



CENTRAL IOWA CELIAC CONNECTION

GLUTEN FREE NEWSLETTER AND RECIPES

NOVEMBER 2016 · CSA Des Moines Area #114



HELLO TO ALL OUR GLUTEN FREE FRIENDS!

WOW! What a great gluten free Holiday pot luck we had! We had a wonderful turn-out, fabulous food (turkey, mashed potatoes, gravy, dozens of sides and salads, amazing desserts) and huge numbers of door prizes! Let's put it this way, every person won at least one item to take home, and lots of things that people could pick up before they left! I want to thank those who volunteered to bring all the mashed potatoes! It was great to have dairy free mashed potatoes as well (thanks to Christa Pearson), and in fact, all the turkey and gravy were dairy free as well. I have to thank the steering committee for their efforts in making our pot lucks the success they always are: **Angie Wagner, Christie Engelbert, Kay Crow, Lucy Newcomb, Lisa Huyette Smith, Micca Guyler, and Kathy Titus.** We can't forget **Steve Huyette and Jeff Wagner** who work so hard on those pot luck days. **Amber Huber**, you do a great job on the gluten free library! What a great team we have to support our Central Iowa Celiac Connection! **But, you, our members are the driving force in making our gatherings so delicious with all the great variety of foods you bring to share! Thank you all!**

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

Emily Tosoni, Co-Vice-President of Cy's Gluten Free Friends Club at Iowa State University talked about the club to promote awareness of their activities.

There's lots of information on the **Central Iowa Celiac Connection website!** Go to www.celiacsconnect.com.

We really want to show our appreciation for the fabulous samples that the following companies were so generous to share with us:

Mama Stoen's – Jami and Christine Stoen - Pizza, Carrot Cake, Chocolate Cake, Cornbread, Brownies, and Banana Bread, and door prizes.

Better for You Bakery – **Tina Meseck** from Jefferson - mini cupcakes, multigrain bread, French bread, cookies, and door prizes.

Lisanatti Foods – cheese alternatives

Sam Mills – Animal cookies, vanilla and cocoa and door prizes.

Bubba's Fine Foods – snack mixes and ungranolas and door prizes.

Schar - variety of products for door prizes

Goodie Girl Cookies - midnight brownie and quinoa choco-chip

Big Green Tomato Granola – Three flavors of granola and door prizes.

Hi! I'm Skinny! – Quinoa sticks – sea salt; sweet potato; sweet onion

Nature's Bakery – fig bars - pomegranate; fig; raspberry; blueberry

Friedrich's Coffee, House Blend and Jingle Bell Java, from Colleen Meyer

- Beautiful gift baskets made by our gift basket artist, **Kay Crow** for door prizes.
- Many food items left from the walk.
- Coupons for C Fresh products

FUTURE MEETINGS

Our next pot luck will be February 25th, 2017. Any suggestions for a theme? Please feel free to email or call me with your ideas!

The Central Iowa Celiac Connection offers a “**Newbie's Group**” for individuals during the first 6 months after being diagnosed with celiac disease. This group is held at Lutheran Church of Hope the second Monday of each month, 7:00 pm. This allows for a small group atmosphere to encourage questions. **Christie Engelbert** is the facilitator for this group and provides lots of valuable information.

PRODUCT INFORMATION

I was shopping at Walmart the other day and found **Goodie Girl Cookies Mint Slims Chocolate Dipped Mint Cookies!** YUMMY! These were just like the Girl Scout Cookies from way back in my day, but even better! You need to try them!

Archway has new GF Cookie Thins sugar cookies. They melt in your mouth! I could not find a store carrying this cookie so I contacted Archway as to where these cookies are sold and this is their response: We suggest you **make a request with your local store manager** to stock your favorite item or order this product directly from our company through our mail order service. Online ordering can be done at www.snydersofhanover.com, then click Snack Shoppe. You may also call 800-233-7125 ext. 18934 to place an order. Snyder's - Lance, Inc.

From Christa Pearson: Aldi has GF fried onion rings and GF dressing!

Sam Mills Animal Cookies – the website says they are sold at Walmart, but I haven't looked there. Amazon.com, jet.com and some Big Lots sell them. I called the Big Lots here and they said they do not carry them.

There's a new cracker from **Nabisco – Good Thins, Poppy and sesame seed**. I think these are carried at Hy-Vee.

5 Borough Bagels, 13435 University Ave. Ste. 300, Clive 515-809-1807. They are offering GF bagels and GF salads.

From Dave Johansen: Gluten Free Kellogg's Special 'K' - I Called Kellogg's 800 number to request info regarding testing. The rep I spoke to said that they comply with FDA guidelines of <20ppm. He assumed that the FDA tests randomly – it wasn't clear to me as to the definition of random. Kellogg's customer relations: 1-800-962-1413. (From Barb: I believe it is the company's responsibility to test their product to conform to the guidelines of <20ppm, or they cannot claim that it is gluten free.)

Tostitos chips from Costco....Food Should Taste Good – whole grain and crispy. Wonderful!

Lean Cuisine now has gluten free dinner options! I found them in the freezer section at Hy-Vee. They were the same price as the other dinners

There are many **C-Fresh products available at our Hy-Vee stores**. I asked for evidence that these were safe for us celiacs and that the products are tested for less than 20 ppm of gluten. This is what Carl Moen, the C-Fresh rep told me: Q: what process does Campbell use to ensure products are gluten-free? A: We have a strict two-step process for validating a product as gluten-free and ensuring that it meets FDA's criteria for the claim. First, we verify all the ingredients are gluten-free, then we analyze the finished product to make sure it is also free from any gluten. Additionally, we also test finished products at least once every six months to ensure continued compliance with our gluten-free policy. More information can be found here:

<https://www.campbellsoupcompany.com/connect-with-campbell/faq/#kwAllergen>

Magnolias' Wine Kitchen downtown Des Moines has gluten free bread to make your GF sandwiches!

