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# Main Menu

MAR / APR 2018

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### ➔ NUTRITIONAL ANALYSIS

Nutritional analysis for recipes is created using Food Processor SQL nutrition and fitness software by ESHA. Recipes are analyzed per serving (unless otherwise indicated) for calories, fat, cholesterol, sodium, carbohydrates, fiber and protein. Nutrient amounts are approximate due to variations in brands, manufacturer, preparation and ingredient substitutions. When ingredient choices are listed, we use the first one. Nonspecific amounts, for example "to taste," and garnishes are not included.

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Cover, Photography by Lindsay Cotter, *Nourishing Superfood Bowls*



## Dear Readers,

Welcome to the Travel issue of Gluten-Free Living. This edition has all you need to plan your next excursion, including travel tips for the 21st century (page 6) and planning a gluten-free honeymoon (page 26). We also have guides for a girlfriends' getaway to the Finger Lakes (page 22), a fantastical adventure in Singapore (page 18) and a resort in Cabo whose chef excels at creating incredible gluten-free meals (page 28).

Staying close to the comforts of home is tempting when you have to follow a gluten-free diet. Don't let dietary restrictions limit you. Exploring new places and foods can help you feel more confident in your ability to manage the diet and improve your level of comfort with it. This is true for children just as much as adults, and Laura Hahn Carroll shares a piece on Rhode Island's Camp Celiac

(page 14), a place where kids can be kids while not having to think about their diet. The article includes a list of camps across the country that can accommodate the gluten-free diet.

To help you savor the gluten-free diet at home, this issue is, as always, chock full of mouthwatering recipes for every meal, snack and beverage you crave. Check out Elizabeth Barbone's collection of recipes that are ready in 20 minutes or less (page 32) for those days when you just don't have the time (or desire) to cook a complicated meal. And this edition of Cookbook Corner (page 46) spotlights six delicious recipes from two cookbooks that showcase the endless possibilities of eating gluten free.

Unfortunately, many people with celiac and other gluten-related disorders experience gastrointestinal distress even when following a strictly gluten-free diet. This can occur for a number of reasons. In her article "Tummy Trouble," Susan Cohen explores other causes of stomach symptoms, including microscopic colitis, irritable bowel syndrome, heartburn and more (page 56), and how to find relief. Dairy is another common culprit of discomfort that leads many to omit it from their diet. This issue's Not Just Gluten Free section covers the dairy-free diet, including basic facts, advice on getting started and tips on sources of nutrients you'd typically derive from dairy (page 34). Of course, the section also includes tasty recipes to expand your dairy-free repertoire.

Whether you stay home or set out on a journey, I hope this issue helps you discover the fun, fancy and flavor the gluten-free diet can offer.

Yours truly,



JOAN EDGETT  
EDITOR





# Mix it up

NEWS, TIPS, REVIEWS, ADVICE AND MORE



PROBIOTICS,  
page 9



## Take it on the road: Travel tips for the 21st century

BY JENNIFER HARRIS

When you are gluten free, researching vacation destinations takes on a whole new level of importance and precision. Whether you are traveling in the United States or abroad, a little planning and research goes a long way toward ensuring the entire family has a great time.

Here are our best tips for enjoying a safe and tasty vacation free of gluten and full of memories.

### **Book it: Find a room with a kitchen**

If possible, look for a hotel room with a kitchenette, or stay at a bed and breakfast. A kitchenette allows you the flexibility to prepare meals in your room. I like to find a grocery store and pick up eggs, breakfast meat, cereal and milk, and frozen gluten-free meals just for that comfort of being able to prepare a safe meal if needed. A room with a refrigerator and microwave also equals leftovers when dining out. Bed and breakfasts can adhere to your dietary

needs and prepare a filling breakfast that sets you up for a productive day of fun.

### **Research it: Look to local support groups and bloggers**

A quick search for local bloggers and support groups will save you hours of research. These are the best-tapped resource when it comes to dining out and shopping. And their websites usually offer lists of their favorite restaurants and dishes. Many are more than happy to put together a list of recommendations based on the type of cuisine you want to eat. And they can point you in the direction of dedicated bakeries, food tours, cidery tours and the best places to dabble in dessert.

### **Pack it: Foods and tools to tote**

Packing isn't just about what foods to pack. Remember to bring reusable utensils, condiments, salt and pepper, wet wipes, bag

clips and resealable bags for leftovers. Refrain from packing your whole kitchen, but do pack foods that travel well and will fill you up when hunger hits. Start with shelf-stable options like cereal, nuts, protein bars, nut butter, jerky, dried fruit, pretzels and crackers. If space allows, include instant soup cups, ready-to-eat meals, snack packs, instant oatmeal and a loaf of your favorite bread.

