



# Rockford Area Celiac Support Assoc.

Helping People on a Gluten-free Diet  
October 2016 Newsletter

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

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**Next Meeting**  
**Wed., Nov. 30, 2016**  
**Lino's - 6:00 pm**

**Information to Follow**

## Information about Meeting at Swedes

The confer walking out alone.

## Book Reviews

**Gluten-Free Classic Snacks:** 100 Recipes for the are difficulty to find, and most of the dishes are not only gluten free, but also healthy.

List price: \$17.99; Amazon price: \$12.49. More information is available from:  
<https://simplygluten-free.com/5-ingredient-cookbook>

**Brand-Name Treats You Love** by Nicole Hunn

Have you been missing Girl Scout Thin Mints? Mrs. Fields Chocolate Cookies, perhaps? How about Little Debbie's and Goldfish crackers? This book offers gluten-free versions of this snack favorite. In case you haven't already guessed, this book is not intended for healthy eating. However, if you want an occasional splurge, this book is for you.

Hunn begins her book by covering the basics: ingredients, substitutions, flour blends, kitchen tools and equipment, and more. You'll discover very quickly that these recipes are time-intensive.

However, they also omit those artificial ingredients that plague many snack foods.

List price: \$19.99; Amazon price: \$13.45. More information available at Hunn's website:  
<http://glutenfreeonashoestring.com/sneak-peek-gluten-free-classic-snacks/>

**Simply Gluten Free 5 Ingredient Cookbook:** Fast, Fresh & Simple! Featuring 15-Minute Recipes

This book is ideal for the very busy individual who needs to avoid gluten in his/her diet. The editors cover the basics in the introduction, including an ideal primer for recently diagnosed celiacs.

The book offers easy to make recipes for breakfast, lunch, snacks, appetizers, and desserts. Few, if any of the ingredients

## New Sample Packs from Katz

If you have never ordered a sample pack from Katz, you are missing one of the best deals out there on GF products. They now have 3 sample packs of 8 items available as listed below (plus shipping).

**Sample Pack 1 - FREE (use code: Sample)**

Whole grain bread, challah bread, donut, cupcake, English muffin, chocolate chip cookie, chocolate rugelach, marble cake.

**Sample Pack 2 - \$4.99**

Wholesome bread, everything bread, Kaiser roll, donut, blueberry loaf, sprinkle cookie, chocolate chip muffin, cinnamon rugelach

**Sample Pack 3 - \$4.99**

Oat bread, white bread, dinner roll, English muffin, bagel, lemon poppy loaf  
Blueberry muffin, vanilla rugelach

To order or for information, they can be reached at 888-431-5289 or at [www.katzglutenfree.com](http://www.katzglutenfree.com).

## Past Meeting Recipes

### Items Made from Mixes:

Betty Crocker GF Brownie Mix  
Martha White GF Blueberry Muffin Mix  
Martha White GF Chocolate Chip Muffin Mix  
Schnucks GF Classic Chocolate Cake  
Pillsbury GF Devil's Food Cake

### Dump Cake

2 sticks butter  
1 can 16oz Crushed Pineapple  
1 Yellow Cake Mix  
1 can 21 oz Cherry Pie Filling

Put pineapples with juice in pan; spread pie filling over pineapple, sprinkle cake mix over that; cut butter into slices and place on top. Bake at 350 for 1 hour.

### Almond Butter Cookies/Bars

1 ½ sticks butter	<u>Frosting:</u>
1 c. sugar	1/4 c. butter
1/2 Tb Almond Extract	2 c. powdered sugar
1/2 Tb water	2 Tb. Milk (maybe more)
2 C. GF flour mix	1 tsp. GF vanilla

Cream all cookie ingredients except flour mix; then add flour. The mix will be crumbly Pat dough into lightly greased 9x13. Bake at 400 for 10-12 minutes - may need a few more minutes. Cut while warm so it is easier. Frost thinly with frosting which needs to be runny or it pulls up the dough. Recipe can be doubled in a jelly roll pan.

### Chocolate Chip Applesauce Cake

1 ½ c. sugar	1 ½ tsp. baking soda
1 stick butter	2 c. applesauce
2 eggs	1 tsp GF vanilla
3 Tb cocoa	1 c. mini chocolate chips
2 c. GF flour mix	[3T sugar for topping]

Cream sugar and butter until light and fluffy. Add eggs and beat to blend well. Stir together flour, cocoa and baking soda. Stir together applesauce

and vanilla. Add flour mixture alternately with applesauce mixture and mix well. Pour into greased and floured 9x13 pan. Sprinkle with sugar on top and sprinkle mini chocolate chips. Bake at 350 for 35 minutes.