Food Should Taste Good Multigrain Tortilla Chips are sold at Costco. They are so good! They cost around \$3.00 for a very large bag!

Katz has new Protein products, called Double Chocolate Zucchini Protein Muffins, Powdered Protein Donut Holes, and Cinnamon Protein Donut Holes. Go to www.katzglutenfree.com, or call 888-431-5289. The products are 40% off. There is flat rate shipping at \$7.99, and free shipping if the purchase is \$50 or more. Use code "newprotein". Katz also offers protein fruit bars.

Glutenfreeda recently introduced a new pocket sandwich flavor, **Hickory Ham & Eggs with Cheddar Cheese**. They have also introduced new packaging for these products. Their three other flavors for the pocket sandwiches are **Bacon & Eggs with Cheddar Cheese, Roast Beef**

From **Angie Wagner: Martha White has two gluten free muffin mixes at Walmart - blueberry and chocolate-chocolate chip**. <http://www.marthawhite.com/baking-products/muffin>

Better for You Bakery is a dedicated gluten free custom order (not a retail stop and shop) licensed wholesale and custom direct bakery in Jefferson, Iowa. Our focus is on meeting the needs of customers with gluten or other allergen restrictions and who desire for more quality ingredients in their bakery products. We also make significant changes to traditional recipes in the areas of fats, sugars, flours and starches used in our products. Tina Meseck, owner, creates her own gluten free flour blends. The bakery offers four bakery mixes with more coming soon in a few retail locations, or direct from the website, with free shipping with \$50 purchase to 48 states. If you'd like a store near you to carry the mixes have their management contact us so we can make that happen. Ready to eat products are only available by pre-order direct from the bakery or in local retailers in the Jefferson, Iowa area right now.

You can find out more about our bakery, purchase mixes through the shop cart on the website and sign up for our monthly newsletter by visiting our website at www.betterforyoubakery.net, and follow us on Facebook at www.facebook.com/betterforyoubakery/. You can contact Tina at [\(515\) 391-9549](tel:5153919549), tina@betterforyoubakery.net.

Gluten Free French Fried Onion Rings can be found at the following retailers: **Aldi's, Fresh Thyme, Giant, Stop and Shop, My H-E-B, and Sprouts**. The ones used at the GF pot luck on Nov. 12 were those from Aldi's!

OTHER INFORMATION

Barbara Moore, who has been a staple at all our pot lucks and helps with registration, wasn't here today because she had a previous commitment....here 80th Birthday party!!! Her family made plans for her on this day so she needed to be elsewhere! We can all wish her well!

I want to give you some information about the **celiac walk that was held October 11. Denise Menzel** has organized this event for the last 3 years. She has done a marvelous job, and raised a lot of money for the treatment and research on celiac disease. We are very appreciative of the way that Denise and her committee ran the walk every year. **The walk this year raised a total of \$2708.00. 75% of that money will go to a charity that does research on celiac disease, and 25% stays with this group to help cover our expenses.** I'm sorry that Denise couldn't make it to this pot luck but I wanted you to know that she has worked very hard on this cause. Denise has said she is planning to pass the baton on to someone else to put the walk together in the future. This leads me to the **next possible wonderful volunteers, Sarah and Tracy Sloan** have shared interest in putting their hat in the ring to take on the walk. Would you please stand up? They would like to know if any of you would be willing to join the committee for the walk next year. Please stop to see them after the meeting. They would love to share some information with you on the next walk.

How many of you have been to dinner at **Sam and Gabe's in Urbandale**? They have a wonderful GF menu and delicious food! Some of you remember when we had a gluten free night at the Outback Restaurant in Ankeny. They in turn donated 10% of the proceeds to our group to be donated to research. I have been in touch with **Sam and Gabe's to see if they might be interested in doing a dinner** night similar to that. The owner was interested, so I told him I would pass the word to the group to see how many people might be interested. If you would like to do something like that I would like you to let me know. We would need perhaps 50 people from our group to participate. Can you please

email or call me? Barb@celiacsconnect.com or 515-224-4145. I want to hear from you! I will arrange this outing if we get enough participants!

University of Iowa officials say they are working to make gluten-free options more accessible to students. "Things up in the Marketplace aren't labeled gluten-free, they are labeled with a 'contains gluten' symbol instead," said Laura Croteau, a nutrition specialist at UI Housing & Dining. According to the Housing & Dining website, NetNutrition is "an online tool that will be available for you to use to view menu allergens and nutrition information for items served in Hillcrest Marketplace, and in Burge Marketplace.

Kristen's Gluten Free Food has a NEW WEBSITE. The previous one.... that's a long story for another time. Please CELEBRATE with us as we come back online, visit our new website to see the NEW FEATURES, a Healthy Living Blog will include a broad spectrum of issues to help with a busy and challenging life that we all live. We will be introducing NEW PRODUCTS in the near future, offering more recipes, tips and ways to offer more healthy food to you and your families. Same address, go to: www.kristensglutenfreefood.com. Kristen's Gluten Free Food 3095 County Road L, Tekamah, Nebraska 68061 402.374.1546 Phone and Fax 402.870.2571 mike@kristyskitchen.com Email www.kristensglutenfreefood.com

One of our members, **Christa Pearson**, has recently started a Facebook group called "**Gluten Free Des Moines.**" It's a place where people can post restaurant reviews, ask for help locating GF products locally, alert others to new local GF finds, and post relevant information pertaining to GF living (especially as it relates to greater Des Moines). Just go to Facebook, search for "Gluten Free Des Moines" and request to be added to the group.

