



# Rockford Area Celiac Support Assoc.

Helping People on a Gluten-free Diet  
May 2015 Newsletter

Website: [www.rockfordceliacs.com](http://www.rockfordceliacs.com)

Email: [RockfordCSA@yahoo.com](mailto:RockfordCSA@yahoo.com)

## Next Meeting

**Wed., May 27, 2015**

7:00 p.m.

OSF St. Anthony's Hospital  
Foundation Room, Lower Level by Cafe

Speaker:

**Stacia Sackmaster APN**

Stacia is a Family Nurse Practitioner who is part of Rockford Gastroenterology.

She will give a presentation followed by a question and answer session.

*You may bring a Gluten-Free snack or dessert to share if you would like. If you bring something, please bring the recipe so that people can check ingredients. Thanks!*

## 2015 Meeting Dates

The dates for the remaining meetings in 2015 are as follows:

**May 27 (Wed) - 7pm**

**July 29 (Wed) - 7pm**

**September 30 (Wed) - 7pm**

**November 18 (Wed) - Holiday Dinner**

## Dues

Dues for 2015 remained at \$10.00 for the year and are now overdue. Although our costs are not excessive, we depend on the payment of dues to pay for meeting supplies, notebooks, etc. Payment of dues is required to remain on the mailing list (email and regular mail). If you have not yet paid

your dues, please send your check payable to "Rockford CSA" for \$10.00 to our treasurer, Ron Ford, at 2431 Devonshire Drive, Rockford, IL 61107. If you are unable to pay the dues, please send a note instead. Thanks for your support!

## March Meeting Recap

Once again, we had a great Pancake/Waffle breakfast. GF girls scout cookies were available for purchase, as well as free samples for every one of two kinds of GF pretzels from Ener-G Foods. We also had the March box of GF products and information from TasteGuru for people to look at, then raffled it off. TasteGuru sends out monthly boxes of GF products. For more information, go to [www.tasteguru.com](http://www.tasteguru.com). Amy Maggio of Wildtree Products has GF products from that company for sampling and for sale. If you would like more information regarding Wildtree, you can reach Amy at 815/9888-1735. Recipes from the meeting are found later in the newsletter.

## What are Prebiotics?

Prebiotics are substances that help stimulate the growth of probiotics, which help with the good-for-you bacteria that lives in your gut. Many prebiotics contain inulin, a type of soluble fiber which improves digestive health and boosts absorption of nutrients. On a GF diet, we don't have trouble getting fiber from fruits, vegetables and legumes, but we do not get whole grains. It is always best to get fiber from food, but if you have trouble getting enough fiber, a prebiotic may be a very good choice for you. Foods rich in prebiotics include pure oats, chicory, bananas, garlic and onions, all of which contain inulin. Other prebiotic rich foods are artichokes, leeks, asparagus, beans and flax seed. Heat destroys the beneficial bacteria of a prebiotic so avoid hot beverages for an hour after consuming a prebiotic - either in supplement form or food form.

## Sugar and How to Reduce Your Intake

*(summarized from CSA Lifeline Article 2014/4)*

High consumption of sugar not only packs on the pounds, but it is a primary contributor to heart disease, diabetes, cancer and dental disease. It also can cause alterations in intestinal bacteria that lead to irritable bowel syndrome, mood disorders and abnormal hormonal regulation.

Top sources of sugar in our diets include soda, candy, baked goods, fruit drinks, ice cream, cereals, bread, yogurt and condiments and sauces. Fruit and other natural sugars are less a concern than sugars added during food processing and preparation. When reading labels, be on the lookout for added sugar. You may be surprised to find how much added sugar is hidden in various ingredients - see the below list of key terms.

- **"sugar"** (brown sugar, invert sugar, etc.)
- **"syrup"** (corn syrup, high fructose corn syrup, agave syrup, maple syrup)
- **"-ose"** (dextrose, maltose, sucrose, glucose, lactose)
- **"-ol"** (erythritol, isomalt, maltitol, mannitol, sorbitol, xylitol)
- **Other** (honey, molasses, fruit juice concentrate, fruit nectar, can juice)

Keep in mind that the ingredients are listed in descending order based on how much of the ingredient is used in the food. Also, since there may be several sugar ingredients, also check the carbohydrate listing on the label.

Artificial sweeteners are not necessarily the answer, because they cause the same response in your body that real sugar does (other than adding calories). They do not help protect from disease, including diabetes, and can cause the same problems with intestinal bacteria, which is a factor for Celiacs. Stevia and Truvia are two natural plant products that are a much healthier sweetener and a better choice for an alternative to sugar.



## Gluten-Free Dining

Lots of restaurants are jumping on the gluten-free bandwagon, but you still need to ask questions at a restaurant to make sure that food preparation is done in a way that cross contamination is not likely to occur. The food might start out gluten-free, but if it is not handled and prepared in a clean environment, then it can be contaminated.