### Apps: Let your fingers do the walking

There are several apps designed to assist travelers looking for places to eat and places to shop when they are home or away. Free apps from Find Me Gluten Free, AllergyEats Mobile and Dine Gluten Free include user reviews, consumer ratings, links to menus and customizable search features. The Gluten-Free Scanner and ShopWell apps scan barcodes, read the ingredients for you, and let you know immediately if an item is gluten free. The IsThat Gluten Free? app offers a searchable database full of manufacturer-verified gluten-free products from more than 500 brands.

### Test it: Nima Sensor's mobile testing

A mobile testing device from Nima Sensor allows users to test their food while dining out. Nima uses antibody-based chemistry to test samples of food for gluten. Place a small amount of food in one of the disposable test capsules, insert the capsule into the sensor; push a button and wait three minutes for the results to appear on the screen. If Nima detects gluten at any level, even below 20 parts per million, the screen will read "Gluten Found." If it is gluten free, a smiley face will light up the screen.


You really packed a lot of clothes for just a weekend trip.

I packed for survival: one spare outfit in my purse, and two suitcases worth of dairy- and gluten-free food.




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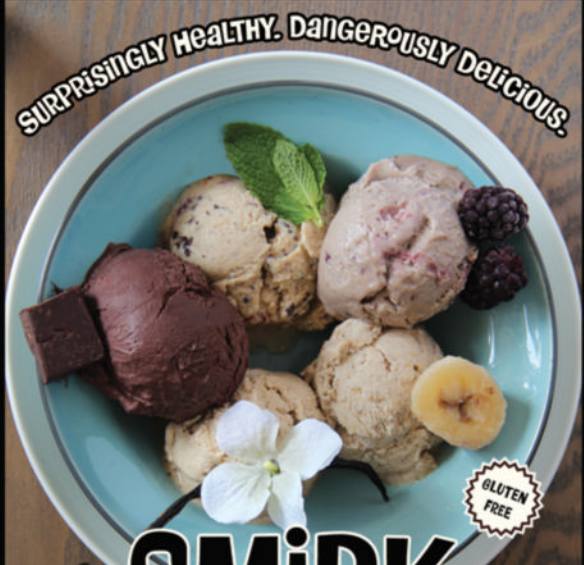
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## No diagnosis needed

It's not your place to diagnose, just serve me—safely!

In an informative lecture, part of the Addressing Allergies in Food Service event organized by the Allergy & Asthma Network at the World Food Championships in Orange Beach, Alabama, Michael Pistiner, MD, insisted that restaurants need to stop diagnosing customers who disclose a food allergy or intolerance. Not only should staff not ask diners if they are avoiding allergens by choice or out of medical necessity, but also they should not inquire as to the severity of an allergy. Simply serve a meal free of the stipulated allergen(s) and assume that strict avoidance is required.

Such music to my ears. It is annoying to get asked why I am avoiding gluten (or any other ingredient), and it makes me think two things: 1. The staff doesn't believe me, and 2. The kitchen has two different ways of preparing a gluten-free meal, depending on the reason for the request. It also puts me on the defensive, a horrible start to a dining experience.

### One set of rules

Regardless of the reason behind it, a gluten-free meal request should alert the kitchen to follow a set of safe-handling procedures to prevent cross-contamination with wheat, rye, barley and oats. No second set of instructions should even exist. Yes, some people choose to eat gluten free, but there is no need to treat their orders differently. Why add confusion to the mix when it can only lead to mistakes by the kitchen staff?

### Implementing a GF menu

For restaurants undertaking the process of creating a gluten-free menu, make sure it is accurate. As a consumer and consultant, I know the work it takes to create a gluten-free menu, and I applaud

all restaurants going that extra mile to make dining out a relaxing and safe experience. Just please do it right.

Label reading is key, along with understanding the labeling law and its limitations. Only wheat is included in the Food Allergen Labeling and Consumer Protection Act—not barley, rye or oats. Barley and rye can hide in malt, dextrin, flavors and seasoning, and only certified gluten-free oats are acceptable.

Some rookie mistakes made on gluten-free menus stem from incorrectly thinking that gluten is a type of bacterium, not a sticky protein that can burn off at high heat. Fryers and utensils need to be dedicated and pizza cannot come into direct contact with a pizza stone—plus, a dedicated cutter needs to be used. When baking in a shared oven, gluten-free food needs to go on the top rack to prevent anything from falling onto it.