We hope to see you all at our next gluten free potluck, February 25th, 2017! Hard to believe how time keeps marching on, faster and faster! If you have any questions or concerns please feel free to call me at the number below.

Glutenfreely Yours,
Barb Huyette, 515-224-4145

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

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 |
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| <p>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 Tones garlic salt, Tones onion salt, and pepper to taste as the gravy thickens. Continue with the potato starch till you achieve the right consistency.</p> | |

| GREEN BEAN CASSEROLE | Lynnette Stout |
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| <p>1 can Progresso Creamy Mushroom soup 3 cans of French cut Green Beans, drained 1 can French-dried Onions – used Aldi’s Live G Free Black Pepper to taste Optional for potluck: Add 2 cans of cut green beans. 1 T corn starch + 2 T Water + 1 T milk, to thicken soup. Pinch of garlic powder and onion powder.</p> | <p>Mix soup, beans, pepper, in a greased casserole. Bake for 30 minutes at 350 degrees. Stir, then sprinkle onions over top. Bake another 10 minutes until onions are browned.</p> |

| DEATH BY CHOCOLATE ZUCCHINI BREAD | Velma Roberts |
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| <p>1/2 c. melted butter, plus more for brushing pan 1/2 c. cocoa powder, plus more for dusting pan 1 1/4 c. gluten free flour 1 tsp. baking soda 1 tsp. cinnamon 1/4 tsp. kosher salt 1 c. sugar like coconut sugar 1 egg plus 1 egg yolk 1 tsp. vanilla extract 2 c. grated zucchini (from 1 large or 2-3 small) 2/3 c. chocolate chips Flaky sea salt for garnish</p> | <p>Preheat oven to 350 degrees. Butter and dust a loaf pan with cocoa powder. In large bowl, whisk together flour, cocoa powder, baking soda, cinnamon and salt. In another large bowl, stir together sugar and egg and yolk until smooth, 1 minute. Add melted butter and vanilla extract and mix until smooth. Add zucchini, then add flour mixture in 3 additions. Fold in chocolate chips. Transfer batter to prepared dish and bake 50 minutes. Let cool slightly in pan, then transfer to a cooling rack. Sprinkle with flaky sea salt and serve. This is very good. The Bread I brought to the lunch was cooked about 10 min too long so it was very dry.</p> |

| Butternut Squash | Char Farley |
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| <p>4 lbs. - (8 cups) cooked and mashed squash 2 T. - Smart Balance non-dairy spread - melted 1 t. Tones cinnamon or to taste</p> | <p>Preheat oven to 350 degrees. Cut in half vertically and then in sections if desired, remove seeds. Place on foil on a large baking pan. Place</p> |

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| | <p>squash cut side down to bake 40 minutes or until fork goes through easily. Cool before scraping out the pulp into a large bowl; add remaining ingredients. Ready to serve.</p> <p>Option: To make a smooth texture, press pulp through a sieve; then mix with remaining ingredients.</p> <p>If squash has cooled, place in a baking dish, lightly sprayed with oil and bake 20-30 minutes until heated through. Serves 16 -1/2 cup servings</p> |
| MINI-CHEESE BALLS | Becky Wehrman-Andersen |
| <p>2 -8 oz. packages Philadelphia Cream Cheese (gf) 1 -8 oz. package Blue Cheese Crumbles (gf verified) 2 c. chopped, dried cranberries (gf verified) 2 c. chopped pecans (gf verified) Gluten Free Pretzel Sticks</p> | <p>Blend cheeses using mixer. Add in ½ c. cranberries and ½ c pecans. Blend thoroughly. Shape into 1” balls. Blend remaining cranberries and pecans in a bowl. Roll mini-cheese balls in cranberry/pecan mix. Place gf pretzel stick in center of cheese stick. Enjoy!</p> |
| Squash Casserole | Lynn Louk |
| <p>1 - 1/2 lbs. fresh butternut squash 1 pkg. gluten free Pacific condensed 1 small onion, chopped cream of chicken soup 3/4 cup AE lite sour cream 4 tbsp. butter 1 medium carrot, grated 1/2 cup fine bread crumbs</p> | <p>Cut and peel squash and remove seeds. Cut into cubes and cook until tender (10-15 minutes). Mash squash and combine with onion, sour cream, carrot and soup. Place into 2 qt. casserole. Melt butter and combine with crumbs; sprinkle over squash mixture. Bake at 350 degrees for 30-40 minutes.</p> |
| MASHED POTATOES | Courtney Gaer |
| <p>4-6 medium size Idaho potatoes 4 Tbsp butter 4 oz cream cheese ½ C milk ½ tsp salt, plus extra for the water</p> | <p>Peel the potatoes, cut into cubes, and place in a pot. Fill with water until potatoes are covered. Add a pinch of salt. Cook on high until water boils. Turn heat to low and simmer for about 10 minutes until you can easily pierce potatoes with a fork. Drain water from potatoes. Add butter, cream cheese, milk, and salt. Beat with a hand mixer until all ingredients are incorporated and potatoes are mashed. If desired, top with a couple of pats of butter before serving. Serves 4-6.</p> |
| HARVEST PUMPKIN-SPICE BARS (GLUTEN-FREE) | Cathy Fenton |
| <p>1 Can Pumpkin 16 oz. 1 box Betty Crocker Gluten-Free yellow cake ½ cup butter, softened ¼ cup water 2 tsp ground cinnamon ½ tsp ground ginger ¼ tsp ground cloves 3 eggs 1 cup of raisins if desired <u>Frosting</u></p> | <p>Heat oven to 350. Lightly grease bottom and sides of 15x10x1 inch pan with Shortening or cooking spray. In large bowl, beat all bar ingredients except Raisins with electric mixer on low speed 30 Seconds, then on medium speed 2 minutes, Scraping bowl occasionally. Stir in raisins. Spread in pan. Bake 20-25 minutes or until light brown. Cool completely in pan on cooling rack, about 2 hours. Spread frosting over bars Sprinkle with Walnuts. Store in refrigerator.</p> |

