



# DISCOVER<sup>TM</sup> GLUTEN FREE

## Discover Gluten Free Gazette

News & Information About Discovering Gluten Free

vol. 1

## info

### Getting Children Started

For children, one of the biggest challenges of a gluten-free diet is the fear of being different. It's important to empower them in the process. Children of all ages should learn about their disease and their diet along with their family or caregiver(s).

There are many resources available to help them including the article listed below. Some of their tips include: start children reading labels early, involve them in meal planning and preparation, and set an example by maintaining a positive attitude. ([www.celiac.org/downloads/PG-Celiac-Diet-Series-6.pdf#%206.pdf](http://www.celiac.org/downloads/PG-Celiac-Diet-Series-6.pdf#%206.pdf))

### School Lunches

Many parents are not aware that the National School Lunch Program requires schools to meet the needs of students with special dietary needs. The American Celiac Disease Alliance (ACDA) has launched a brief online survey to find out who is providing lunch for students with celiac disease - parents, school, or a combination. This survey will help the Alliance work with parents so that their children can have gluten-free meals during the next school year. ([www.americanceeliac.org](http://www.americanceeliac.org))

## Gluten-FREE 101

While going gluten-free can be very challenging, it's become much easier in recent years due to the increasing number of products and resources available. The hardest part is getting started. One of the first steps is discussing your diet with your physician and a registered dietician to make sure you get all the nutrients you need while learning how to eliminate gluten from your diet.

### Grocery Shopping:

It is important to initially focus on what you can eat instead of what to avoid. Obtain a gluten-free shopping list and simple menu ideas from one of the many resources listed below. Before you start shopping, look in your pantry and refrigerator to see what you have that is within your new guidelines.

There are extensive resources available to help you get started on your journey. A guide by the publication, Gluten Free Living, <http://www.glutenfreeliving.com/how-get-started.php>, recommends the following tips for grocery shopping:

- Concentrate first on the familiar foods you can eat.
- Learn to read labels (ask the nutritionist for help with this).
- Learn which grains to avoid.
- Learn about gluten-free flours.



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## Trivial Pursuit

Want to play a game that teaches about Gluten Awareness? Read the articles and tips contained in this Discover Gluten Free Gazette and then the Not So Trivial Pursuit questions. See how well you do! Answers are on back.

### QUESTIONS:

- 1Q** What's one of the biggest fears for children on gluten-free diets?
- 2Q** What has become easier for people going gluten-free?
- 3Q** Why should you always read the label on packaged food - even on items that you purchase regularly?
- 4Q** Why should you purchase separate jars of peanut butter and jelly when you are serving both people watching gluten and not?

# tips

## Food Prep

Here are several suggestions to help you avoid contaminating your food with gluten:

Purchase separate jam, jelly, mayonnaise, and peanut butter to avoid wheat/bread crumbs in the shared jars.

Purchase a separate toaster for gluten-free breads, or use a toaster oven that can be cleaned between uses, or place tinfoil on the rack to avoid contamination.

Clean counter tops and cutting boards often to remove gluten-containing crumbs.

Cooking utensils, colanders, and pans need to be cleaned carefully after each use and before cooking gluten-free products.



## Answers

- 1A** Being different
- 2A** Finding products and research
- 3A** Because ingredients and processing can change
- 4A** To keep bread crumbs (cross contamination) from falling in to the jars

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# resources!

## Children:

**Celiac Disease Foundation:** <http://www.celiac.org/kidskorner.php>

**Children's Digestive Health and Nutrition Foundation (CDHNF):**  
[www.celiachealth.org](http://www.celiachealth.org)



## Organizations & Foundations

**American Celiac Disease Alliance:**  
[www.americanceliac.org](http://www.americanceliac.org)

**Celiac Disease Awareness Campaign:**  
[www.celiac.nih.gov](http://www.celiac.nih.gov)

**Celiac Disease Foundation CDS:** [www.celiac.org](http://www.celiac.org)

**Celiac Sprue Association of America, Inc.:**  
[www.csaceliacs.org](http://www.csaceliacs.org)

**Gluten Intolerance Group of North America:**  
[www.gluten.net](http://www.gluten.net)

## Easy-to-Find and Easy-to-Fix Foods:

<http://www.gluten.net/downloads/print/Easy%20Find%20Fix.pdf>

**National Foundation for Celiac Awareness (NFCA):** [www.celiacawareness.org](http://www.celiacawareness.org)

**American Dietetic Association (ADA)** [www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition\\_16994\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition_16994_ENU_HTML.htm).