So, if you don't have a dedicated fryer, then all fried foods are off limits. Gluten-free pasta must be cooked in fresh water (not shared) using a clean strainer and utensils. Cook pizzas on a small baking rack on top of a pizza stone. And use dedicated ingredients to prevent crumbs being transferred from gloved hands.

### Setting up for success

Consumers, too, bear a responsibility when dining out. Visiting a restaurant for the first time at 7 p.m. on a Friday isn't the ideal situation because it will be busy; dealing with special requests may be difficult. Call in advance and respect the restaurant's limitations. Support those restaurants doing it right, and offer guidance to those who aren't there yet.

Dining out should be a fun and enjoyable experience—working together, we can ensure a success. —Jennifer Harris

# Probiotic cooking and snacking

By now, most of us know how good probiotics are for our bodies. Yes, they help maintain gut health, but they also promote clear skin, boost the immune system, and can reduce anxiety and stress.

While it is common to take probiotics in the form of a pill, they do exist naturally in fermented foods like kimchi, sauerkraut, miso, kefir, tempeh and kombucha tea. I love the taste and texture of kimchi, but not everyone does.

What if there was a way the taste of these probiotic-rich foods? Would you willingly add them to your daily diet?

Restoring your digestive system's function with food has never been tastier than it is now with a wealth of delicious products created just for this purpose. Here are some easy ways to work probiotics into your diet:

➤ **Marinate in miso** Use a blend

of miso paste, honey and gluten-free soy sauce to create a marinade for salmon, tilapia or tuna. Marinate for at least 30 minutes before cooking.

➤ **Make a sandwich** Layer pickles and spread fermented mustard on your favorite sandwich. While you are at it, swap in Farmhouse Culture's kraut chips for a tangy and crunchy probiotic punch. Wildbrine's coleslaw and salsas make great additions to sandwiches—and snacks.

➤ **Eat kombucha** Thank you, Vegan Rob's, for creating a way to eat (not drink) kombucha. Its new line of shelf-stable grain-free Kombuchabars come in four flavors (banana, cranberry, cacao and cranberry) that aren't overwhelmed by the taste of kombucha.

➤ **Make hash out of sauerkraut** Sauté onions, garlic and bacon until tender,



then add in wildbrine's raw sauerkraut and simmer. I like to add in a splash or two of apple cider vinegar to mask the bitter flavor of sauerkraut, but the onions, garlic and bacon accomplish that task nicely.

➤ **Make a smoothie with kefir** Use kefir as a base for smoothies. Add in fruits like bananas and strawberries, and sweeten with honey.

Go ahead and try one of these ingredient swap outs for a new way of consuming gut-healing probiotics. Your taste buds won't be disappointed—and your body will thank you. —Jennifer Harris

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# Mix it up



## Eat up: Dairy-free on-the-go options

Dairy-free product manufacturers are forging a new path that allows consumers to take their products "to go." A wide variety of items, including milk, smoothies, sweets, cheese, pudding and yogurt, are available in on-the-go formulations—and their improved texture, taste and nutrition really resonate.

Who has the time to sit and eat in these days? While convenient on-the-go options are not especially noteworthy, portable nosh-worthy snacks or thirst-quenching beverages made from nutritious ingredients are a bit harder to come by. To help you satisfy your cravings, here are some of our favorite portable health-forward dairy-free products:

### Drinks

- **Avonut** smoothies are made from a blend of avocados, coconuts and tropical fruit. Sweetened with coconut nectar and available in guava and dragon fruit flavors, they provide a creamy and nutritious alternative to typical dairy-based smoothies.
- **Odwalla's** rich almond milk protein shakes made with pea protein and sweetened with cane sugar come in three indulgent flavors: mocha latte, snickerdoodle and spiced pumpkin (seasonal).
- **Remedy Organics'** superfood fuel beverages are designed by a nutritional health counselor to go beyond hydration and nutrition. The plant-based drinks blend nut milks with superfoods, ayurvedics, herbs and probiotics to help with inflammation, digestion and gut health.
- **Ripple Foods'** Milk Kids Packs are shelf-stable pea milk singles free of the top allergens, including dairy, gluten, nuts and soy. Available in original, vanilla and chocolate flavors, they are perfect for lunchboxes and drinking on the go. And they contain more calcium and iron than dairy milk.

### Sweets

- There's no need to feel guilty when scarfing down **Because Cookie Dough's** single-serve line of edible cookie doughs because they are made with whole-grain flours and sweetened with coconut sugar. Each 2-ounce serving contains less than 200 calories and can be eaten raw or heated for a warm, gooey treat. Choose from chocolate espresso, chocolate chip, brownie batter, cinnamon snickerdoodle and oatmeal chocolate chip varieties.

