symptoms could be due to other causes and have him or her address them appropriately.

Brain Abnormalities Common in Celiac Disease Patients - (Excerpts from [Medscape Medical News > Neurology](#)) Pam Harrison. September 10, 2012 — Patients with celiac disease and neurologic symptoms have substantial structural and functional brain deficits as detected on magnetic resonance imaging (MRI), British investigators have observed. Stuart Currie, PhD, and colleagues from the University of Sheffield, United Kingdom, found that patients with celiac disease and balance disturbances had significantly smaller cerebellar volumes than age- and sex-matched controls. The same imaging studies showed significantly less grey matter density in multiple regions of the brain, including the cerebellum, among patients with celiac disease than among controls. Similarly, white matter abnormalities (WMAs) were identified in a significant proportion of the celiac disease cohort versus none of the controls.

"We were not surprised by the differences in cerebellar volume because we know that ataxia is one of the commonest neurological manifestations of celiac disease and we were not particularly surprised by the findings of WMAs either because we had previously described this entity of gluten encephalopathy — headache and WMAs — in patients with celiac disease so here, we just demonstrated that these abnormalities are common," co-investigator Marios Hadjivassiliou, MD, also from the University of Sheffield, told *Medscape Medical News*. On the other hand, the fact that other areas of the brain are involved is interesting, he added, "in that they could potentially explain some of the other neurological problems such as sensory disturbances in patients who do not have peripheral neuropathy." They might also help explain the anxiety that patients with celiac disease often have as well, he noted. The study was [published online](#) August 20 in the *Journal of Neurology, Neurosurgery and Psychiatry*.

As the authors discuss, two thirds of the patient group indicated they followed a gluten-free diet and were compliant with the diet when the imaging took place. The presence of WMAs in patients who appeared to have no known vascular risk factors implies a possible causal link between gluten sensitivity and WMAs, they add. "What the findings mean is that patients with established celiac disease already on diet appear to have abnormal imaging that could account for some of their ongoing neurological complaints," Dr. Hadjivassiliou said. "What it also means is that the gluten-free diet in these cases needs to be strict as exposure to small amounts of gluten may still be enough to continue the neurological insult. This is why close monitoring and demonstration that gluten-related antibodies are eliminated from the blood are essential."

Anna DePold Hohler, MD, from Boston University School of Medicine in Massachusetts told *Medscape Medical News* that the findings of decreased brain volume in patients with celiac disease help to solidify the neurologic implications of this disease. "It also encourages further study in this area to better clarify the connection between the two and to eventually determine if treatment of celiac might also impact the brain," she added. The precise pathologic mechanism between brain abnormalities and celiac disease is under investigation but it will probably implicate an immunologic reaction against the TG6 antigen, which is found in the brain.

Study explores role of gluten exposure in pediatric celiac disease -

Independent news on research in the Nordic countries, by Ingrid Spilde. ScienceNordic, launched in November 2011, is the trusted English-language source for science news from the Nordic countries. In the mid-1980s something odd occurred in Scandinavia. Pediatricians throughout Sweden started reporting a great increase in babies and toddlers with celiac disease. People with celiac disease need to stay away from food containing the protein gluten, which is found in wheat, rye and barley, because it causes an inflammatory reaction in the intestines. The disease can involve an array of symptoms and many are unaware that they have it. Medical researchers estimate that about one percent of the world's population is afflicted. But in the period from 1984 to 1996, something remarkable happened in Sweden: the number of registered cases of celiac disease in children under the age of two suddenly quadrupled. After 1996, occurrences sank back again. What caused this strange outbreak?

Misguided advice - Suspicion fell on infant diets. Two years prior to the epidemic, Swedish authorities and nutritionists revised their recommendations for infant feeding – ironically to prevent celiac disease. Contact with gluten triggers the disease. So the way the protein was introduced and the age at which this is done appeared to be affecting the developments. Whereas earlier advice gave the go-ahead to give infants a little gluten-containing food from the age of four months, the new parental guidelines recommended waiting until the child reached six months. But contrary to the expectations of dieticians, the number of celiac disease cases started to mount. What was going on? Could the new diet be giving infants stronger symptoms, thus making the disease easier to diagnose at an early stage? Or was the share of children with celiac disease actually on the rise? Anna Myléus of the University of Umeå, Sweden, and her colleagues have now studied these and other issues linked to the Swedish epidemic. The conclusion is that the change in the infants' diet really was causing more cases of celiac disease. Thus it's also possible to guard against the disease by introducing gluten in the proper way, Myléus argues in her doctoral thesis.

More cases. She has conducted several studies to ensure that there was a correlation. One was a screening that charted the prevalence of celiac disease in more than 13,000 twelve-year-olds, born during the epidemic period. It turned out that the number of children afflicted with celiac disease was distinctly higher in the group born during the epidemic. This means its total prevalence increased during the epidemic years, not just that it was diagnosed at an earlier age. Myléus thinks the phenomenon can be partly explained by several independent dietary changes that occurred simultaneously.

Double whammy - In 1982 the advice to parents was changed and they were urged to hold back on gluten until their babies were at least six months. The risk of developing celiac disease can be reduced by choosing the right diet. At the same time the major baby food manufacturers increased the amounts of glutenous flour in their powdered porridges. As a result, the babies came in contact with gluten later but once they did they were consuming larger amounts. A sudden introduction to gluten appears to increase the risk of developing celiac disease, according to Myléus. Breastfeeding can be a key factor. It appears

that babies who had been weaned when they were introduced to gluten were more susceptible to celiac disease. The average duration of babies' nursing periods increased from 1984 to 1996. Perhaps this contributed to reducing the number afflicted toward the end of the epidemic.

Genes, gluten and the environment - Changes in diet appear to explain much of the celiac disease epidemic in Sweden. But other factors were involved too. Previous research indicates three risk factors: It's been proven that certain gene variations are linked to the disease. About 25 percent of the population has these genes. These people have been in contact with gluten, which actuates the genetic potential. Yet only a small share of the population develops the disorder, even though many of them both eat gluten and have this genetic disposition. This means that environmental factors are probably involved too.

Infections - One question that arose is whether changes in the Swedish child vaccination program could have increased risks of celiac disease. So Myléus checked for an overlap. But no such link was found. However, it looks as if early infections can have an impact. Parents of children who developed the disease were more likely to report that their kids had several infections such as colds, ear infections and gastric flu in the first six months of their lives. These children appear to be more susceptible if they are no longer getting mother's milk during their first encounter with gluten, and if they were given what could be called overdoses of gluten. So infections are directly involved in the celiac disease epidemic. Myléus writes that certain types of infections might have been more common in the years from 1984 to 1996, but insufficient data makes this uncertain.

To sum up what can be deduced: Infant diets can increase the risk of developing celiac disease. This means that the risk can be reduced by choosing the right diet. Myléus argues that there is no scientific basis for saying it's risky to let babies try a little glutenous food between the age of four to six months. So she and her colleagues advise parents to carefully introduce their babies to a little gluten from the age of four months, preferably while it is also breastfeeding.