*Gluten FREE 101 continued...*

Also learn about less obvious foods to avoid including licorice, imitation crab meat, and some processed cheeses, soy sauces, seasonings, and frozen and processed foods. Always read the label on a packaged food, even if you buy it regularly. Ingredients can change and reading the label is the best way to be sure you know what is in your food. Call the manufacturer if you can't tell by the label if a food contains gluten.

In addition to the ingredients list, you may find advisory labels on some food packages. Advisory labels are not regulated and companies use them voluntarily. They give consumers more information about the possibility that a food could be cross-contaminated by an allergen during processing.

The number of gluten-free products, cookbooks and web sites is growing. Do your homework and then enjoy experimenting in the kitchen to create flavorful dishes that meet your diet restrictions.



# resource guide

As a service to our retailers we are building a list of organizations and resources that might be helpful when building your gluten-free awareness campaign. This list will never be complete and will be updated on a regular basis as new information becomes available.

## **Organizations**

### **American Celiac Disease Alliance**

2504 Duxbury Place  
Alexandria, VA 22308  
(703)622-3331  
info@americanceliac.org  
www.americanceliac.org

### **Celiac Disease Awareness Campaign c/o National Digestive Diseases**

Information Clearinghouse  
2 Information Way  
Bethesda, MD 20892-3570  
(800) 891-5389  
celiac@info.niddk.nih.gov  
www.celiac.nih.gov

### **Celiac Disease Foundation CDS**

13251 Ventura Blvd., Suite 1  
Studio City, CA 91604-1838  
(818) 990-2354  
www.celiac.org

### **Celiac Sprue Association of America, Inc.**

P.O. Box 31700  
Omaha, NE 68131-0700  
(877) 272-4272  
celiacs@csaceliacs.org  
www.csaceliacs.org

### **Gluten Intolerance Group of North America**

15110 10th SW Suite A  
Seattle, WA 98166-1820  
(206) 246-6652  
gig@accessone.com  
www.gluten.net

### **National Foundation for Celiac Awareness (NFCA)**

4300 Montgomery Ave, Suite 102  
Bethesda, MD 20814  
(215) 692-2639  
www.celiaccentral.org  
www.celiacawareness.org

## **Children**

### **Children's Digestive Health and Nutrition Foundation (CDHNF)**

(215) 233-0808  
mstallings@naspghan.org  
www.celiachealth.org

## **Publications**

### **Glutenfreeda Online Cooking Magazine**

www.glutenfreeda.com

### **Gluten-Free Living Magazine**

www.glutenfreeliving.com

### **Living Without Magazine**

www.livingwithout.com

## **Travel**

### **Gluten-Free On The Go**

The celiac friendly guide to Cafes,  
Restaurants & Hotels  
www.glutenfreeonthego.com/

### **Gluten-Free Passport**

27 N. Wacker Drive, Suite 258  
Chicago, IL 60606  
(312) 952-4900  
www.glutenfreepassport.com

## **Certification**

### **Gluten-Free Certification Organization**

www.gfco.org/

## **Awareness**

### **Gluten-Free Restaurant Awareness Program**

www.GlutenFreeRestaurants.org

### Butternut Buckwheat Breakfast

Makes 4-6 servings

- 1/2 cup walnuts
- 1 medium butternut squash, cut into 1 1/2" chunks
- 1 cup buckwheat groats, soaked in water for 15 minutes, then let stand at room temperature for 8-10 hours
- 1 banana or 1 apple, chopped into 1" pieces
- 1/2 cup raisins
- 1 tsp. vanilla powder or vanilla flavoring
- 1 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/8 tsp. Celtic sea salt

Pulse chop walnuts in food processor with S-blade until coarsely chopped. Transfer to a large mixing bowl. Place sweet potato in food processor with S-blade and run processor until finely chopped. Transfer to the bowl with the walnuts. Combine remaining ingredients in food processor with the S-blade and run processor until well combined. Fold the buckwheat mixture into the walnuts and squash and enjoy by itself or with a nut milk or coconut milk.

### Heart Healthy Chocolate Smoothie

Makes 4 cups

- 1 1/2 cups water
- 1/4 cup sesame seeds, soaked in water for 8 hours in refrigerator
- 1 Tbsp. flax seeds soaked in water for 15 seconds, drain and refrigerate overnight
- 1 Tbsp. hemp seed
- 1 Tbsp. bee pollen
- 1 Tbsp. carob powder
- 1 Tbsp. cacao nibs
- 2 dried apricots or dates, pitted
- 1 tsp. vanilla powder or 1 tsp. vanilla flavoring
- 3 dates, pitted, soaked in water for 15 min. or 1 Tbsp. agave nectar (optional)
- 2 bananas, peeled and frozen
- 1/2 cup blueberries, fresh or frozen

Combine all ingredients except the banana and blueberries in high-power blender on high speed for 30 seconds. Add the banana and blueberries and blend on high for about 15 more seconds and serve.