- The plant-based brownies and chocolate chunk blondies from **Rule Breaker Snacks** are made from a base of chickpeas and beans—and they taste sinfully delicious. Packed with fiber and protein, these delectable treats have been reformulated to contain fewer calories. They are shelf-stable too.

- Protein cookies are all the rage, but the ones from **NuGo Nutrition** taste like a soft-baked cookie. Packed with 16 grams of pea protein and no dairy, soy or eggs, these cookies make it more than OK to bite into a dark chocolate chip, double chocolate, peanut butter or oatmeal raisin treat.

- **Zemas Madhouse Foods'** cookies, which are made with better-for-you whole-grain ingredients, now come in snack packs. Available in four flavors (chocolate chip, double chocolate chip, oatmeal cranberry and Peruvian sweet potato spice), these crunchy cookies are free of gluten, dairy, rice, GMOs and the top eight allergens.

### Cheese

- **Follow Your Heart's** provolone and American snack cheeses are just what your snacking routine has been missing. Creamy and smooth with a mild flavor, these plant-based cheeses are highly portable and free of artificial binders.

- Tangy white American and white

cheddar with meatless bacon snack bars are new from **GOVEGGIE**. These seriously addictive flavors could easily take center stage on a cheese tray or in a lunchbox.

### Chocolate

- All **Enjoy Life Foods'** chocolate bars come in bite-sized minis. Choose from dark chocolate, rice chocolate, rice milk crunch and a variety pack. These dynamite dairy-free chocolates are free of the top eight allergens.

- **Nutiva's** hazelnut spread travel packs are perfect for an afternoon pick-me-up and keep portion control on point. This creamy spread, available in classic or dark, is made with organic and non-GMO ingredients and full of nutritious ingredients like flaxseed flour and chia seed oil. It also contains 40 percent less sugar than other brands.

### Pudding

- When you soak chia seeds in coconut milk, add in wholesome non-GMO ingredients, a pinch of salt and natural sweetener, then you have **CHIA VIVA** puddings. Loaded with protein, omega-3s and calcium, they have six flavors. You only feel like you're indulging, knowing your body is being treated to a nutritional punch.

### Yogurt

- **Kite Hill's** yogurt tubes and drinkable yogurts are all about health and convenience. Made with cultured almond milk, the strawberry banana and wild berry yogurt tubes are sweetened with cane sugar. Its smooth yogurts, available in plain, mango, vanilla and summer berry, have been adapted into drinkable treats full of nutrients and active cultures that make maintaining gut health effortless and delicious. —Jennifer Harris

# Make a difference through celiac research

Beyond Celiac's "Bold Beyond" symposium at Drexel University in November featured an all-star physician-researcher panel. Moderated by Beyond Celiac CEO Alice Bast, the evening was a major wake-up call: For so long, I've become blasé about the fact that my strict gluten-free diet is the only treatment for celiac. After that first year of transitional growing pains, I eased into my new normal and found myself grateful that at least there is a known way to manage the disease.

But the panel highlighted just how much of a toll the diet actually takes on the lives of those in the celiac community—socially, emotionally and physically. Inconveniences and insecurities aside, 30 percent of celiac patients on the gluten-free diet show no improvement. And in a world where we're all constantly eating on the go and often at the mercy of other food handlers, even the most diligent of us can't confidently say we're 100 percent gluten free—we're just as gluten free as humanly possible.

## 3 ways to make a difference

Still, the panel wasn't just an opportunity to vent—it was a call to make a difference, to push for a better quality of life, to campaign for the kind of research that could lead to pharmaceutical treatments and alternative therapies. And you can answer that call. Here are three easy ways:

**1. Sign up for Go Beyond Celiac at [go.beyondceliac.org](http://go.beyondceliac.org).** It's an online community where people with celiac share their stories and experiences—and, in turn, advance celiac research. Currently, celiac receives the least government research funding of all gastrointestinal and autoimmune diseases. But it doesn't have to be this way. The Beyond Celiac team has an extensive network of doctors, researchers and patient advocates with whom they regularly communicate—and who can be our collective voice for the need for further research.



## 2. Speak up to your doctors about the toll celiac actually takes on your life.

So often, celiac patients don't feel entitled to share their hardships—but suppressing those concerns stifles the chance for further research. When you speak up to your physicians, you help increase the likelihood that your struggles are conveyed to the research community, which in turn seeks out the necessary funding for research.