Drug Research news: Following is a press release from Alvine Pharmaceuticals SAN CARLOS, Calif., September 5, 2012 – Alvine Pharmaceuticals, Inc., a leader in celiac disease therapeutics development, announced today that its lead candidate, ALV003, received Fast Track designation from the U.S. Food and Drug Administration (FDA) for the potential treatment of patients with celiac disease. Alvine is currently conducting phase 2 clinical trials with ALV003.

"We are very pleased that the FDA has granted ALV003 this Fast Track designation. The decision reflects the seriousness of celiac disease and the potential of ALV003 to address the unmet medical needs of celiac disease patients. Currently there are no approved therapeutic treatment options available to patients and their physicians," said Abhay Joshi, Ph.D., Alvine's President and CEO. "Building on the data from our earlier phase 2A trial that demonstrated the ability of ALV003 to diminish gluten-induced intestinal injury in well-controlled celiac disease patients, we look forward to pursuing phase 2 and phase 3 trials under the Fast Track program."

Under the FDA Modernization Act of 1997, the Fast Track program was designed to facilitate the development and expedite the review of drug candidates intended to treat serious or life-threatening conditions, and that demonstrate the potential to address unmet medical needs. With a Fast Track designation, there is an opportunity for more frequent interactions with the FDA during clinical development and for the possibility of priority review, which can reduce the time required for FDA review of a New Drug Application.

About ALV003 - ALV003 is an orally administered mixture of two recombinant gluten-specific proteases, a cysteine protease (EP-B2) and a prolyl endopeptidase (PEP). ALV003 targets gluten and degrades it into small fragments, which, in vitro, diminishes its immunogenicity. ALV003 is being developed as a potential treatment for celiac disease patients in conjunction with a gluten-free diet and is currently in phase 2 clinical development.

Alvine Pharmaceuticals Completes Phase 2A - At 2012 Digestive Diseases Week in San Diego, California, Alvine Pharmaceuticals, Inc. announced the publication of data from Phase 2A trial of its main celiac disease compound, ALV003. The results show that ALV003, orally administered to celiac disease patients on a gluten free diet, significantly reduces gluten-triggered intestinal mucosal damage.

For the trial, 41 adults with clinically proven celiac disease who had followed a gluten-free diet for at least one year were randomly given ALV003 or a placebo each day for six weeks. During that time, they also received 2g of gluten in the form of bread crumbs.

Participants received a small bowel biopsy prior to randomization and again, at the end of the six week challenge. When researchers compared biopsy results from 34 patients, they found significantly less small intestinal mucosal damage in patients treated with ALV003 than in placebo-treated patients. Placebo-treated patients suffered worse damage and symptoms. Most often, these included abdominal distention, flatulence, eructation, abdominal pain and diarrhea.

Daniel Adelman, M.D., Alvine's Senior Vice President and Chief Medical Officer, says that the trial results represent the first time that any such treatment for celiac disease has met its pre-specified primary endpoint of providing protection against damage from gluten-exposure in celiac disease patients, with data that is both clinically and statistically significant. The company plans to initiate a Phase 2B trial later this year. Source: Celiac.com

Thanks to all who emailed your recipes to me for the newsletter! I really appreciated that, since it takes me many hours to retype all of them. I have to type the ones that don't have email, so saving me time is so helpful! However, dozens of you could have emailed your recipes to me, but did not. I'm hoping next time more of you will take a few minutes to save me lots of hours! If anyone is interested in helping out with typing recipes please let me know!

The Central Iowa Celiac Connection Steering Committee Members: Barb Huyette, Angela Wagner, Lucy Newcomb, Jan Steenson, Kay Crow, Kathy Titus, Christie Engelbert. If anyone would be interested in joining the steering committee, please let me know. We are always looking for help with the pot lucks! Also, if anyone in this wonderful group would be willing to help with typing recipes after the pot lucks for the newsletter I would love that also!!! Call me!!! (Just in case you missed the paragraph above!)

We hope you all have a wonderful and healthy Holiday Season! You'll hear from me before Christmas about our next pot luck date!

Glutenfreely Yours!
Barb Huyette, 515-224-4145

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

TURKEY AND GRAVY

Barb Huyette

After cleaning the fresh Hy-Vee turkey, I stuff both cavities with onions and apples (cut in 1 inch chunks). I also add some garlic salt. I put 1 T. potato starch flour and shake it in a Reynolds turkey size cooking bag and place the turkey in the bag. I then rub the turkey with soft butter over the exposed areas. Giblets are added to the bag as well. Cut slits in the top of the bag. Bake according to directions on cooking bag. Before removing the turkey from the bag, I pour all the drippings from the bag into a sauce pan (you have to hold the turkey back with hot pads). I make the turkey the day before and pull it off the bones. I put it into a foil pan and add some Swanson GF Chicken Broth for maintaining moisture, cover with plastic wrap and tin foil and refrigerate. When ready to heat turkey, bake in 300 degree oven for 1 to 1-1/2 hours or

till heated. Stir to maintain moisture with the broth. To make the gravy, bring the turkey drippings from the cooking bag to a boil, and add potato starch flour that has been mixed with a small amount of water. I whisk the flour mixture into the broth quickly, because it can congeal if just poured in and stirred. I then add salt, pepper and garlic salt to taste as the gravy thickens. Continue with the potato starch till you achieve the right consistency.

GREEN BEAN CASSEROLE

Lucy Newcomb

We used large cans of green beans from Sam's Club

Mushroom sauce donated from Full Flavor Foods was mixed with water and added to the beans.

Bake in a 325-350 oven. Full Flavor Foods is sold at Hy-Vee.

During last 15 minutes top with FunYuns

Another option for topping would be ...instead of using FunYuns you could use Kettle Brand Sweet Onion Potato Chips (they are sold at Walmart and Hy-Vee).

CRANBERRY WALDORF SALAD

Joan Benson

- 1 pint bottle (2 cups) cranberry juice cocktail
- 1 package (3 ounces) lemon or raspberry flavored gelatin
- 1/2 cup chopped celery
- 1/4 cup broken walnuts or pecans
- 1/4 teaspoon salt
- 1 cup diced unpared apple

Heat 1 cup cranberry juice just to boiling. Dissolve gelatin in it. Add remaining juice and salt. Chill until partially set. Stir in apple, celery and nuts. Pour into 5 or 6 cup mold and chill until firm. Unmold to serve. Makes 4 to 6 servings.

CRANBERRY AND APPLE DRESSING

Angie Wagner

- 1 loaf (1 pound) white bread, cut in small cubes (about 10 to 12 cups cubes)
- 4 TBSP butter, plus about 2 to 3 tsp for greasing the pan
- 1 cup chopped onion
- 1 cup chopped celery
- 1 tsp rubbed sage
- 1/4 tsp dried marjoram
- 1/2 tsp crumbled leaf thyme
- 1/4 tsp crumbled leaf rosemary
- 1/4 tsp black pepper
- 1/2 tsp salt
- 3/4 to 1 cup chicken broth
- 1 large apple, peeled, cored, finely chopped
- 1/2 cup dried cranberries
- 1 large egg, lightly beaten

Heat oven to 350°. Butter a 13x9-inch baking pan. In a large skillet, melt butter; add onion and celery. Sauté the vegetables, stirring, until just tender. In a large bowl combine the vegetable mixture with the bread cubes and seasonings. Stir and add chicken broth until well moistened but not mushy. Taste and adjust seasonings. Add the apples and cranberries then stir in the egg until well blended. Pat into the prepared pan and cover tightly with foil. Bake for 40 minutes. Remove the foil and broil just until lightly browned. Serves 8. Note: If using as a turkey stuffing, stuff the turkey just before roasting. When the turkey is finished, remove all of the stuffing to a bowl to serve. Variations: You can also add 8 ounces ground pork sausage and/or 1/2 cup of pecans to this dressing if you like a little crunch.