### Gingersnaps

1/4 c. molasses	1/4 c. shortening/butter
1 tsp GF vanilla	1 large egg
1 GF Yellow Cake Mix	1 tsp ground ginger
1/2 tsp cinnamon	1/4 tsp ground cloves
1/3 c. sugar	

Mix molasses, shortening and vanilla until mixed. Add egg and beat on medium for 30 seconds. Set aside. Combine cake mix, ginger, cinnamon and cloves in a separate bowl and stir. Add cake mixture to wet mixture a little at a time, beating on low until combined. Cover with plastic wrap and chill 2 hours or overnight. Place sugar in shallow bowl. Form dough into 1" balls, then roll dough in sugar and arrange on baking sheets. Bake at 350 for 9-11 minutes or until crisp around edges.

### Impossible Pumpkin Pie

3/4 c. sugar	1/2 c. GF Baking Mix
2 Tb butter	1 - 16oz can Pumpkin
1 - 13 oz can Evaporated Milk	2 eggs
2 1/2 tsp. pumpkin pie spice	
2 tsp. GF Vanilla	

Beat all ingredients until smooth. Pour into a lightly greased 9" or 10" pie pan. Bake at 350 for 45 minutes or until knife comes out clean.

### Chocolate Cake

1/2 c. Cocoa	2 eggs
1/2 c. boiling water	2 1/4 GF baking mix
2/3 c. shortening	1 1/2 tsp. baking soda
1 3/4 c. sugar	1/2 tsp salt
1 tsp. GF Vanilla	3/4 tsp xanthan gum*
1 1/3 c. buttermilk	

Mix cocoa and boiling water together until smooth. Let cool. Cream together shortening, sugar and vanilla. Add eggs and beat well. Mix dry ingredients in separate bowl then add alternatively

with buttermilk. Then add chocolate and mix well. Pour into greased 9x13 and Bake at 350 for 35-40 minutes. Frost with favorite frosting.  
\*If flour mix has xanthan gum in it, then omit.

### Pumpkin Bars

3/4 c. margarine	1 16oz can pumpkin
2. c. sugar	2 eggs
2 c. GF flour	2 tsp. baking powder
1/2 tsp. baking soda	1 tsp. cinnamon
1/4 tsp. nutmeg	

Cream margarine and sugar. Add eggs and pumpkin and blend well. Combine dry ingredients and add until mixed well. Pour into greased and floured 9x13 and bake at 350 for 30-35 minutes. Frost with cream cheese frosting.

#### Cream Cheese Frosting

1/2 c. butter	1 pkg cream cheese
1 tsp. vanilla	2 1/2 c. powdered sugar

Better butter and cream cheese until light and fluffy. Gradually add powdered sugar and continue beating. Add vanilla.

### GF Better Than Almost Anything Poke Cake

1 box GF Devil's Food cake mix.  
(water, butter, eggs per box)  
1 jar caramel topping  
1 c. frozen whipped topping (thawed)  
1/2 c. toffee bits

Make cake as directed on box. Bake at 350 for time designated on box depending on pan size. After baked, with handle of wooden spoon, poke top of warm cake every 1/2 inch. Drizzle caramel topping evenly over top of cake; let stand until absorbed into cake. Cover. Refrigerate about 2 hours. Spread whipped topping over cake. Sprinkle with toffee bits. Store covered in refrigerator until serving.

### Pumpkin Spice Bundt Cake

2 c. GF flour mix	1/2 tsp ground ginger
1 T baking powder	1/2 tsp salt
2 tsp. cinnamon	4 large eggs
1 tsp. all spice	1 1/2 c. sugar
1 tsp. baking soda	3/4 c. + 2 Tb oil
3/4 tsp. xanthan gum	1 can pumpkin puree
1/2 tsp. nutmeg	

Combine all dry ingredients and set aside. Beat eggs in large bowl until lemon colored; slowly add sugar and beat until mixture turns pale yellow and thick. Add oil and pumpkin and beat on medium until well blended. Add flour mixture and mix on low just until blended. Pour into greased bundt pan. Bake at 350 for 50-55 minutes or until toothpick comes out clean. Top with caramel glaze.

#### Caramel Glaze

1/3 c. brown sugar	3 Tb butter
3 Tb heavy cream	1 tsp. GF Vanilla
2/3 c. powdered sugar	

Combine brown sugar and butter in small, heavy saucepan. Cook until butter melts and sugar dissolves. Stir in cream and bring to a low, gentle boil and cook for 1 minute. Remove from heat. Add vanilla and whisk. Add powdered sugar and whisk until smooth. Cool until lukewarm before drizzling over cake. Glaze will thicken as it cools.

### Cheesy Rand Potatoes

1 bag frozen hash brown O'Brien potatoes  
Butter, Salt, Pepper, Ranch Dressing  
Shredded Cheddar Cheese

Place potatoes in baking dish. Dot with butter, salt, pepper. Add ranch dressing and cheddar cheese. Cover with foil and bake 45 minutes.



### Sour Cream Potatoes

32 oz pkg of frozen hash browns  
2 cans GF cream of chicken soup  
1 pint sour cream (2 cubs)  
8 oz cheddar cheese  
 $\frac{1}{4}$  c. butter  
1 c. (or less) chopped onions  
1  $\frac{1}{2}$  c. crushed corn chex

Mix ingredients, except butter and corn chex.  
Melt butter and mix with crushed corn chex then spread on top. Bake at 325 for 1.5 hours.