## 3. Participate in clinical trials.

Visit Beyond Celiac's clinical trials finder at [beyondceliac.org](http://beyondceliac.org) to see which studies are available near you. And in the future, the Go Beyond Celiac platform will include a registry component to help connect patients with researchers. —Jessica Press

*Pictured above, panelists included (left to right): Anthony J. DiMarino Jr., MD, chair, Division of Gastroenterology & Hepatology, Thomas Jefferson University Hospital; Ciaran P. Kelly, MD, director, Celiac Center at BIDMC, and director, Gastroenterology Fellowship Training, Beth Israel Deaconess Medical Center; professor of medicine, Harvard Medical School; Alice Bast, Beyond Celiac CEO (moderator); Daniel Leffler, MD, MS, medical director, clinical science, gastroenterology TAU, Takeda Pharmaceuticals, USA Inc.; director of research, Celiac Center at BIDMC, Beth Israel Deaconess Medical Center; Ritu Verma, MD, section chief, gastroenterology, Children's Hospital of Philadelphia; professor of clinical pediatrics, Perelman School of Medicine at the University of Pennsylvania*

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## FDA issues guidance on labeling gluten-free medications

BY STEVE PLOGSTED



Steve Plogsted, a pharmacist at Nationwide Children's Hospital in Columbus, Ohio, is an expert on gluten in medications. His website, [glutenfreedrugs.com](http://glutenfreedrugs.com),

is widely recognized as the most reliable source of information on gluten-free prescription and over-the-counter drugs. Have a question about gluten and medications? Send it to [glutenfreedrugs@gmail.com](mailto:glutenfreedrugs@gmail.com).

**Q** I was recently diagnosed with celiac and am lactose intolerant. I have severe osteoarthritis and take several supplements that help with this. Most are gluten and lactose free, but the product Immune Essentials by Swanson does not claim to be gluten free and also contains ColostrMune® 4070 Colostrum (a form of milk). I am concerned about how much lactose this product contains but have not been able to find a substitute for it.

**A** That particular product does not contain any known gluten-containing ingredients; however, there is some important information to consider for a person with lactose intolerance (not a milk allergy). As you are aware, many people have both celiac and lactose intolerance, so this is a common question. Most gastroenterologists are not concerned about the relatively small amount of lactose in medicines. They think that the small amount consumed will not cause any symptoms. A cup of milk contains approximately 11,000 milligrams (mg) lactose whereas a typical lactose-containing medication in pill or capsule form has less than 300 mg lactose. Additionally, colostrum contains very little lactose, and it has been found to be beneficial for some patients with lactose intolerance.

**Q** I get very frustrated when I ask my pharmacist or physician if a medication I am prescribed contains



gluten. Nobody seems to know the answer or where to find it. Can't the federal government help this situation?

**A** Our celiac community just received some important help from the government. On Dec. 12, 2017, the FDA issued guidance to drug manufacturers on voluntarily labeling medications to state that no known gluten-containing ingredients were used in their product. This effort has been ongoing since 2015, when Rep. Tim Ryan (D-Ohio) introduced legislation to Congress. His persistent efforts, along with those of other experts and stakeholders in the celiac community, paid off. Although this legislation asks for voluntary compliance for now, it could lead to more mandatory labeling in the future. I am particularly excited because Congressman Ryan's office has contacted me to provide them with some background information on gluten in medications. This legislation also addresses the sugar alcohol issue. Sugar alcohols, or polyols, are substances used as sugar substitutes in food products. Some manufacturers categorically state that their drug product contains gluten simply due to the presence of one of these sugar alcohols. While sugar alcohols could be derived from a wheat source, the gluten protein is removed dur-

ing the manufacturing process. The major celiac organizations do not recommend avoiding these sugar alcohols. Since there is no official definition of gluten free in drug products, this is the best they can do at this time. You can read the legislation at <http://bit.ly/2CzPCug>.

**Q** My pharmacy just substituted my medication, montelukast, which is gluten free, with one that is manufactured in India. Do you know if this new product is also gluten free, and should I be concerned because it is produced overseas?

**A** This new product is also gluten free and there shouldn't be any issues just because it was manufactured overseas. The production plant in India is under the watchful eye of the U.S. Food and Drug Administration and it is held to the same quality-control and process standards as any drug manufacturer in the United States. But remember, this is completely different than filling a prescription while visiting a foreign country or having a medication shipped to you there. In that case, the drug would have to meet that country's standards, which could differ significantly from the U.S., and could possibly contain gluten.