(from SOUTHERNFOOD.ABOUT.COM)

BAKED BEANS

David Johanson

- Preheat oven to 300 degrees.
- One 16 oz. can of Pork & Beans.*
- Two 28 oz. cans of Bushes Original Beans*
- Two to three strips of Bacon – precook and dice.
- ¼ C diced onions.
- ½ Tea garlic Powder.
- ½ C of Catsup.

Combine (mix with a spatula) ingredients in a casserole dish** Bake for 2-3 hours. Cool and serve. You may carefully reheat small portions in the microwave: Caution - cover when reheating in the microwave because beans will pop in the microwave. *I used Aldi's brands and verified them gluten free via email. ** Make sure that the

¾ C brown sugar

CHOCOLATE TOFFEE PIE

Meringue Pie Shell-

3 egg whites
1 tsp. white vinegar
1/4 tsp. salt
1 tsp. vanilla
1/2 tsp. baking powder
1 cup sugar

Choc. Toffee filling-

2 cups whipping cream
2 T. cocoa
4 T sugar
2 tsp. vanilla

ZUCCHINI BREAD

1 cup sugar
1 cup brown sugar
3 cups G F flour
1 teaspoon salt
3 eggs, beaten
1 1/2 teaspoon baking soda
1 cup salad oil
2 cups zucchini, peeled and grated
1/4 teaspoon cloves
3 teaspoons vanilla
1 teaspoon baking powder
1 1/2 teaspoon cinnamon
1/4 cup raisins(optional)

BAKED BEANS

Van Camp Pork n Beans
½ of Small Sweet Onion
½ cup Brown Sugar
½ teaspoon Worcestershire Sauce
1 teaspoon Yellow Mustard
2 Tablespoons of Ketchup
1/8 teaspoon of Red Pepper Flakes
Salt and pepper to taste

CRANBERRY BROCCOLI SALAD

4 C fresh broccoli florets
1 C dried cranberries
½ to ¾ C sliced red onion

ingredients when combined will fit into the selected casserole dish with space to expand (otherwise your oven will be a sticky mess).

Janice Croson

Preheat oven to 275 degrees. Combine all ingredients except sugar. Whip until soft peaks form. Gradually add sugar and whip until stiff and glossy. Spread in greased 9 to 10-inch plate. Bake in lower third of oven for 40 minutes. Cool.

Crush 4 Heath candy bars. Whip 1/2 cream with cocoa, 2 T sugar, and 1 tsp vanilla until soft peaks form. Fold in 1/2 the candy. Spread in pie shell. Whip remaining 1 cup cream with 2 T. sugar and 1 tsp vanilla. Spread on top of choc filling. Sprinkle remaining toffee on top. Cover and refrigerate.

Marianne Eivins

Combine sugars, eggs and oil. Beat well. Add zucchini and vanilla. Sift and measure flour. Sift with the salt, baking soda, baking powder, cinnamon and cloves. Stir into the creamed mixture and blend well. Add the raisins (or nuts, if you prefer). Pour into two greased and lightly floured loaf pans. Bake at 325 degrees for one hour and fifteen minutes. Combine sugars, eggs, and oil. Add zucchini and vanilla. Sift and measure the flour. Sift with the salt, baking soda, baking powder, cinnamon and cloves. Stir into the creamed mixture and blend well. Add the raisins(also optional). You could use nuts instead of raisins. Pour into two greased and lightly floured loaf pans. Bake for 1 hour and 15 minutes at 325 degrees. I adapted this recipe from one I found in the S D Magazine last summer.

Deb Desuatels

Mix all ingredients in a large baking dish and bake at 350 for 1 hour

Jan Steenson

In large bowl, combine broccoli, cranberries, onion and bacon. In small bowl, combine mayo, cream and sugar until smooth. Pour over broccoli mixture

1/3 C crumbled cooked bacon
1/2 C Hellmann's mayonnaise
1/2 C half-and-half cream
3 T sugar

EASY FRENCH APPLE PIE IMPOSSIBLY

Prep Time: 25 Minutes
Total Time: 1 Hr 15 Min
Makes: 6 Servings
3 cups thinly sliced peeled apples (3 medium)
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/2 cup Bisquick Gluten Free mix
1/2 cup granulated sugar
1/2 cup milk
2 tablespoons butter or margarine, melted
3 eggs
1/3 cup Bisquick Gluten Free mix
1/3 cup chopped nuts
1/4 cup packed brown sugar
3 tablespoons firm butter or margarine

"HOSTESS" CUPCAKES

Iowa Chocolate Cake

2 cups sugar
3/4 cup oleo
1 1/2 cup boiling water
2 cups flour (I use Hodgson Mill All Purpose GF Baking flour)
1 tsp xanthan gum
1/2 cup cocoa
1/2 tsp salt
2 tsp soda
2 beaten eggs
1 tsp vanilla

Cream Cupcake Filling

1/3 cup evaporated milk
2/3 cup shortening
1/4 tsp salt
1/2 cup sugar
1 tsp vanilla

Chocolate Frosting

3/4 stick oleo (softened)
3/4 of 1/2 cup cocoa
1 tsp vanilla
3 cup powdered sugar
Add enough milk to blend (only a little at a time)

GLUTEN FREE AND EGG FREE SWEET POTATO, PINEAPPLE, AND APPLE CASSEROLE

2 medium sweet potatoes

and toss to coat. Refrigerate until served. Yield: 6 servings

Judy Gaynor

Heat oven to 325 degrees F. Spray 9-inch glass pie plate with cooking spray. In medium bowl, mix apples, cinnamon and nutmeg; place in pie plate. In medium bowl, stir remaining filling ingredients until well blended. Pour over apple mixture in pie plate. In small bowl, mix all streusel ingredients, using fork, until crumbly; sprinkle over filling. Bake 45 to 50 minutes or until knife inserted in center comes out clean. Store in refrigerator.

April Brand

Put sugar & oleo in a bowl and add boiling water. In another bowl, sift dry ingredients together. After oleo has melted, add dry mixture. Blend. Add beaten eggs & vanilla. Blend. Mixture will be somewhat runny. Bake 350° approximately 25-30 min or when toothpick comes out clean. Cupcakes bake 10-15 min or when toothpick comes out clean. (For "Hostess" cupcakes, cut an 'X' in each cupcake when cool)

Blend for 10 min.

Add 1 Tbsp water & 1/4 cup powdered sugar. Beat till fluffy. Squeeze into cupcakes. Frost with chocolate frosting. May use filling to put decorative designs or writing on top of frosting.