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| 1 container Betty Crocker Rich & Creamy Cream cheese frosting ¼ cup chopped walnuts, if desired | |
| GF RAISED DONUTS | Emily Crow |
| <p>2 ½ cups GF flour 2 tsp xanthan gum (omit if your blend already contains) ½ tsp salt ¼ tsp cream of tartar ¼ tsp baking soda ¼ cup sugar 2 ½ tsp instant yeast 1 tsp apple cider vinegar 1 large egg, plus one egg white 1 1/8 cups milk 4 Tbsp butter oil for frying</p> | <p>Place milk and butter in a bowl and microwave until butter is melted and temperature of milk is about 110°. Add yeast and allow to proof for 5 to 10 minutes, until frothy on top. Using a whisk, combine all dry ingredients (except yeast). Add egg and vinegar, mixing until incorporated. Slowly add yeast mixture and mix until well combined. Batter will be very sticky, so if necessary, add 2 Tbsp more flour. Dip out by heaping tablespoonsful on a parchment paper lined cookie sheet (I sprayed mine with PAM), and allow to rise for 1 hour, or until doubled in size. In a skillet, heat oil to 350°. Drop donuts off in the grease and fry until golden brown on one side, then flip to brown the other side. Place on paper towels to drain (I use a baking rack with paper towels under). You can use a powdered sugar dusting, cinnamon sugar dusting, or your favorite glaze to top the donuts. Just be sure to drain VERY WELL before topping; if there is excess grease in the donut, the topping will trap that grease and they will be like eating a grease ball!</p> |
| SNICKERDOODLE CAKE | Emily Crow |
| <p>Topping: ¾ cup packed brown sugar ½ tsp cinnamon 3 Tbsp cold butter Cake: 1 box GF vanilla cake mix ¼ cup vanilla instant pudding 1 tsp cinnamon ¾ cup milk 1 stick butter, melted 3 eggs 2 tsp vanilla Frosting: 4 oz cream cheese, softened 4 oz softened butter 2 ½ cups powdered sugar 2 tsp vanilla</p> | <p>Mix together all topping ingredients and place in the bottom of two 9-inch cake pans that have been lined with parchment paper. Set aside. Combine all cake ingredients and mix well. Spread batter on top of the topping, dividing evenly between the two cake pans. Take care in spreading the batter so that the topping doesn't incorporate in the batter. Bake at 350° for 20 – 25 minutes, until cakes are golden and they begin to separate from the sides of the pans. Cool completely in pans on a baking rack, then run a knife around the edges of the pan to loosen. Turn out on cooling rack. For frosting, mix cream cheese and butter well. Add vanilla, and then beat in powdered sugar. Frost the top of the bottom layer of the cake, then stack the top layer on top of the frosting. Frost outside of the cake.</p> |
| SWEET POTATO CASSEROLE | Emily Crow |
| <p>6 cups sweet potatoes, fresh or canned 1 ½ cups sugar 1 ½ tsp cinnamon</p> | <p>Mix together brown sugar, flour, and pecans in a small bowl. Add melted butter and stir (or incorporate with your hands) until butter is evenly</p> |

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| <p>2 eggs 1/3 cup milk If you use fresh potatoes, boil and peel. Place all ingredients in a large bowl and mix together until well combined. Topping: ½ cup brown sugar ½ cup GF flour ½ cup chopped pecans 2 Tbsp. melted butter</p> | <p>distributed. Sprinkle over the top of the potatoes. Bake for 35 minutes at 350° for 30 to 35 minutes, until hot through and topping is crunchy.</p> |
| MASHED POTATOES | Fran Andrews |
| <p>10 lbs potatoes 6 TBSP butter ¼ cup skim milk</p> | <p>Peel potatoes, and cut into even pieces. Put in pan, cover with water. Put pan on stove with burner set to high. After 10 minutes put a fork in a potato. If fork goes in easily potatoes are done. If not, cook for 5 more minutes and use the fork again. When done put in crock-pot, add butter and milk. Mash together until smooth.</p> |
| CARROT CAKE | Kim Bailey |
| Mama Stoen's Carrot cake mix made according to package directions. Pillsbury Cream Cheese frosting. | |
| PASTA SALAD | Kim Bailey |
| <p>Barilla gluten free Rotini Diced Tomato Diced Green Pepper Diced Pepperoni Diced Cucumber Wishbone Italian Dressing</p> | <p>Make pasta according to pkg. directions. Add remaining ingredients and chill several hours before serving.</p> |
| CHEESY CREAM CORN | Christie Engelbert |
| <p>3 packages (16 oz. each) frozen corn 2 packages (one 8 oz., one 3 oz.) cream cheese, cubed (Hy-Vee) ¼ cup butter or margarine, cubed 3 tablespoons water 3 tablespoons milk 2 tablespoons sugar 6 slices process American cheese, cut into small pieces</p> | <p>Combine all ingredients in a slow cooker; mix well. Cover and cook on low for 4 hours or until heated through and the cheese is melted. Stir well before serving.</p> |
| Grandma's Slaw Dressing | Barb Mittman |
| <p>Dressing for 4 cups of fresh shredded cabbage and/or vegetables. 1 package Dole Classic Coleslaw ¾ cup Hellman's Real Mayonnaise 4-6 tablespoon C&H granulated sugar 2 tablespoons Heinz Apple Cider Vinegar 1-2 tablespoons Carlini canola oil ½ teaspoon McCormick celery seed ¼ - ½ teaspoon salt (optional)</p> | <p>Combine dressing ingredients. Toss on vegetables. Chill.</p> |