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**Camp Celiac in North Scituate, Rhode Island,  
provides a worry-free week for kids with celiac**

BY LAURA HAHN CARROLL





The struggles of being gluten free go well beyond just finding gluten-free alternatives to our favorite foods. They require us to be more aware of the world around us and sensitive to where food is being prepared. We must be vigilant about paying attention to every single ingredient, which can sometimes be exhausting. For anyone, especially children, these struggles can cause feelings of isolation by not being able to participate in activities where foods with gluten are the centerpieces (think pizza night).

For this reason, a remarkable place called Camp Celiac in North Scituate, Rhode Island, hosts 145 kids with celiac ages 8 to 16 for a one-week sleepaway camp. This is a place where kids with celiac can eat everything in sight and for five days not feel singled out. Everyone around them deals with the same daily struggles. Most of the campers do not know anyone with similar conditions, so this makes for a special place where they can share a donut and cookie with their friends. The camp doesn't focus on the condition, however—rather, it focuses on the fun. Activities do not center around gluten-free living, per se, as staff does not actively bring it up. In many ways, there is no need. The campers, though, will chat about their favorite snacks or share their





journey with celiac with their friends. I have been volunteering for five years as the kitchen lead and often feel that this place is as much of a retreat for me as it is for the campers. I understand what the campers feel, and I want to do everything in my power to make this a life-changing experience.

Activities include, but are not limited to, swimming, fishing, zip-line, crafts, yoga and hiking. Campers are served three meals a day with multiple snacks in between, with the idea of sharing meals that the campers would usually not be able to enjoy in group settings. The menu includes all-you-can-eat pizza night, pasta dinner, Chinese “takeout,” pancake breakfast, and unlimited sweets and treats freshly baked in a fully gluten-free kitchen. Campers top it off with gluten-free s’mores around the campfire and hot soft pretzels at snack time.

Camp Celiac is a 501(c)(3) that is fully staffed by volunteers. All directors, counselors, kitchen staff and nurses give their time to make this week something very special. Almost all the food and supplies are funded by donations. We are indebted to the extremely generous vendors that want to share their gluten-free products with our community.

The testimonials are endless. From our youngest to oldest campers, the message is always the same—they believe (and I cannot agree more) that this place is something very special where lifelong friendships are formed and a new level of confidence is created by being connected to a group of people like them. **GF**

*Want to learn more or help support this special place? Please visit [Campceliac.org](http://Campceliac.org) or the “Friends of Camp Celiac” Facebook page. We are always in need of qualified volunteer counselors and nurses. Donations are also accepted on our site. Vendors are encouraged to contact us with any interest in donating products to offer and promote to our camp community. Please feel free to reach out with any questions or inquiries to [info@campceliac.org](mailto:info@campceliac.org).*

*Registration opened Feb. 1, 2018. Registration forms will be posted online at [campceliac.org](http://campceliac.org). The dates for camp this year are Aug. 5 to 10.*



## FROM THE PARENTS OF A FIRST-TIME CAMPER IN 2016:

“To everyone who made this past week possible:

“Our son just attended Camp Celiac for the first time, and what comes to mind most is WOW!!! When we dropped him off, we were so impressed with the facilities, the efficiency of the drop off and the friendly nature that everyone had. We thought that he'd have a good time and felt comfortable that he'd be safe from being 'glutened.'

“As the week progressed and we saw pictures every day of all the activities, we were thrilled and thought that he was probably having a great time. By the time Friday

rolled around, we were starting to think, 'Uh oh, he may not want to come home.' And at pick-up time, it was clear that camp had exceeded our hopes. It's a bit counterintuitive to be happy to see your child cry, but watching him say those heart-wrenching goodbyes confirmed that the entire experience meant something to him he'll never forget, and we are so grateful. On the way home, he said that it was probably the best week of his life.

“It's clear that the amount of time and effort you put into organizing, staffing and facilitating camp is an incredible labor of love.”



## MORE GLUTEN-FREE CAMPS

Here is a list of other gluten-free-accommodating camps in the United States and Canada for 2018.

**Camp Fire Green  
Country's Camp Waluhili**  
Chouteau, Oklahoma  
[tulsacampfire.org/camp](http://tulsacampfire.org/camp)

**Camp Celiac**  
Livermore, California  
[celiaccamp.com](http://celiaccamp.com)

**Camp Weekaneatit**  
Warm Springs, Georgia  
[glutenfreecamp.org](http://glutenfreecamp.org)

**Gluten-Free Fun Camp**  
Annandale, Minnesota  
[twincitiesrock.org/Camp](http://twincitiesrock.org/Camp)

**Camp Emerson**  
Hinsdale, Massachusetts  
[campemerson.com](http://campemerson.com)

**Timber Lake Camp**  
Shandaken, New York  
[timberlakecamp.com](http://timberlakecamp.com)

**Camp Eagle Hill**  
Elizaville, New York  
[campeaglehill.com](http://campeaglehill.com)

**International Sports Training  
Camp**  
Stroudsburg, Pennsylvania  
[international-sports.com](http://international-sports.com)