Judy Hammel

Preheat the oven to 350. Place the sweet potatoes

1 1/2 tablespoons unsalted butter, softened
1/4 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/8 teaspoon ground allspice (not have so nutmeg and Trader Joes Pumpkin spice)
3 Granny Smith apples, peeled, cored and cut into 1/2-inch rings
20oz can of pineapple rings in natural juice (Drain the juice) - *Added to recipe*
2 tablespoons maple syrup (used real syrup)
Cook: 1 hr 45 min.

on a piece of aluminum foil and roast until they can be easily pierced with a fork, about 1 hour. Let cool slightly, or microwave slightly to soften skin and then slice and bake longer as needed. Trim the ends and pull off the peels; slice into 1/2-inch rounds. Butter a small (3 1/2-quart) casserole dish with half the butter. In a bowl, stir together the cinnamon, ginger and allspice. Arrange half the apple rings, pineapple rings, and sweet-potato rounds in alternating layers in the dish; sprinkle with half the spice mixture and half the maple syrup. Layer in the rest of the apples, pineapples, and sweet potatoes, ending with the apples or pineapple as you wish. Sprinkle with the remaining spices, drizzle with the remaining syrup. Dot with the rest of the butter. I spice according to desired taste so adjust as you want. Cover and bake until the apples are very tender, about 45 minutes or longer if needed if you only partially cooked the sweet potatoes.

<http://www.fitnessmagazine.com/recipes/printRecipe.jsp?recipeId=R141573&adCategory=&format=fullpage>

FRUIT SALAD

1 can Fruit Cocktail
1 can peach chunks
1 can Mandarin Oranges
1 can pineapple tidbits
1 small box Instant Vanilla Pudding
1 cup miniature marshmallows
1/2 cup maraschino cherries (cut in pieces)
2 bananas sliced
2 Tbsp Orange Juice

Julane Fritz

Drain and reserve the peach and pineapple juice. Drain the fruit cocktail and oranges but do not save the juice. Add 2 Tbsp of orange juice to the reserved juice and add pudding and stir until dissolved. Add all fruit and marshmallows to the pudding and stir together. Add bananas just before serving.

PEANUT BUTTER COOKIES WITH CHOCOLATE CHIPS

1 cup peanut butter (I use Smart Balance)
1 cup of brown sugar (C & H)
1 egg
1/2 tsp baking soda
1/2 cup chocolate chips, M & M's, or whatever you want

Diane Moorman

Mix above. Put on an ungreased cookie sheet by teaspoonful. Mash down with a fork. Bake for 8 min. at 350 degrees. 8 minutes is enough. They look like they are not done, but they are. If you leave the cookies in longer, they will be more crispy than chewy. Let them cool. These are so simple and delicious. They taste like bakery cookies.

QUICK AND EASY CRANBERRY ORANGE RELISH

Combine 1 bag fresh cranberries
1 whole orange (including rind)
Sugar to taste (1/4 to 1/2 cup)
Chop all ingredients coarsely in blender. Chill and serve.

Starr Hinrichs

GLUTEN-FREE CORN MUFFINS

1 c. GF flour

Jill Morgan-Taets

1. Preheat oven to 350 F. Grease 12 or standard

1 c. cornmeal
1/2 c. sugar
1-1/2 t. baking powder
1 t. baking soda
1/2 t. salt
1/2 t. xanthan gum
1 c. buttermilk
1/4 c. (1/2 stick) butter, melted
2 eggs

muffin cups or use paper baking cups. Will also make 45 mini muffins.
2 Combine flour, cornmeal, sugar, baking powder, baking soda, salt & xanthan gum in large bowl. Whisk buttermilk, butter and eggs in medium bowl; stir into dry ingredients until well blended. Batter will be thick.
3. Spoon batter into prepared muffin cups filling almost to top.
Bake 20-25 minutes (for standard muffins) or until lightly browned and toothpick comes out clean. Cool in pan 5 minutes; remove to wire rack. Serve warm.

from: The Gluten-Free Bible cookbook

GREEN BEAN POTATO SALAD

3 lb. new potatoes
1/4 lb. bacon
1 lb. green beans
1 t. salt
1 t. mustard
1 clove minced garlic
1/4 c. white wine vinegar
1/4 c. chicken broth
1/2 c. olive oil
ground pepper to taste

Denise and Sarah Menzel

1. Fry bacon and drain on paper towels. When cool, crumble.
2. Slice unpeeled potatoes into 1/4" slices. Boil for 15 minutes.
3. Cut green beans into 2" pieces. Steam for 10 minutes.
4. Combine remaining ingredients for dressing. Pour over green beans and potatoes. Top with bacon.
5. Serve at room temperature.

VEGETABLE DIP AND FRESH VEGETABLES

2 6 oz plain Greek yogurt
1 packet of hidden valley ranch dip

Amber Huber

Mix and enjoy

BROCCOLI CRANBERRY SALAD

2 large heads of broccoli, florets (may adjust quantity)
3/4 cup chopped red onion
3/4 cup dried cranberries (Ocean Spray Craisins)
1/2 cup chopped pecans
6 slices of uncured bacon, fried crispy and crumbled
Ken's Steak House Lite Raspberry Walnut Vinaigrette, toss in dressing to taste.

Michelle Manning

SALAD

1 cup torn spinach
1 head romaine lettuce torn
1 cup seedless grapes halved
1/2 cup toasted slivered almonds
1 (11 Oz) can mandarin oranges, drained
optional: seeds from 1 pomegranate.
Dressing (blend and shake well)
1/2 cup oil
1/2 cup vinegar
1/4 cup sugar
1/2 t salt

Deanna Wilson

Toss all salad ingredients, add desired amount of dressing.

GF DEATH BY CHOCOLATE

- 1 (19.8 ounce) package brownie mix (Betty Crocker GF)
- 2 (3.9 ounce) package instant chocolate pudding mix (Jello brand is GF)
- 1 (16 ounce) package frozen whipped topping, thawed
- 1 package (8 ounce) chocolate covered English toffee piece (GF)

PUMPKIN BARS

- 2 C GF flour
- 2 Tbsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 2 C sugar
- 4 eggs
- 1 C oil
- 2 tsp cinnamon
- 1 can pumpkin

Frosting:

- 1 3 oz pkg. cream cheese
- 3/4 stick butter
- 1 3/4 C powdered sugar
- 1 tsp milk
- 1 tsp vanilla

PUMPKIN CRUNCH CAKE

- Also known as Pumpkin Pie Cake (my version of Shelly Stille's and Mari Lynn Heineman's recipes)
- 13 oz can of evaporated milk
 - Large can of pumpkin or 2 small cans of Libby's pumpkin
 - 3 eggs
 - 1 1/2 cups of white sugar (or 3/4 c. white and 3/4 c. brown sugar)
 - 2 t cinnamon
 - 1 t ginger
 - 1/2 t. nutmeg
 - Chopped pecans

SNICKERDOODLE PUMPKIN SPICE BLOSSOMS

- 2eggs
- 1 & 1/4 cup sugar
- 1/4 cup butter, softened
- 1/4 cup shortening
- 2 cups Bisquick® Gluten Free mix
- 2 teaspoons ground cinnamon
- 36 unwrapped Hershey pumpkin spice kisses

Jeff George

1. Prepare brownies according to package directions. Let cool.
2. Mix pudding according to package directions.
3. In a glass punch bowl, layer in the following order: 1/2 of the brownie, crumbled; 1/2 of the pudding; 1/3 of the toffee pieces; 1/2 of the whipped topping.
4. Repeat layers in the same order. Save the last 1/3 of the toffee, sprinkle on top before serving.
5. Refrigerate. Best if made the day before you serve it.