There is a free website that offers information on GF restaurants and is a great tool when trying to find a place to eat. You put in a city or zip code and get information for that location, so it is great for when you are traveling too. The website is [www.findmeglutenfree.com](http://www.findmeglutenfree.com) and does not require you to be a member. When I looked up Rockford, I got a list that included what GF offering they had and reviews. Even though there are a lot more restaurants in the area trying to accommodate the GF diet, I've included a condensed list of what comes up for Rockford, in case there is something there you haven't seen before.

**Alchemy** - GF Menu, Pizza, Burgers, Sandwiches, Pasta, Wings, Tacos, Tortilla Chips, Soup, Fries  
**Bamboo Asian Noodles & Tapas Bar** - GF Menu  
**Beefaroo** - GF Menu, Burgers, Bread/Buns  
**Capri Restaurant & Pizza** - GF Menu, Pasta  
**Chili's** - GF Menu  
**Chipotle** - GF Menu, Tortillas, Tacos, Tortilla Chips, Allergen List  
**Cracker Barrel** - GF Menu  
**Egg Harbor Café** - GF Menu, Celiac Friendly, Burgers, Sandwiches, Pancakes, Bread/Buns, Cinnamon Rolls  
**Five Guys** - GF Burgers, Fries  
**Garretts** - GF Menu  
**JMK Nippon** - GF Menu  
**Kuma's Asian Bistro** - GF Menu  
**Lone Star Steakhouse** - GF Menu  
**LongHorn Steakhouse** - GF Menu  
**Lucha Cantina** - GF Menu, Burgers, Tortillas, Wings, Tortilla Chips  
**Maciano's Pizza & Pastaria** - GF Pizza  
**Noodles & Company** - GF Pasta  
**Olive Garden** - GF Menu, Pasta

**The Olympic Tavern** - GF Burgers, Pasta, Wings, Cider, Beer, Appetizers

**Outback Steakhouse** - GF Menu

**Pho Square Vietnamese Restaurant** - GF Menu, Allergen List

**Primo's Pizza** - GF Pizza

**Red Mango** - Dessert

**Red Robin** - GF Menu, Burgers, Bread/Buns, Allergen List

**Ruby Tuesday** - GF Menu

**Sam's Ristorante** - GF Menu, Pizza, Pasta

**Sugarjones** - GF cupcakes

**Stone Eagle Tavern** - GF Menu, Pizza, Bread/Buns, Cider, Dessert

**Thunder Bay** - GF Menu

## Breakfast Meeting Recipes

Waffles and Pancakes were made using Ener-G Foods Rice Mix and Ener-G Foods Corn Mix.

### Swedish Pancakes

2 eggs	2 T potato starch flour*
Dash of salt	2- 1/2 T butter, melted
2 T sugar	1/2 c. milk

Bring eggs and milk to room temperature (otherwise butter will solidify). Mix all ingredients together. (Mix in a microwave safe bowl in case you need to re-melt the butter) Preheat a 6 inch skillet. Pour just enough batter to cover bottom. Lightly brown on both sides. Use spatula to roll pancake up. Serve.

*\*Important: be sure to stir batter each time before pouring into skillet. Potato starch flour tends to settle out.*

### 3 Ingredient Lemon Loaf

1 Box GF White Cake Mix  
1 (5.3oz) container Greek lemon meringue yogurt  
1 c. water  
1 T coarse sugar, if desired.

Heat oven to 350. Spray 9x5 loaf pan with non-stick cooking spray. Line bottom of pan with parchment paper if desired. In large bowl, beat cake mix, yogurt and water on low for 1 minute, then on medium for 2 minutes, scraping sides of

bowl. Pour into pan. Sprinkle with coarse sugar, if desired. Bake 40-50 minutes or until toothpick comes out clean. Cool in pan on rack for 10 minutes, then remove from pan to finish cooling.

### GF Peach Crisp

<u>Filling:</u>	<u>Topping:</u>
3 T tapioca flour	2 c. GF flour blend
5 c. sliced peaches	3/4 c. brown sugar
2 tsp lemon juice	1/4 c. white sugar
1/4 tsp nutmeg	1/2 tsp cinnamon
1/4 tsp ginger	1/2 tsp salt
1/2 tsp vanilla	2 sticks butter

Preheat oven to 375. Lightly oil 13x9 baking dish. Filling: stir together tapioca flour, peaches, lemon juice, vanilla, sugar, nutmeg, ginger in prepared baking dish until combined. Let filling rest while making topping. Topping: Combine flour, sugars, cinnamon and salt and mix until well combined. Add butter until mixture begins to form large clumps. Crumble topping evenly over filling. Bake until fruit is bubbling and topping begins to brown (50-60- minutes).