**Emma Kaufmann Camp**  
Morgantown, West Virginia  
[emma Kaufmanncamp.com](http://emma Kaufmanncamp.com)

**Gluten-Free Week at Camp  
Kanata**  
Wake Forest, North Carolina  
[campkanata.org](http://campkanata.org)

**Gluten Intolerance Camp at  
Camp Sealth**  
Vashon Island, Washington  
[campfireseattle.org](http://campfireseattle.org)

**The Great Gluten  
Escape at Gilmont**  
Gilmer, Texas  
[gilmont.org](http://gilmont.org)

**Appel Farm Arts Camp**  
Elmer, New Jersey  
[appelfarmartscamp.org](http://appelfarmartscamp.org)

**Clear Creek Camp**  
Helper, Utah (serves Alpine School  
District children)  
[clearcreekcamp.org](http://clearcreekcamp.org)

**Camp Silly-Yak**  
Brigadoon Village, Aylesford, Nova  
Scotia  
[brigadoonvillage.org](http://brigadoonvillage.org)

**Celiac Disease  
Foundation's  
Campership Program**  
[celiac.org/camp](http://celiac.org/camp)



# WHAT TO EXPLORE IN *SINGAPORE*

**Find your gluten-free paradise**

WORDS BY ANNA SONNENBERG  
PHOTOGRAPHS BY LOREN SONNENBERG





**W**ith its lush tropical gardens, year-round summer weather and unique mix of cultures, Singapore had plenty to keep me entertained and amazed. But what about when mealtime rolled around? This equatorial Asian city-state is known as a culinary mecca, but that doesn't always mean gluten-free visitors can partake. Though I did find many local dishes to be challenging from a gluten-free perspective, several fantastic meals kept me fueled for countless tropical adventures in Singapore.



### VISIT THE REMARKABLY GREEN CITY CENTER

Starting my Singapore visit with a walk through the Gardens by the Bay was a wonderful way to soak in the city-state's seamless blend of urban and natural spaces, and I recommend that you do the same. The Gardens by the Bay are home to several beautiful heritage gardens that boast a fascinating mix of tropical plants, along with enchanting environments like the Cloud Forest. I found myself completely mesmerized by this misty conservatory, where leafy ferns, waterfalls, colorful flowers and wispy clouds all thrive.

The main attractions at the Gardens by the Bay are the Supertrees. Some of Singapore's most iconic structures, the gigantic Supertrees mimic tree forms and support growing vines, ferns and flowers along with an array of environmentally friendly solar panels. Visit in the evening, and you'll see the Supertree grove come to life with a dazzling light and music show.

Leave the Supertree grove on foot, and you'll find that Singapore's cosmopolitan downtown is just a short stroll away. Although

this waterfront area buzzes with activity at all times of day, it's most lively in the evening, when you can walk along Marina Bay, catch the fountain show in front of the Marina Bay Sands and take a photo with the statue of the Merlion, Singapore's one-of-a-kind mermaid-lion mascot.

### DIG INTO HAWKER-STYLE DISHES

For most visitors to Singapore, tucking into a meal at one of the hawker centers is a major highlight. These popular outdoor food courts are scattered across the island, and they host vendors selling Singapore's quintessential dishes. For gluten-free visitors, however, touring the hawker centers is more about observing the local culture and less about sampling countless dishes. Almost every stand is off-limits for gluten-free diners due to the omnipresent soy sauce, wheat noodles and language barriers.

However, one hawker stall where you can and absolutely should eat is The Wholefood Kitchen, which is just east of the Central Catchment Nature Reserve, Singapore's biggest park. Here, owner-chef Sanye Lam prepares nutritious yet flavor-packed dishes

that show you just how delicious whole, unprocessed foods can be. While everything she makes is dairy free, most menu items are also gluten free, with everything clearly marked on the menu. Sanye uses dedicated gluten-free utensils to ensure that dishes are safe for those with celiac, and she can also prepare nut-free and egg-free dishes.

Be sure to try The Wholefood Kitchen's most popular dish, the Heavenly Brown Rice Bowl With Lemongrass Ginger Tofu and Curried Cashew Nuts, which comes with savory, citrusy tofu topped with a zesty sauce, curried cashews and plenty of fresh veggies. Don't forget to save room for one of Sanye's incredible raw desserts, like the Strawberry Rosewater or Lavender Blueberry tart. These cool treats are the perfect antidote to Singapore's steamy weather.