Sandy Peterson

Mix together. Bake on cookie sheet for 25 minutes @ 350 degrees.

Mix together & frost after bars have cooled.

Rosemary Graff

Mix together and put in a greased 9/13 pan. Sprinkle on top with a pkg. of yellow cake mix (I used Hodgson Mill), breaking up any lumps. Drizzle with 1 c. melted margarine--I will use a spoon next time to make it more uniform. Sprinkle top with 1 1/2 c. chopped pecans (can use less, but I like pecans, despite the expense). Bake 350 degree oven for 50-55 minutes. Can top each serving with Cool Whip if you desire

Crystal Laux

1. Heat oven to 375°F. In large bowl, mix eggs, 1 cup of the sugar, the butter and shortening. Stir in Bisquick mix until dough forms.
2. In small bowl, mix remaining 1/4 cup sugar and the cinnamon. Shape dough into 1 inch balls. (If dough feels too soft for shaping into balls, put dough in freezer for 10 to 15 minutes.) Roll

- balls in sugar-cinnamon mixture; place 2 inches apart on ungreased cookie sheets.
3. Bake 8 minutes or until set. Immediately put unwrapped Hershey pumpkin spice kiss in center of cookie.

TWICE BAKED SWEET POTATOES

6 medium sweet potatoes
 1/4 cup brown sugar
 1/2 cup butter
 1/2 teaspoon grated orange peel
 1 cup chopped apple
 1 cup chopped pecans

Beverly Kendrick

Bake sweet potatoes. Cut lengthwise, scoop out filling. Leave shells if you want to refill. as twice baked sweet potatoes.. Mix sweet potatoes and all other ingredients except apples and pecans. Beat at medium speed until all lumps are gone. By hand stir in apples and pecans. (Use a wooden spoon.) Refill shells with filling. or place in a 9 X 13 inch casserole if you choose and bake 375 degrees for 15-20 minutes. I didn't add nuts to bring to the potluck because many people have nut allergies. You can add cream if you like or some sour cream. Daisy sour cream is gluten free. More than one chopped apple can be added too.

SWEET POTATO CRUNCH CASSEROLE

3 to 4 c. Sweet potatoes mashed
 2 eggs, beaten
 1/2 c. milk
 1/2 to 1 c. sugar (I use canned sweet potatoes, and omit sugar)
 1 tsp. vanilla
 1/4 to 1/2 c. butter or margarine
 1 tsp. cinnamon
 Topping:
 1/2 to 1 c. brown sugar
 1 to 2 T. corn starch
 2 1/2 T. to 1/2 c. butter or margarine
 1/2 to 1 1/2 c. chopped pecans

Lynnette Stout

In a large mixing bowl beat the first 7 ingredients and put into a greased baking dish.
 For topping, combine the remaining ingredients in bowl. Sprinkle on top of the potatoes.
 Bake at 350 for 35 to 50 minutes.
 Note: Can be made ahead and refrigerated for up to 1 day in advance. Increase baking time by 15 minutes.

M & M-a-Roo!

1 cup Sugar
 1 cup Light Corn Syrup
 1 cup Peanut Butter
 1 12 oz pkg. Butterscotch Chips
 1 12 oz pkg. Semi Sweet chocolate chips
 6 cups Gluten Free Rice Krispies
 1 tbsp margarine or butter
 Small bag of M & M's

Rhonda McCarthy

I am bringing 2 desserts today to the Potluck. The other one is just the same only I used Snickers instead of M & M's.
 Heat up the sugar and corn syrup in a pan on the stove until just bubbling. Turn off the heat and mix in the peanut butter. Quickly add the Rice Krispies and pour into a greased pan. Next, put a layer of M & M's. Set aside. In a clean pan pour the chocolate and butterscotch chips together and heat (stirring constantly) until melted. Pour over Rice Krispies then put the rest of the M & M's on top. Let sit (or place in freezer) until chocolate and butterscotch chips cool and harden.

IMPOSSIBLE PUMPKIN PIE

¾ C. sugar
4 ½ C. GF Bisquick
2 T. oleo
1 13 oz. Can evaporated milk
2 eggs
1 15 oz. can pumpkin
2 ½ t. pumpkin pie spice
2 t. Vanilla

PUMPKIN CRUNCH

1 pkg. GF yellow cake mix (I used Betty Crocker)
1 can 15 oz. solid pack pumpkin (Hy-Vee)
1 can 12 oz. evaporated milk (Hy-Vee)
3 eggs
1 ½ C. sugar 1 t. cinnamon
½ t. salt
½ C. chopped pecans (Planters)
1 C. butter melted

GLUTEN FREE COFFEE CAKE

2 C. GF Maple Grove Farms All Purpose Baking
Flour
1 C. milk
2 eggs
1 t. vanilla
½ C. brown sugar
½ t. cinnamon
Topping:
2 T. GF corn meal
¼ C. brown sugar
2 T. melted butter
1/2 batter from above
Slivered almonds and cranberries (optional)

PEANUT BUTTER COOKIES WITH CHOCOLATE CHIPS

1 C. peanut butter
1 C. brown sugar
1 egg
½ t. baking soda
½ C. chocolate chips, M&Ms, or whatever

FRUIT CRISP "DUMP" DESSERT

1 box Betty Crocker GF yellow cake mix
½ C. margarine melted
1 can (21 oz) cherry pie filling
1 can (8 oz) crushed pineapple, undrained

HARVEST PUMPKIN-SPICE BARS

1 box Betty Crocker GF yellow cake mix
1 can (15 oz) pumpkin (not pumpkin pie mix)

Sharon Grimm

Grease pie plate. Beat a;; ingredients till smooth.
Pour into pie plate. Bake at 350 until knife inserted
in center comes out clean. About 1 hour.

Kathy Fenton

Preheat oven to 350. Grease bottom of 9x13 pan.
Combine pumpkin, evaporated milk, eggs, sugar,
cinnamon, and salt in a large bowl. Sprinkle dry
cake mix evenly over pumpkin mixture. Top with
pecans. Drizzle melted butter over pecans. Bake at
350 for 50-55 min. Cool. Serve chilled. Top with
Cool Whip.

Rachelle Kloppe

Heat to 350. Grease loaf pan. Mix all ingredients
together except for topping mix. Pour batter into
greased loaf pan. Mix reserved batter, brown
sugar, and corn meal together to drop on by
tablespoons on top of the batter in pan. Slightly
swirl topping into batter with a spoon. Melt 2 T.
butter to evenly pour across the top. If desired,
sprinkle with nuts and cranberries for a seasonal
flavor and look. Bake for approximately 35 min.
until loaf is golden brown.

No Name

Mix. Put by teaspoonful onto cookie sheet. Bake 8-
10 min. only.