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| PECAN PIE SQUARES | Barb Mittman |
| <p>Grease 11" x 7" pan. Preheat oven to 350 degrees. Crust: 1½ cups G-F flour blend (Bob's Red Mill G-F 1 to 1 Mix Baking Flour) ¼ cup sweet rice flour (Bob's Red Mill) ½ t. salt (optional) 3 Tablespoons C&H sugar 6 Tablespoons Blue Bonnet margarine, chilled Combine until crumbly. Press into greased pan and bake for 20 minutes. Filling: 2 eggs ¾ cup C&H sugar ¾ cup Karo Dark Corn Syrup 1½ Tablespoons Blue Bonnet margarine ¾ teaspoon Tone's Vanilla 1¼ cups chopped pecans (Southern Grove – Aldi's) Mix and spread over baked crust. Bake an additional 25-30 minutes or until done.</p> | |
| AMBROSIA FRUIT SALAD | Norma Rohn |
| <p>1 CAN (8-¼ OUNCES) FRUIT COCTAIL, DRAINED 1 CAN (8 OUNCES) UNSWEETENED PINEAPPLE CHUNKS, DRAINED 1 CUP GREEN GRAPES 1 CUP SEEDLESS RED GRAPES 1 CUP MINIATURE MARSHMALLOWS 1 MEDIUM BANANA, SLICED ¾ CUP VANILLA YOGURT ½ CUP FLAKED COCONUT</p> | <p>In a large bowl, combine all ingredients. Chill until serving. Yield: 6 servings</p> |
| TRADITIONAL STUFFING | Kay Crow |
| <p>8 cups gluten free bread cubes (I used Schar multigrain) ½ cup butter or margarine (1 stick) 1 ½ cups chopped onion * 1 ½ cups chopped celery * ¼ teaspoon pepper & 1 ½ teaspoon salt 1 T sage 1 T thyme 1 T poultry seasoning 1 T chopped chives 1 small can water chestnuts- drained & chopped (optional) 1 cup chicken broth 3 eggs</p> | <p>Cut bread into ½" cubes and toast in oven at 350 for 10 minutes. Place cooled bread cubes in greased 9 x 13 pan or large casserole dish. Melt butter or margarine in pan over medium heat. Add onion through chives and let simmer until tender. Add water chestnuts if using. Pour contents of pan over bread cubes and toss. Lightly beat eggs into chicken broth and pour slowly over bread mixture, tossing lightly until moistened. Taste test now and make any adjustments. Cover with foil and bake at 350 for about 35 minutes; uncover and bake another 10 minutes for a crisp topping. Serves about 12 depending on portion. * As an alternate to chopping all that onion and celery, you can use 2 bags of Pictsweet Frozen Seasoning Blend. It is mostly onion and celery with a little pepper and parsley. Just thaw</p> |

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| | in microwave, drain and add to melted butter or margarine. |
| PINK ANGEL DELIGHT | Linda Chamberlin |
| Gluten Free Angel Food Cake Mix_(I used Mama Stoen's) 2 cups of egg whites 1 ½ tsp Gluten Free Vanilla Extract 1 ½ tsp. Gluten Free Almond Extract Mix and bake according to package directions. Flip the cake upside down until it is completely cool. 1 large package of Strawberry Jell-O 1 ¼ cup boiling water 1 package Frozen Strawberries 1 cup Heavy Cream, Whipped | Dissolve Jell-O in the boiling water. Add frozen berries partly thawed. Stir to blend and melt the berries. Chill until syrupy. Whip the cream until it holds stiff peaks. Fold the cream into the Jell-O mixture. Break the Angel Food Cake into small pieces and place in a large bowl. (Using two forks makes this easier.) Pour the Jell-O mixture over the cake pieces and mix lightly. Pour into a 9 X 13 cake pan and chill. (Can be made a day ahead.) |
| PUMPKIN SPICE CAKE | Jan Morgan |
| 1 box Betty Crocker Gluten Free yellow cake mix 1 can (15 oz) pumpkin (used Libby's brand) ½ C butter, softened ¼ C water 2 tsp ground cinnamon ½ tsp ground ginger ¼ tsp ground cloves 3 eggs | Heat oven to 350 degrees. Lightly grease bottom and sides of 9x13 inch pan with cooking spray. In large bowl, beat all ingredients together with electric mixer on medium speed for 2 minutes, scraping bowl occasionally. Spread in pan. Bake 25-30 minutes or until light brown. Cool completely in pan on cooling rack; about 2 hours. Spread frosting over cake (used Betty Crocker Rich & Creamy Cream Cheese-which is Gluten Free) |
| MASHED POTATOES | Mary Gilley |
| (Made 10 pounds mashed potatoes) | |
| 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. ½ Pound of grass fed ground beef (Sauté with mushrooms and onion until transparent.) ¼ C diced onions. ½ Teaspoon garlic Powder. ½ C of Catsup. ¾ C brown sugar (organic used), | 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 ingredients when combined will fit into the selected casserole dish with space to expand (otherwise your oven will be a sticky mess). |
| GLUTEN FREE BROCCOLI AND CAULIFLOWER CASSEROLE | Sue and Becky Brinker |
| 1 – 6 oz. package of Funyuns, crushed 1 – 16 oz. package frozen broccoli florets 1 – 16 oz. package frozen cauliflower florets 1 – 18 oz. can Progresso creamy mushroom soup 1 – 15 oz. jar HyVee brand Smooth and Cheesy Cheese Dip (contains milk and soy) | Cook broccoli and cauliflower separately as directed on package. In a saucepan, cook soup and cheese sauce together until cheese melts. Combine vegetables and sauce. Mix well. Put in 9 x 13 baking dish. Top with crushed Funyuns (contain milk) to cover top of casserole. Bake at |