### **Fettuccini Rawfredo**

Makes 2 cups

- 1/2 cashews, soaked in water for 2-3 hours
- 1/2 cup macadamia nuts, soaked in water for 2-3 hours
- 1/2 cup pine nuts, soaked in water for 15-30 minutes
- 1/3 cup nutritional yeast (optional)
- 1 large clove garlic
- 1/4 tsp. dry mustard
- 1/4 tsp. ground white pepper
- 1/4 cup olive oil
- 2 Tbsps. lemon juice
- 1 Tbsps. chickpea miso or 1/2 tsp. Celtic sea salt
- Water to consistency desired.

Combine above ingredients in high-speed blender on high speed with tamper until cheese sauce consistency.

Zucchini  
Chives

Peel zucchini in long strips with a vegetable peeler to make long, flat Fettuccini-type noodles, until you reach center part with seeds. Pour sauce over zucchini noodles and sprinkle with chives.

### **Bean Puffs**

Makes 12

- 1 cup pinto beans, cooked and mashed
- 1 cup brown rice
- 1 small onion, finely chopped
- 3 carrots, finely grated
- 2 Tbsps. nutritional yeast
- 2 eggs, beaten
- 2 Tbsps. salsa
- 1/4 cup black olives, chopped
- 1 tsp. chili powder
- 1 tsp. cumin
- 1 1/2 cups René's Gluten-Free Flour Mix (recipe below)
- 1 Tbsp. baking powder
- 1 tsp. sea salt
- 1/2 cup rice cheese, shredded

Steam brown rice as directed on package. Combine rice with the remaining ingredients in large mixing bowl. Spoon batter into 12 greased muffin cups. Bake at 375 degrees Fahrenheit for 25 minutes. Serve with Salsa.

### **René's Gluten-Free Flour Mix**

- 4 cups brown rice flour
- 2/3 cup potato starch
- 1/3 cup tapioca flour
- 1/2 cup cornstarch
- 1/2 cup garfava flour
- 1/4 cup sorghum flour

Combine all ingredients and store in a zip lock bag in the freezer.

### Dill Sunny Pâté

*Makes 4 cups*

- 1 carrot, cut into 1 1/2" pieces
- 1 stalk of celery, cut into 1 1/2" pieces
- 1 cup sunflower seeds, soaked in water for 8-10 hours
- 1/4 cup sesame seeds, soaked for 8-10 hours
- 1 Tablespoon chickpea miso or 1 teaspoon Celtic sea salt
- 3 Tablespoons fresh lemon juice
- 1 Tablespoon olive oil
- 1 clove garlic
- 3 Tablespoons nutritional yeast
- 1 Tablespoon agave nectar
- 1/2 teaspoon dry mustard

Combine above ingredients in high-speed blender and run on high speed with tamper for about 30 seconds until creamy.

- 1 Tablespoon dill weed
- 1 teaspoon oregano

Fold in the dill and oregano. Enjoy as a veggie dip or as a stuffing in cherry tomatoes, celery or in small sweet bell peppers.

### Nutty Apricot Treats

*Makes 13" x 9" pan*

- 1 cup walnuts, soaked in water for 2 hours
- 1 cup sunflower seeds, sprouted and dehydrated
- 1 cup dried apricots, soaked for 30 minutes
- 1/2 cup raisins, soaked for 30 minutes
- 4 dates, pitted
- 1 apple, cored and chopped in 2 inch pieces
- 2 teaspoons vanilla powder
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 cup shredded coconut

Combine walnuts and sunflower seeds in food processor with S-blade. Process until coarsely chopped. Transfer to large mixing bowl. Combine remaining ingredients except the coconut in food processor with S-blade. Process until apples are coarsely chopped. Add this mixture to the nuts in the mixing bowl and mix together. Spread out in 13" x 9" pan. Refrigerate for 2-3 hours.

Slice into bars or form into balls. Enjoy!



snacks



### **RosWaldorf Salad**

Makes 6 servings

- 1 apple, quartered
- 3 stalks celery or bok choy, cut into 1 1/2" pieces
- 3 carrots cut into 1 1/2" pieces
- 1/2 cup raisins, soaked in water for 15 minutes
- 1/2 cup walnuts, soaked in water for 30 minutes, coarsely chopped
- 1/3 cup shredded coconut (optional)
- 1 Tbsp. dill weed
- 1/2 tsp. celery seed

Coarsely chop apple and celery in food processor with S-blade. Grate carrots and combine with remaining above ingredients in large mixing bowl.