### Broccoli Salad

2 heads broccoli cut into florettes  
1 red onion, sliced thin  
 $\frac{1}{2}$  lb crisp bacon  
1 c. slivered almonds  
1 c. raisins

Combine above ingredients and top with dressing.  
Dressig: 1 C. may,  $\frac{1}{4}$  c. sugar & 2T vinegar

### Sloppy Joe (BBQ)

Hamburger  
Onion & Green Pepper - chopped  
Mustard  
Heinz ketchup  
Heinz chili sauce

Brown meat with onions and peppers. Drain, add chili sauce, mustard and ketchup to taste and consistency. Best if made the day before.

### Pizza Casserole

1 lb ground turkey  
1 can green beans (French cut)  
1 small can tomato sauce  
1 small can mushrooms, drained  
Salt, pepper & oregano

Brown turkey, drain, all remaining ingredients, mix. Transfer to 9x13 pan, top with grated cheese. Bake at 350 for 20-30 minutes.

### Gluten Free Pumpkin Cranberry Bread

-1 can pumpkin puree (not pie filling)  
· 2/3 cup (145 g) brown sugar, packed  
· 1/3 cup (80 g) unsweetened apple sauce  
· 1/4 cup (110 g) fancy molasses  
· 2 large eggs  
· 2 teaspoons (8 g) pure vanilla extract

1. Position the baking rack in the middle of the oven and preheat the oven to 325 degrees F (177 degrees C). Grease a 9x5 loaf pan (I use a Pyrex loaf pan) and line it with parchment paper, so that the paper extends up the 9-inch sides of the pan. This will make it easy to remove the loaf after it is baked.

2. In a large bowl, whisk together the brown rice flour, sorghum flour, tapioca starch, cinnamon, baking soda, xanthan gum, ginger, nutmeg, and salt. Stir in the dried cranberries. Set aside.

3. In a separate bowl, whisk together the pumpkin puree, brown sugar, apple sauce, molasses, eggs, and vanilla.

4. Stir the wet ingredients into the dry ingredients, and stir just until no dry lumps remain. Scrape the batter into the prepared baking pan, and smooth the top with the back of a spoon.

5. Bake in the preheated oven for 55-60 minutes, or until a skewer inserted into the middle of the loaf comes out clean.

6. Let the loaf sit for 5 minutes before using the parchment paper to lift the loaf out and place it on a wire cooling rack. Let the loaf cool completely before slicing. Wrap the cooled loaf in plastic wrap, and store in a resealable plastic bag.

From: [faithfullyglutenfree.com](http://faithfullyglutenfree.com) [close to recipe from gathering, which is under copyright]

### Sally's Poppy Seed Muffins

1  $\frac{1}{2}$  C GF flour mix [see below]  
1  $\frac{1}{4}$  C sugar  
1 T poppy seeds  
 $\frac{3}{4}$  t baking powder  
 $\frac{3}{4}$  t salt  
 $\frac{1}{2}$  t xanthan gum if not in your flour mix  
Combine the above ingredients.

Beat together:

2 eggs  
 $\frac{3}{4}$  C milk  
 $\frac{1}{2}$  C oil  
 $\frac{3}{4}$  t each vanilla & almond extracts  
Stir into flour mixture just until moistened.

Flour mixture recommended by Sally Larson:

2 C rice flour  
1 C br. Rice flour  
1 C + 2 T potato starch  
 $\frac{1}{2}$  C + 2 T tapioca flour (or cornstarch)  
2  $\frac{1}{2}$  t xanthan gum (1 T if using cornstarch).

### Grandma's Sugar Cookies

400 degree oven; 12-15 min. (check at 10 min.)

$\frac{1}{2}$ c. shortening	1 c. sugar
1 egg	2 $\frac{1}{2}$ c. flour
$\frac{1}{2}$ t. salt	1 t. b. soda
2 t.b. baking powder	1/8 t. xanthan gum
$\frac{1}{2}$ c. sour cream	1 t. vanilla

Cream shortening & sugar. Beat in egg. Stir all dry ingred. & add alternately with sour cream. Stir in vanilla. Chill a little then roll out thick. Cut & put on parchment lined jelly roll pan. Sprinkle with a little sugar. Bake. (Remember to use only G-F products)

### Sandy's Apple Butter Cake

Pillsbury cake mix classic yellow  
 $\frac{3}{4}$  cup of apple butter spiced  
 $\frac{1}{2}$  cup of cranraisins  
 $\frac{1}{2}$  cup of chopped pecans

Mix cake according to the directions on the box with the indicated ingredients. Blend together with apple butter, cranraisins, and pecans. After

the cake is mixed, bake at 350 degrees about 40 minutes (depends on oven).

### **Current Officers**

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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.