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| | 350 degrees for ½ hour or until bubbly and brown. |
| CRANBERRY AND APPLE DRESSING | Angie Wagner |
| (from SOUTHERNFOOD.ABOUT.COM) 1 loaf (1 pound) white bread, cut in small cubes (about 10 to 12 cups cubes) 4 T. butter, plus about 2 to 3 tsp for greasing the pan 1 C. chopped onion 1 C. chopped celery 1 t. rubbed sage ¼ t. dried marjoram ½ t. crumbled leaf thyme ¼ t. crumbled leaf rosemary ¼ t. black pepper ½ t. salt ¾ to 1 cup chicken broth 1 large apple, peeled, cored, finely chopped ½ 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. |
| RAW Cranberry Apple Salad | Pam Worden |
| 1 cup cranberries 2 large sweet apples (peeled and chunked) 3 Medjool dates 1/4 cup nuts (walnuts or pecans) 1 tablespoon orange zest 1/4 cup raw unfiltered honey 1/4 teaspoon cinnamon or pumpkin pie spice 1/4 teaspoon Celtic Sea Salt Pinch of ginger and allspice (optional) | Place apples in a food processor with an 'S' blade and process until course consistency. Add remaining ingredients and pulse until desired consistency is reached. Be careful not to over process. Place in a glass bowl, cover and refrigerate so flavors can mingle. Keeps for days refrigerated. ENJOY! |
| CHOCOLATE CHIP COOKIES | Sue Globstad |
| ½ cup white sugar 1 cup shortening 1 cup brown sugar 2 beaten eggs 2 cups and 4 level Tbs of flour (I used Bob's Red Mill) 1 tsp soda 1 tsp of salt 1 tsp vanilla 12 oz. package of semi-sweet chocolate chips | Combine first 3 ingredients. Add eggs. Add the dry ingredients and stir well. Add vanilla and chocolate chips. Bake at 350 degrees for 11 to 12 minutes. 3 dozen cookies. |
| APPLE CRISP | Joan Benson |
| Peel and slice apples into 9-inch pie plan Sprinkle with ½ cup or less of sugar and 1 tsp cinnamon Dot with butter CRUMB TOPPING ½ cup gluten free flour ½ cup of gluten free oatmeal | |

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| <p>½ cup brown sugar, packed. Mix all 3 together. Cut in 6 tablespoons soft butter to make crumbs. Spread on top of apples. Bake at 375 for 45 minutes or until apples are fully cooked</p> | |
| No Title to this recipe | and no name was on the recipe. |
| <p>All the more reason we ask that you put your NAME on your recipe! I can't even call to clarify this!</p> <p>light corn syrup brown sugar Jif peanut butter Country Fare vanilla gluten free Special K Fareway semi sweet chocolate chips Great Value butterscotch chips</p> | |
| GRANDMA'S GLUTEN FREE PUMPKIN BARS | Wendi Brannen |
| <p>8 Eggs 3 and 1/3 C granulated sugar 2 C coconut or vegetable oil 29 oz. can pumpkin 4 C GF All Purpose Baking mix (should include xanthan gum) I used King Arthur Flour 4 t baking powder 4 t ground cinnamon 2 t salt 2 t baking soda Icing 6 oz. cream cheese 1½ stick butter 2 t milk 2 t vanilla 3½ C powdered sugar</p> | <p>Preheat the oven to 350 degrees F. Using an electric mixer at medium speed, combine the eggs, sugar, oil and pumpkin until light and fluffy. Stir together the GF flour, baking powder, cinnamon, salt and baking soda. Add the dry ingredients to the pumpkin mixture and mix at low speed until thoroughly combined and the batter is smooth. Spread the batter greased 1 inch deep extra-large cookie sheet Bake for 20 – 30 minutes (toothpick should come out clean). Let cool completely before frosting. For the icing, soften the butter and the cream cheese so that they can easily be creamed together. Add the other liquids and mix together before adding the powdered sugar. Mix until thick but not clumpy.</p> |
| Grandma's Gluten Free Pumpkin Bars | Unknown |
| <p>8 eggs 3 1/3 cups granulated sugar 2 cups coconut or vegetable oil 29 oz canned pumpkin 4 cups GL All Purpose Baking mix (should include xanthum gum) I used King Arthur Glour 4 tsp baking powder 4 tsp ground cinnamon 2 tsp salt 2 tsp baking soda Icing 6 oz cream cheese 1 ½ sticks butter 2 tsp milk 2 tsp vanilla 3 ½ cup powdered sugar</p> | <p>Preheat the oven to 350 degrees F. Using an electric mixer at medium speed, combine the eggs, sugar, oil and pumpkin until light and fluffy. Stir together the GF flour, baking powder, cinnamon, salt, and baking soda. Add the dry ingredients to the pumpkin mixture and mix at low speed until thoroughly combined and the batter is smooth. Spread the batter greased 1 inch deep extra large cookie sheet. Bake for 20 – 30 minutes (toothpick should come out clean). Let cool completely before frosting For the icing, soften the butter and the cream cheese so they can easily be creamed together. Add the other liquids and mix together before adding the powdered sugar. Mix until thick, but not clumpy.</p> |
| Yellow Cake | Unknown |