Ellen Brand

Heat oven to 350. In large bowl, stir together cake
mix and butter till crumbly. Spread pie filling and
pineapple in ungreased 13x9 inch +pan. Sprinkle
cake mix evenly over fruit. Bake 38-44 min.

Tracy and Mike Berryhill

Heat oven to 350. Lightly grease bottom and sides
of 15x10x1 inch pan with shortening or cooking

½ C. butter, softened
 ¼ C. water
 2 t. ground cinnamon
 ½ t. ground ginger
 ¼ t. ground cloves
 3 eggs
 1 container Betty Crocker Rich and Creamy Cream
 Cheese Frosting
 Can add 1 C. raisins to mix before baking (I left
 them out)
 ¼ C. walnuts, if desired

CHOCOLATE TOFFEE PIE

Meringue Shell:

3 egg whites
 1 t. white vinegar
 ¼ t. salt
 1 t. vanilla
 ½ t. baking powder
 1 C. sugar

Chocolate toffee filling:

2 C. whipped cream
 2 T. cocoa
 4 T. sugar
 2 t. vanilla

GF PEANUT BUTTER COOKIES

4 eggs
 4 C. white sugar
 1 t. baking soda
 4 C. peanut butter

FALL HARVEST CAKE

Recipe is from "No Dairy, Gluten Free Made Simple Cook Book"
 Contains rice milk, eggs, sugar, GF flour blend, canola oil, apples, pumpkin.

STRAWBERRY PIE

1 C. GF all purpose flour (Jules)
 ½ C. sugar
 1 t. baking powder
 ½ C. butter, melted and cooled
 1 beaten egg
 2t. carbonated water
 1 C. sugar
 2 T. cornstarch
 1 ½ C. water
 2 T. light corn syrup
 3 T. dry strawberry gelatin

spray. In large bowl beat all bar ingredients except
 raisins with electric mixer on low speed 30
 seconds, then on medium speed 2 min., scraping
 bowl occasionally. Stir in raisins. Spread in pan.
 Bake 20-25 min. or until light brown. Cool
 completely in pan on cooling rack, about 2 hours.
 Spread frosting over bars. Sprinkle frosting over
 bars. Sprinkle with walnuts. Cut. Store in
 refrigerator.

No name

Preheat oven to 275. Combine all ingredients
 except sugar. Whip until soft peaks form.
 Gradually add sugar and whip until stiff and glossy.
 Spread in greased 9-10 inch plate. Bake in lower
 third of oven for 40 min. Cool.

Crush 4 Heath candy bars. Whip ½ cream with
 cocoa. 2 T. sugar, and 1 t. vanilla until soft peaks
 form. Fold in ½ the candy. Spread in pie shell.
 Whip remaining 1 C. cream with 2 T. sugar and 1 t.
 vanilla. Spread on top of chocolate filling. Sprinkle
 remaining toffee on top. Cover and refrigerate.

Dean Minar

Beat eggs. Fold in the sugar, baking soda, and
 peanut butter. Roll into 1 ¼ inch balls. Place on
 ungreased cookie sheet. Use dinner fork and press
 tines on each cookie ball to flatten them (make a
 criss-cross pattern). Bake at 350 for 11-14 min.
 Makes 4-5 dozen.

No name

Shonda Brummer

Preheat oven to 325. For crust: In a large bowl mix
 flour, ½ C. sugar, and baking powder. In a custard
 cup or small bowl mix melted butter, egg, and
 carbonated water. Add to flour mixture and stir
 until combined. Dough will be soft. Pat dough onto
 bottom and sides of 9 inch pie plate. Bake for 15
 min. cool. For glaze: In a small saucepan stir
 together 1 C. sugar and cornstarch. Add water and
 corn syrup. Bring to a boil, stirring constantly. Boil
 for 1 min. Remove from heat and add gelatin,
 stirring till dissolved. Cool to room temperature.

6 C. strawberries, hulled and sliced

Layer 1/3 of the strawberries into the cooled crust. Pour 1/3 of the glaze over strawberries. Continue adding strawberries and glaze until all berries and glaze are used. Chill for at least 2 hours before serving. Serves 9.

(From Gluten Free Made Simple)

CHOCOLATE DIPPED ESPRESSO MERINGUES

2 large egg whites at room temperature
1 t. pure vanilla
1 t. instant espresso powder
¼ t. kosher salt
1 pinch cream of tarter
½ C. sugar
4 oz. bittersweet chocolate, melted and cooled to room temperature.

No Name

Heat oven to 200. Using an electric mixer, beat the egg whites with the vanilla, espresso powder, salt and cream of tarter on medium high speed until soft peaks form. Very gradually (1T. at a time) beat in the sugar. Increase mixer speed to high and beat until the mixture holds glossy peaks. Drop heaping tablespoons of the mixture onto parchment-lined baking sheets, spacing them 1 inch apart. Bake until dry, crisp, and firm, about 2 hours. The meringues are done when they release easily from the parchment. Turn off the oven, prop open the door about ½ inch (can use the handle of a wooden spoon), and let the meringues sit inside for 1 hour. Slide the parchment, with the meringues on top, onto racks and let cool completely. Peel the meringues off the parchment, then dip the bottom of each into the chocolate, allowing any excess to drip off. Place on parchment-lined baking sheets and refrigerate just until the chocolate is set, 25-30 min. Store cookies in an airtight container at room temperature for up to 3 days.

CHEESE POTATOES

Mr. Dell's potatoes
Daisy Sour Cream
Pacific Foods Cream of Mushroom Soup
Pacific Foods Cream of Chicken Soup
Butter

No name

MACARONI CHEESE CORN

2 cans corn (don't drain)
1 can cream corn
2 C. GF elbow noodles
½ stick butter (cut in chunks)
Velveeta cheese (cut in chunks – depends on how cheesy you want it).

Amy Dawson

Mix ingredients with half cheese. Bake in 350 oven and after 20 min. mix in the remaining chunks of cheese. Bake another 20 min. Let stand about 10 min. and serve.

LAZY DAISY OATMEAL CAKE

1 ¼ C boiling water
1 C oatmeal uncooked
½ C butter or margarine
1 C sugar
1 C brown sugar, packed
1 t vanilla

Sharon Gudenkauf

*Use your favorite GF flour mix. I use ½ Pamela's Baking Mix and ½ Bob's Red Mill Baking Mix to make the 1 ¼ C. DIRECTIONS: Pour boiling water over oatmeal. Cover, let stand 20 min. Beat butter until creamy, add sugars. Beat till fluffy. Blend in vanilla and eggs. Stir in oatmeal. Sift dry ingredients

2 eggs
1 ¼ C GF Flour mix*
1 t soda
½ t salt
¾ t cinnamon
½ t xanthan gum

TOPPING: ¼ C melted butter/marg.