**Muffins** using Namaste Foods Muffin Mix.

**Muffins** using Krusteaz Muffin Mix.

### Brunch Coffeecake

1/2 c. butter	<u>Topping:</u>
1 (8oz) cream cheese	1/2 c. brown sugar
1-1/4 c. sugar	1/2 c. GF flour
2 eggs	3 T butter
1 tsp. vanilla	1 tsp. vanilla
2 c. GF Flour (mix recipe follows)	
1 tsp. baking powder	
1/2 tsp. baking soda	
1/4 tsp. salt	
1/3 c. milk	

Cream butter, cream cheese and sugar until light and fluffy. Add eggs and vanilla, beat well. Sift dry ingredients together and add to mixture alternatively with milk, beating until smooth. Spread in a greased and floured 9x13 pan. Topping: combine topping ingredients and sprinkle over cake. Bake at 350 for 30-35 minutes or until done.



### GF Flour Mix for Baking (not for bread)

2 c. rice flour  
1 c. brown rice flour  
1-1/8 c. potato starch  
3/8 c. tapioca flour (or cornstarch)  
2-1/2 tsp. xanthan gum (1 T if using cornstarch)

### Banana Breakfast Coffee Cake

<u>Cake:</u>	<u>Topping:</u>
2 c. GF flour	1/2 c. GF flour
1 tsp baking soda	1/2 C. packed brown sugar
1 tsp baking powder	1 tsp cinnamon
1/2 tsp. nutmeg	6 T unsalted butter
1/2 tsp. Salt	1/2 c. chopped walnuts
1/2 c. unsalted butter	
2/3 c. sugar	
2 eggs	
1 tsp vanilla	
1 c. mashed ripe bananas	
1/3 c. 2% milk	

Preheat oven to 350 and grease 9" square baking pan. Topping: combine flour, brown sugar, cinnamon and butter in food processor until resembles fine crumbs. Stir in walnuts. Cake: combine flour, baking soda, baking powder, nutmeg and salt, then set aside. Beat butter on medium until smooth. Add sugar and beat 3 to 4 minutes until fluffy. Add eggs one at a time, beating after each. Add vanilla and bananas and beat until well blended. Add flour mixture alternatively with milk, mixing until smooth. Pour into prepared pan and sprinkle topping on top. Bake 35 minutes or until toothpick comes out clean. Serve warm.

### Cinnamon Breakfast Cake

<u>Cake:</u>	<u>Topping:</u>
1 box GF yellow cake	1/3 c. packed brown sugar
1/4 c. vanilla instant pudding (1/2 a pkg)	1 tsp cinnamon
1 c. milk	1/3 c. chopped pecans
1/2 c. vegetable oil	<u>Glaze:</u>
3 large eggs	1/3 c. powdered sugar
2 tsp vanilla	1 to 2 T milk
Cinnamon/sugar (for dusting pan)	Dash of vanilla

Topping: combine all ingredients and mix until crumbly, set aside. Cake: Preheat oven to 350.

Slightly spray a Bundt pan with non-stick spray then dust it with cinnamon & sugar. Shake out excess and set aside. Combine cake mix, pudding, milk, oil, eggs and vanilla and beat on low only until all ingredients are incorporated (30 seconds), then on medium for 1.5 to 2 minutes longer, scraping down sides. Pour a third of the batter into Bundt pan, then sprinkle half of topping mix over top. Pour another 1/3 of the batter, smooth top and top with remaining topping. Pour remaining batter, smooth top and place in oven. Bake 35-40 minutes or until golden brown and springs back when lightly pressed on. Cool on a rack for 10 minutes, loosen sides then invert cake onto rack to finish cooling. Glaze: Mix powdered sugar, milk and vanilla in small bowl with whisk until glaze is smooth. Put on serving plate and spoon glaze on top.

### **Current Officers**

President - Jolyn Jensen 815-289-8092  
Vice Pres. - Betty Welsh 815-633-6582  
Treasurer - Ron Ford 815-229-8804

Newly Diagnosed Contact - Penny Kreiman

Email: [wldflwr528@gmail.com](mailto:wldflwr528@gmail.com)

Baking and Cooking Questions -

Betty Welsh 815-633-6582

Desa Ciufu 815-732-6978

Website: [www.RockfordCeliacs.com](http://www.RockfordCeliacs.com)

Email: [rockfordcsa@yahoo.com](mailto:rockfordcsa@yahoo.com)

~ ~ ~

In this newsletter, "Celiac Disease" is used to reference the general requirement to avoid gluten in the diet. "Celiac Disease" includes the terms celiac sprue, celiac disease, dermatitis herpetiformis, gluten intolerance and gluten sensitive enteropathy. Except for direct quotations and medical reference, "celiac disease" will be the universal term used in this newsletter. GF always means gluten-free.

**DISCLAIMER:** All recommendations, information, dietary suggestions, product news, menus, recipes and related data generated by the Rockford Area Chapter of the Celiac Sprue Association are intended for the benefit of our members and other interested parties. The text has not been submitted for approval to the CSA/USA medical board. Products mentioned or omitted do not constitute an endorsement of that product. Food manufacturer's products are subject to formula change at any time, changes that may or may not be reflected on labels. Neither the Rockford Area Celiac Sprue Association nor any of its members assume liability for the use of this information. Reproduction of any material is allowed and is offered to facilitate exchange of celiac information. If you find a technical mistake, please notify an officer so that a correction can be passed along to the members.