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| Glutino Yellow Cake Pillsbury Chocolate Frosting | |
| Walnut Cherry Quinoa Salad | Aimee Thode |
| 1 cup Quinoa, cook in 2 c water ½ cup Cherries ½ cup toasted walnuts ½ cup green onion | ½ cup parsley 3 TBSP Lemon Juice 3 TBSP olive oil Fetta cheese to taste |
| Pumpkin Pie Bars | Unknown |
| 1 package gluten free yellow cake mix (Betty Crocker) 4 eggs, divided ½ cup butter, melted 8 oz cream cheese, softened 15 oz can pumpkin ½ cup brown sugar 1 package pumpkin spice flavor instant pudding 8 oz whipped topping | Heat oven to 350 degrees. Line 13x9 inch pan with aluminum foil, with ends of foil extending over sides; spray with cooking spray. Mix cake mix, 1 egg and butter until blended; press into bottom of prepared pan. Beat cream cheese, pumpkin, sugar, dry pudding mix, and remaining eggs with mixer until blended; pour over crust. Bake 40 minutes or until center is almost set; cool 10 min. Use foil handles to transfer dessert to wire rack; cool completely. Spread whipped topping on dessert just before serving. |
| Pumpkin Muffins with Cinnamon Frosting | Unknown |
| Box King Arthur gf muffin mix 3 large eggs 1 cup milk 8 TBSP butter 1 can pumpkin 1 cup packed brown sugar ¼ tsp cinnamon, ground 1/8 tsp ground clove | Mix all together. Fill mini muffins about half full and bake at 375 for about 12 minutes. Frost when cool with Pillsbury Creamy Supreme Cinnamon Bun canned frosting. |
| Pumpkin Cheesecake with Sour Cream Top | Dianna Kruse |
| 1 ½ cups graham cracker crumbs (Schär, 2 packages) ¼ cup sugar 1/3 cup butter or margarine, melted Filling 3 packages (8 ozs each) cream cheese softened 1 cup packed brown sugar 15 oz solid pack pumpkin 2 TBSP cornstarch 1 ¼ tsp ground cinnamon ½ tsp ground nutmeg 5 oz evaporated milk 2 eggs Topping 2 cups sour cream (Daisy) 1/3 cup sugar 1 tsp vanilla extract | In a bowl, combine crumbs and sugar; stir in butter. Press into the bottom and up 1 ½ inches up the sides of a greased 9 inch springform pan. Bake at 350 for 5 – 7 minutes or until set. Cool for 10 minutes. In a mixing bowl, beat cream cheese and brown sugar until smooth. Add the pumpkin, cornstarch, cinnamon and nutmeg; mix well. Gradually add in milk and eggs just until blended. Pour into pan. Bake at 350 for 55 – 60 minutes or until center is almost set. Combine the sour cream, sugar, and vanilla; spread over filling. Bake 5 minutes. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loose; cool ??? or longer. Chill overnight. Remove sides of pan and stand at room temperature for 30 minutes before slicing. Sprinkle with cinnamon if desired. Refrigerate |

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| Additional ground cinnamon, optional | leftovers. (question marks are in place of unreadable text) |
| Gluten Free Peanut Butter Cheesecake Brownies (from maebells.com) | Unknown |
| 1 package gluten free brownie mix (Betty Crocker) 8 oz cream cheese 1 egg ¼ cup sugar or stevia 2 tsp vanilla extract 2 TBSP peanut butter | Preheat oven to 350. Line an 8x8 baking dish with parchment paper and set aside. In a large mixing bowl combine the brownie mix according to package directions. Lightly spray your parchment paper with cooking spray and spread half of the brownie mixture into the pan. Be sure to spread the mixture evenly. In a small mixing bowl combine the cream cheese, egg, sugar or stevia, vanilla extra, and peanut butter, and mix well. Drop large spoonfuls of the cheesecake mixture over the brownies. Spoon the remaining brownie batter over the top and use a toothpick to create swirls. Bake for 30 – 35 minutes. |
| Peanut butter Cookies | Unknown |
| 1 cup creamy peanut butter 1 cup sugar 1 egg Chocolate Stars or Kisses | Combine first 3 ingredients. Form into balls and roll in additional sugar. Place on baking sheet and press down slightly. Bake 10 – 11 minutes at 350 degrees. Remove from oven and place chocolate star on top. |
| Peach Cobbler | Jacob White |
| 3 (15 oz) cans peach slices 1 package gluten free cake mix (white, chocolate, or butter) 6 TBSP butter | Spray 9x13 cake pan. Pour peach slices with juice into cake pan. I usually make sure the peach slices are tipped onto their sides so they aren't sticking up so much. Spread an unmade package of gluten free cake mix on top. Gently distribute the mix to cover the peaches. In a microwave safe bowl, on medium setting, melt butter. Use a spoon to drizzle the butter over the cake mix. Bake at 350 until top is golden brown. Usually takes 30 – 45 minutes. |
| Mashed Potatoes? | Unknown |
| 10 lbs potatoes 2 blocks cream cheese 16 oz sour cream | |
| Hodgson Mill Brownie Mix | Nancy Young |
| 1 box Hodgson Mill GF brownie mix ½ c butter, melted 1 large egg 2 tsp vanilla 1/3 c warm water ½ c nuts (optional) | Preheat oven to 350 degrees. Mix ingredients and bake for 18 – 22 minutes. |
| Cheesy Potatoes and Ham | Unknown |
| 1 bag Ore Ida Potatoes O'Brian with Onion and | Mix all together in a greased crock pot. Cook on |