½ C packed brown sugar
2-3 T cream or 2 T milk
1/3 C chopped nuts, opt

CHOCOLATE TRUFFLE

1 Pkg. Betty Crocker Gluten Free Cake Mix – devil's food
1 Pkg. Jell-O Pudding Sugar-Free, Fat Free, Pudding, Butterscotch
1 Container Cool Whip – Sugar Free

SPINACH BALLS

Gluten free/Soy free/Dairy free – serves 24
6 T. unsalted butter, melted and cooled
3 extra-large eggs, lightly beaten
6 oz. finely grated parmesan cheese
2 t dried oregano
Handful fresh flat-leaf parsley, chopped (optional)
1 lb. (16 oz.) frozen chopped spinach, thawed and drained well
1 ½ C breadcrumbs or cereal crumbs
3 T Better Batter (or any other all-purpose GF flour)

FRESH APPLE CRISP

2 C gluten free oatmeal
1 C packed brown sugar
¼ C corn starch
1 T cinnamon
½ C softened butter
2 lbs. apples (6 medium)

REFRIGERATOR MASHED POTATOES

5 lbs. potatoes, pared and quartered (9 large)
2 (3 oz.) pkgs. cream cheese
1 C. dairy sour cream
2 t. onion salt
1 t. salt
¾ t. pepper

together and add to creamed mixture. Mix well and pour into greased 9 x 13 pan. Bake 350 oven for 35-40 min. until toothpick comes out clean. Do not remove from pan. Mix the topping listed below and spread the topping over warm cake. Bake/broil until bubbly, approx. 10 min. Cool.

Dianna Kruse

Mix Cake and pudding according to pkg. directions. Layer in truffle bowl & top with cool whip. Add any garnish you like to cake & cool whip. I have used M&M's, candy corn, caramel & chocolate syrup.

No Name

1. Preheat oven to 350. In a large bowl place butter, eggs, and cheeses. Beat until well combined. Add oregano and parsley, and stir to combine. Add spinach and breadcrumbs and mix until it comes together. Add flour, 1 T at a time, and incorporate into the mixture.
2. Roll mixture into 1 ½" balls. Place on rimmed non-stick baking sheet 1" apart. Place in center of preheated oven and bake 15 min. or until balls begin to brown on bottom and are cooked through, rotating once during baking.
3. Can be made ahead and frozen, then baked from frozen, adding a few minutes of cooking time.

Recipe courtesy of glutenfreeonashoestring.com

Laura Armantrout

Combine oatmeal, brown sugar, corn starch, and cinnamon. Cut in butter. Set aside. Peel, core and slice apples. Place fruit in a 8 x 8" baking dish. Cover with oatmeal mixture. Bake at 350 for 45 min. I doubled this in a 9 x 13 pan for the potluck)

Diane McElroy

Cook potatoes in boiling salted water until tender. Drain well. Mash until smooth with potato masher. Add cream cheese, sour cream, onion salt, salt, pepper and butter. Beat with whisk or potato masher until smooth and fluffy. Place in refrigerator container. Cool and cover. Recommended storage

2 T. butter or regular margarine

time: 2 weeks. To serve: place desired amount of potatoes in greased casserole. Dot with butter and bake in 350 oven 30 minutes or until heated through. If you use full amount, heat in 2-quart casserole. Makes 8 cups.

CAULIFLOWER MASH

No Name

Boil cauliflower till very tender, mash with butter and seasoning, add cheddar cheese. Serve.

BROCCOLI SALAD

No Name

1 large head broccoli (organic)
1 small red onion (chopped small)
1/3 C. golden raisins (sun maid)
1/3 C. mayo (Hellman's real mayo)
3 T. white balsamic vinegar (Colavita brand)
2 T. honey
Salt and pepper

Cut stems from broccoli & chop into pieces. Put in bowl. Mix with onions & raisins. In small bowl, whisk mayo & vinegar until smooth, add honey, salt & pepper, whisk, pour over broccoli & stir.

EZ CHEESY GARLIC MASHED POTATOES

Charlie Neibergall

1 13.75 oz. box of Idaho instant mashed potatoes prepared
1 t. garlic powder
2 t. parmesan cheese
1 C. shredded cheddar cheese
1 C. sour cream

Prepare the potatoes per directions on box. Mix in remaining ingredients and bake in oven at 350 for approximately 15 min. Bacon pieces would be an excellent optional ingredient.

SWEET POTATO CASSEROLE

Norma Rohn

6 – 8 Sweet Potatoes
Butter or margarine
Brown Sugar
Mini marshmallows

Microwave 6 to 8 sweet potatoes until tender. Cool until you are able to handle. Peel and cut into desired sizes. Place in casserole dish sprayed with Pam. Dot with margarine, about 3-4 T. Sprinkle with desired amount of brown sugar. Bake in 350 oven until hot and syrupy. Remove from oven. You may place 1/2 C. mini marshmallows over top and return to oven. Bake briefly, just until marshmallows melt and are slightly browned.

SPINACH BALLS

No name

6 T. unsalted butter, melted and cooled
3 extra large eggs, lightly beaten
6 oz. grated cheddar cheese
3 oz. finely grated parmesan cheese
2 t. dried oregano
Handful flat leaf parsley, chopped (optional)
1 pound frozen chopped spinach, thawed and drained well
1 1/2 C. GF breadcrumbs or cereal crumbs

Preheat oven to 350. In large bowl place butter, eggs, and cheeses. Beat until well combined. Add oregano and parsley, and stir to combine. Add spinach and breadcrumbs, and mix until it comes together. Add flour, 1 T. at a time, and incorporate into the mixture. Roll mixture into 1 1/2 inch balls. Place on rimmed non-stick baking sheet 1 inch apart. Place in center of oven and bake 15 min. or until balls begin to brown on bottom and are cooked through, rotating once

3 T. Better Batter (or any other all-purpose GF flour)

during baking. Can be made ahead and frozen, then baked from frozen, adding a few minutes of cooking time. I made this recipe gluten free/soy free/dairy free. Serves 24.

(recipe from glutenfreeonashoestring.com)

CURRIED CORN SALAD

3 C. frozen corn
1 small zucchini, diced
1 large red bell pepper, diced
1 bunch scallions, white and tender part of green cut into ¼ inch pieces
½ C. Italian parsley, chopped
Dressing:
¼ C. flax oil or olive oil
2-4 T. organic cider vinegar
1 t. curry powder
½ t. sea salt
1-2 cloves garlic, minced

Teresa Rippe

Combine the cooked, cooled corn, zucchini, pepper, scallions, and parsley.

Combine the oil, vinegar, curry powder sea salt and garlic

Combine the vegetables and dressing and marinate for 2-4 hours.

CUCUMBER SALAD

2 cucumbers
3 T. red onion
2 Roma tomatoes
3 T. red peppers
3 T. yellow peppers
3 T. green peppers

No Name

Cut cucumber in half and dice. Also dice the peppers, tomato and onion. Mix all of them, and put in refrigerator for an hour before serving.

CRAN-RASPBERRY RELISH

1 can (16oz.) whole berry cranberry sauce
1 can (8 ¼ oz.) crushed pineapple, drained
1 pkg. (10 oz.) frozen red raspberries, undrained and partially thawed
¼ t. apple pie spice
½ t. finely grated orange peel
¼ C. chopped pecans (I did not use)

No Name

Pour cranberry sauce into a medium bowl. Add pineapple, raspberries, apple pie spice, orange peel and pecans. Stir well to mix. Serve immediately or store covered in refrigerator until ready to serve. Serves 8.

APPLE SNICKER SALAD

8 apples
1 bag fun size Snickers
1 large box Jell-o brand Vanilla Pudding
1 large container Cool Whip

No name

Cut apples and snickers into bite sized pieces. Sprinkle pudding on and stir. Fold in Cool Whip until mixed.