### **Dressing:**

- 1/4 cup almond butter
- 1 clove garlic
- 2 Tbsps. lemon juice
- 1 Tbsp. olive oil
- 2 dates, pitted

Blend above dressing ingredients in high-speed blender until smooth. Add water if necessary to reach mayonnaise-like consistency. Lightly toss into salad.

### **Side Salad with Ranch Dip**

Makes 2 cups

- 1 cup cashews, soaked in water for 30 min.
- 2 Tbsps. olive oil
- 3 Tbsps. fresh lemon juice
- 1 Tbsp. chickpea miso or 1/2 tsp. Celtic sea salt
- 2 large dates, pitted
- 1 clove garlic
- 1/4 cup water
- 1 tsp. dried onion granules
- 1/4 tsp. dry mustard
- 1/16 tsp. ground white pepper

Combine above ingredients in high-speed blender and blend on high speed with tamper until smooth. Add water if necessary to reach desired consistency.

- 1 tsp. dried basil
- 1 tsp. dried dill weed
- 1/4 tsp. dried tarragon

Stir in the basil, dill and tarragon. Enjoy with a large bowl of your favorite greens and other veggies.

### **Chai Holiday Smoothie II**

Makes 6 cups (Vegan, Raw, Wheat-Free, Gluten-Free, Dairy-Free, Sugar-Free)

- 3 cups water
- 1/2 cup raw macadamia nuts, soaked
- 1/3 cup raw cashews
- 6-8 dates, soaked in water for 30 min. pitted
- 2 Tbsps. agave nectar (optional)
- 2 tsps. vanilla powder or vanilla flavoring
- 1" fresh ginger, thinly slice or 1/2 tsp. ginger powder
- 2 tsps. cinnamon
- 1/2 tsp. nutmeg
- 1/4 tsp. cardamom
- 1/16 tsp. white pepper
- Pinch of cloves
- 1/4 tsp. Celtic sea salt
- 2 Tbsps. ground flax seed
- 3 bananas, peeled and frozen

Combine all ingredients except the bananas in high-speed blender and blend on high until smooth. Add bananas and blend until smooth.

### **Mexican Cheese Sauce**

Makes 3 cups

- 1/2 cup cashews and 1/4 cup sunflower seeds, soaked in water 8-10 hours
- 1/3 cup almonds, soaked in water 8-10 hrs.
- 1/2 cup water
- 1/2 onion, quartered
- 1 date, pitted
- 1 carrot, cut into 1 1/2" pieces
- 1 clove garlic
- 2 Tbsps. olive oil
- 1 Tbsps. lemon juice
- 2 tsps. chickpea miso
- 1/3 cup nutritional yeast flakes
- 1 tsp. chili powder
- 1 tsp. cumin seeds

Combine above ingredients in high-speed blender. Mix on high for 1 minute or until smooth. Goes great with nacho chips or as a veggie dip.



### Carob Coconut Truffles

Makes 40

- 1 cup raw almonds, soaked in water for 8-10 hours
- 1/4 cup raw carob powder
- 1 Tbsp. raw almond butter
- 4 dates, pitted
- 1 avocado
- 2 Tbsps. raw honey
- 1 tsp. cinnamon
- 1/8 tsp. nutmeg
- 1 cup shredded coconut

Drain almonds and mix with remaining ingredients except the coconut in food processor using the S-blade. When well chopped, form into date size balls and roll in coconut. Refrigerate.

### Gluten-Free Sweet Potato Pudding Crumble

Makes 6 servings (Vegan, Raw, Wheat-Free, Gluten-Free, Dairy-Free, Sugar-Free)

- 1 cup raisins, soaked in water for 30 min. Drain the raisins and reserve 1/2 cup of the soak water.
- 4 cups raw sweet potato, peeled and cut into 1" pieces (about 3-4 sweet potatoes)
- 2/3 cup sunflower seeds, sprouted and dehydrated
- 1/2 cup water
- 5 dates, soaked in water for 15 min. and pitted
- 1 tsp. vanilla powder or vanilla flavoring
- 1 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/4 tsp. Celtic sea salt
- 1/16 tsp. cardamom
- 1/16 tsp. ground cloves

Combine all remaining above ingredients with the raisins and 1/2 cup of reserved soak water in high-speed blender. Run on high speed with tamper, for about 30-60 seconds, until smooth. Transfer filling to serving dish

- 1/3 cup walnuts, coarsely chopped
- 1/3 cup shredded coconut
- 2 dates, soaked in water for 15 min.
- 1 tsp. cinnamon

Combine walnuts, coconut, dates and cinnamon and sprinkle on top of pudding.