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| Peppers 1 package Farmland Diced Ham 12 oz shredded co-jack cheese 16 oz sour cream ¾ cup milk | low 6 hours. |
| Deviled Eggs | Unknown |
| Eggs Mayo – Kraft Mustard – Kraft Relish – Hy-Vee | Paprika – Tones Salt Pepper |
| Chocolate Pretzel Bites | Unknown |
| 1 Bag of Gluten Free Pretzels 2 Bags of Hershey’s Kisses 1 Bag of Reese’s Pieces | Preheat oven to 200 degrees F. Put kisses on the pretzels on a cookie sheet lined with parchment paper in the oven for 7 minutes. Take out of the oven and place Reese’s Pieces on top. Let cool. |
| Loaded Cauliflower | Heather King |
| 2 lbs cauliflower florets 8 oz shredded sharp cheddar, divided 8 oz shredded monetary jack, divided 8 oz sour cream 2 bunches green onion, sliced 6 slices bacon cooked and crumpled 1 clove garlic, grated Salt and pepper to taste ¼ cup heavy cream | Preheat oven to 350. Steam cauliflower until tender. Cream together 6 oz cheddar, 6 oz monetary, and cream cheese. Stir in onions, bacon, and garlic and set aside. Drain cauliflower and add to cheese mixture. Taste for seasoning and add as necessary. Add heavy cream. Pour in 2 – 3 quart casserole dish and top with remaining cheese. Cover with foil and bake 25 minutes, uncover and cook until brown and bubbly. |
| Crockpot Mac and Cheese | Unknown |
| 16 oz gluten free elbow macaroni 8 oz cream cheese 4 cups milk 12 oz carnation evaporated milk 3 cups shredded cheddar cheese. | Cook macaroni for 2 – 3 minutes. Mix all ingredients in crockpot. Cook on high for 2 hours. |
| Cocktail Wieners | Unknown |
| 2/3 cup Smuckers Concord Grape Jelly – Low Sugar 2 TBSP French’s Mustard 1/3 cup A-1 Steak Sauce | |
| Banana Bread Brownies | Unknown |
| 1 ½ cup sugar 1 cup sour cream ½ cup butter, softened 2 eggs 1 ¾ cup mashed bananas (3 – 4 ripe) 2 tsp vanilla 2 cups flour - all-purpose gluten free flour 1 tsp baking soda ¾ tsp salt | Preheat oven to 375 degrees. Cream together sugar, sour cream, butter, and eggs. Add bananas, vanilla, flour, baking soda, salt, and walnuts. Grease a 15x10 jelly roll pan. Bake for 25 minutes. Cool and then frost. Frosting: Melt together butter and milk. Add vanilla and powdered sugar. |

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| ½ cup chopped walnuts (optional) Frosting ½ cup butter 3 TBSP milk 1 ½ tsp vanilla 4 cup powdered sugar | |
| Broccoli Casserole | Unknown |
| Broccoli Cream of mushroom soup – Progresso Mayo – Kraft Butter Eggs onion Cheddar cheese – Hy-Vee Table crackers – Schar Salt Pepper GF fried onions - Aldi | |
| Apple Salad | Marcia Rigger |
| 1 cup sugar 2 TBSP cornstarch 1 egg, beaten 2 TBSP vinegar 2 cups pineapple juice 4 yellow delicious apples (chopped with skin) Red grapes Can of chunk pineapple Little marshmallows Black walnuts (optional) | Mix sugar, cornstarch, egg, vinegar and pine apple juice. Boil in microwave until thickened. Cool and add to apples mixture. |
| Apple Salad | Unknown |
| Fuji Apples Grapes Celery Walnuts Hellmann’s Mayonnaise Sugar | |
| Amazing Pecan Coffee Cake Original Recipe from Allrecipes | Adapted by Michael Berryhill |
| 2 cups Domata flour ¼ tsp salt 1 TBSP baking powder 1 cup butter, softened 1 cup sour cream 1 ½ cups white sugar 2 eggs 1 TBSP vanilla ½ cup brown sugar 1 cup chopped pecans | Preheat oven to 350. Line a 9 x 13 pan with aluminum foil, and lightly grease with vegetable oil or cooking spray. Sift together the flour, baking powder, and salt; set aside. In a large bowl, cream the butter until light and fluffy. Gradually beat in sour cream, then beat in sugar. Beat in the eggs one at a time, then stir in vanilla. By hand, fold in the flour mixture, mixing just until incorporated. Spread batter into prepared pan. To make the Pecan Topping: In a medium bowl, mix together |

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| <p>1 tsp ground cinnamon 2 TBSP butter, melted</p> | <p>brown sugar, pecans and cinnamon. Stir in melted butter until crumbly. Sprinkle over cake batter in pan. Bake in a preheated oven for 30 to 35 minutes, or until a toothpick inserted into center comes out clean. Let cool in pan for 10 minutes, then turn out onto a wire rack, and remove foil.</p> |
| <p>Cranberry Delight</p> | <p>Unknown</p> |
| <p>1 lb packaged cranberries 1 ¼ cups water 1 cup sugar 1 large box black cherry or cherry Jello ¾ cup diced, crisp celery 1 cup diced pecans ¾ cup diced raw apples</p> | <p>Combine cranberries and water. Boil until cranberries pop and are all done. Add sugar and cook 5 minutes longer. In a large mixing bowl empty one large box of black cherry or cherry Jello. Pour the cranberry mixture over the powdered Jello. Mix well. Cool in refrigerator. Once cooled, add celery, pecans, and apples. Mix well so that apples, celery, and pecans are all coated. Keep refrigerated until served. Makes 8 – 10 servings.</p> |