CREAMED CORN

1 large pkg. frozen corn (cooked and drained)
Mix 1 stick butter and 1 8 oz. whipped cream cheese

No name

(I'm sure you then bake this at 350, but there were no more directions on this recipe) – *from Barb*

Salt and pepper
Chopped chives

ORANGE TAPIOCA SALAD

No name

Drain 3 cans mandarin oranges. Use 1-1/3 C. juice with 1 box vanilla tapioca pudding. Cook until thick. Add 1 3oz. box orange Jell-o. Cool. Fold in 1 1/2 C. Cool Whip.

Carmel Pretzel Brownies

Favorite boxed Gluten Free Brownie Mix
1 1/2 cups broken Gluten Free pretzels
1/2 cup chocolate chips
1/2 cup butterscotch chips

Linda Chamberlin

Line a 9 x 13 inch pan with greased foil. Then prepare your favorite gluten free boxed brownie batter, add mix-ins and bake as directed. Mix 1/2 cup broken pretzels and all chocolate chips into brownie batter. Pour into prepared pan. Scatter surface with an additional 1 cup broken pretzels. Bake until done; allow to cool completely. Melt butterscotch chips and transfer to a bag with a snipped corner. Drizzle over brownies.

(Ladies Home Journal)

Raspberry Cheesecake Brownies

Favorite Gluten Free Boxed Brownie Mix
1 tsp almond extract, 4 oz. softened cream cheese
2 tbsp softened butter
1/4 cup sugar, 1 egg
2 tbsp gluten free all-purpose flour
1 cup raspberries

Linda Chamberlin

Line a 9 x 13 inch pan with greased foil. Then prepare your favorite gluten free boxed brownie batter, add mix-ins and bake as directed. Mix together almond extract, softened cream cheese, softened butter, sugar, egg, and gluten free flour. Stir 1/2 cup raspberries into cream cheese mixture. Pour brownie batter into pan and dot with cream cheese mixture. Top with additional 1/2 cup raspberries. Get marble effect by drawing a knife through batter. Bake until done.

(Ladies Home Journal)

Peanut Butter Layer Brownies

Favorite boxed Gluten Free Brownie Mix
1/2 cup chopped peanuts
4 tbsp melted unsalted butter
3/4 cup confectioner's sugar
1/4 tsp salt
1/2 cup mini chocolate chips

Linda Chamberlin

Line a 9 x 13 inch pan with greased foil. Then prepare your favorite gluten free boxed brownie batter according to directions on the box. Add mix-ins and bake as directed on the box. Mix chopped peanuts into brownie batter. Pour into prepared pan and bake until done. Allow to cool completely. Mix peanut butter, melted unsalted butter, confectioner's sugar, and salt until smooth and spread over brownies. Sprinkle with mini chocolate chips.

(Ladies Home Journal)

WALDORF SALAD

2 crisp red apples
2 ribs celery cut in 1 inch slices

No Name

Quarter and core the apples. Cut into 1/2 inch pieces and combine with celery, pecans and dates in a

½ C. pecans or walnuts pieces
¼ C. cut up dates
1 T. lemon juice
1 T. honey
2 T. GF salad dressing (Hellman's)
Dash salt

PUMPKIN CAKE

29 oz. can pumpkin or 2 small cans
3 eggs
13 oz. evaporated milk
1 ½ C. sugar
2 t. cinnamon
1 t. ginger
½ t. nutmeg

APPLE AND GRAPE SALAD

6-8 crisp apples (Chieftan's)
½ pound seedless grapes
1 C. mini marshmallows (Fireside)
Dressing:
¾ C. Hellman's mayonnaise
2 T. ReaLemon lemon juice
2 T. Skippy Natural Peanut Butter

LAZY DAISY OATMEAL CAKE

1 ¼ C. boiling water
1 C. GF oatmeal uncooked
½ C. butter or margarine
1 C. sugar
1 C. brown sugar, packed
1 t. vanilla
2 eggs
1 ¼ C. GF flour mix (I use half Pamela's Baking Mix and half Bob's Red Mill Baking Mix)
1 t. baking soda
½ t. salt
¾ t. cinnamon
½ t. xanthan gum
Topping:
¼ C. melted butter or margarine
½ C packed brown sugar
2-3 T. cream (or 2 T. milk)
¾ C. shredded coconut
1/3 C. chopped nuts, optional

servicing bowl. In a separate bowl, whisk together the lemon juice, honey and salad dressing till smooth. Pour over the apple mixture and toss to coat thoroughly. Serve immediately or refrigerate until serving time. Substitute for dates – dried cranberries, cherries or currants. Serves 4.

No name

Mix above and put in greased 9x13 pan.
Sprinkle on top:
1 pkg. yellow cake mix (I used Hodgson Mill)
1 C. melted margarine – pour on top of cake mix
Add 1 ½ C. chopped pecans
Bake at 350 for 1 hour. No longer.

No name

Core and cut apples into a serving bowl. Slice grapes in half and add to bowl. Mix dressing ingredients in a measuring cup, stir until combined. Add dressing to apples and grapes and toss lightly. Add marshmallows just prior to serving. Makes 8 servings.

Sharon Gudenkauf

Pour boiling water over oatmeal. Cover, let stand 20 min. Beat butter until creamy, add sugars. Beat till fluffy. Blend in vanilla and eggs. Stir in oatmeal. Sift dry ingredients together and add to creamed mixture. Mix well and pour into greased 9x13 pan. Bake at 350 for 35-45 min. until a toothpick comes out clean. Do not remove from pan. Mix the topping listed below and spread the topping over cake. Bake/broil until bubbly, approx. 10 min. Cool.

SNICKERDOODLES

½ C. shortening
¾ C. sugar
1 egg
1 t. vanilla
½ C. potato starch
¾ C. plus 2 T. cornstarch
¼ t. baking soda
1 t. baking powder
1 t. xanthan gum
½ t. salt
2 T. water
Cinnamon / sugar mixture:
2 T. sugar
½ t. cinnamon

No name

Preheat oven to 350. In a large bowl, cream together shortening and sugar. Add egg and vanilla. Mix well. Add potato starch, cornstarch, baking soda, baking powder, xanthan gum, salt and water. Mix well to eliminate any lumps. Dough will be sticky. Lightly oil hands or spray them with nonstick spray to better handle dough. Shape into small balls, using a slightly rounded teaspoonful of dough for each cookie. Roll in cinnamon/sugar mixture. Place on lightly greased baking sheet and press each ball to even thickness of about 1/3 inch. Bake 10-12 min. A single cookie should be removed at the shortest baking time to test for doneness. Browning is not a good indicator for these cookies. Makes about 3 dozen.

FAST EASY FUDGE-PEANUT BUTTER

1 Bag of Peanut Butter Chips(Reese's)
1 Tub of White Frosting(Betty Crocker)

Nicki Eddy

Put baking chips in shallow glass bowl, spread out. Microwave 1½ minutes. Take out and stir. Add tub of frosting and microwave 1½ minutes more. Take out and stir till mixed. Pour into an 8x8 greased pan. Cool, cut and eat.