### DELVE INTO THE CULTURE

After a fantastic meal, I recommend delving into Singapore's culture with a visit to a couple of the island's many museums and heritage centers. The National Museum of Singapore, for instance, has enough history and artifacts



Open Door Policy



Tiann's



Wholefood Kitchen





## SINGAPORE RESOURCES

### OPEN DOOR POLICY

19 Yong Siak Street  
Singapore 168650  
odpsingapore.com

### TIANN'S

71 Seng Poh Road, Block 71  
Singapore 160071  
tianns.com.sg

### THE WHOLEFOOD KITCHEN

514 Bishan Street 13, 2/F  
Bishan Cafeteria  
Singapore 570514  
facebook.com/  
TheWholefoodKitchenSG

to fill an entire afternoon. Not only is this the nation's oldest museum, but it's also the best place to learn about Singapore's history, including its early days; its existence under British, Japanese and Malaysian rule; and how it has thrived in its independent state.

Offering an intoxicating mix of Asian art and historical exhibitions the Asian Civilisations Museum is also well worth a visit. You can see everything from a ninth-century shipwreck to contemporary art here, and you'll also learn how Singapore has long held a prominent role in the dispersal of ideas, languages and cultures throughout Asia.

Singapore is truly a melting pot of Malaysian, Chinese, Indian and British cultures, and there's no better way to find out more than with a tour of the various heritage centers. Visits to the Indian Heritage Centre, the Malay Heritage Centre and the Peranakan Museum also give you an opportunity to wander through the surrounding neighborhoods, where you can experience the culture firsthand.

### INDULGE IN A LOCAL TREAT OR TWO

Once you've gotten your fill of culture, turn just west of Singapore's main museum hub, where you'll find Tiann's bakery. This wel-

coming spot is completely gluten free, and it's the perfect place to grab lunch or an afternoon treat. If you have as much of a sweet tooth as I do, you'll let the case of beautiful tarts, cakes and bars lure you in. Once you see the full menu, you'll want to sit down for a complete meal.

While Tiann's serves plenty of brunch classics and savory waffles, I couldn't resist the Korean dishes on the menu, especially since they would typically contain gluten in other settings. I liked Grandma's Bibimbap—which comes with sesame-toasted veggies, savory kimchi and housemade Korean red chili paste—so much that I ordered it on multiple visits.

Of course, you can't leave without trying Tiann's waffles with gelato, both of which are made in house. After spotting numerous gluten-containing versions of this sweet treat during my visit, I was thrilled to get to try Tiann's offering. It's perfect for sharing, as it comes with two mini waffles and scoops of mouthwatering strawberries and cream and coconut maple cookie gelato. The sweet toffee sauce drizzled on top is quite literally icing on the cake.

### HIT THE BEACH

After such an indulgent treat, you'll need to





walk it off, and the beach is the ideal destination. I found that the best beaches in Singapore aren't designed for swimming. Instead, they're made for strolling along the boardwalk and taking in the ocean views.

I can't say enough about East Coast Park, a forested beach with a boardwalk that stretches for several miles along the island's east coast. While this is a gorgeous place to see the sunrise, it's really wonderful any time you want to take a long, leisurely walk under the shady coconut palms, inhale the sea breeze or watch the boats in the distance.

### GO BIG FOR BRUNCH

Singapore is big on weekend brunch, and for gluten-free diners, there's a clear winner: Open Door Policy. This café turns sustainable dining into serious fun. The moment you step inside, you'll feel like you walked into an enclosed garden, thanks to the myriad herbs and greens growing on the walls and the numerous skylights overhead. Everything on the menu is free of both gluten and dairy, which means there are no wrong choices here.

I recommend splitting a savory and a sweet dish with your dining partner so both of you can try a little of everything. The King Crab Eggs Florentine is always a good choice,

with a generous helping of king crab, some spicy sautéed greens, a couple of poached eggs and plenty of house-made bread to soak it all up. For a sweet foil, try the Healthy Granola Breakfast, which comes with house-made granola, caramelized bananas, and a rich combination of banana sorbet and banana mousse.

### IMMERSE YOURSELF IN NATURAL BEAUTY

After brunch, the lush Singapore Botanic Gardens is the perfect place to unwind. For more than 150 years, this stunning spot has welcomed visitors and locals alike to immerse themselves in natural beauty. The moment you walk through the gates, you'll be transported to another world, and you'll quickly get lost among more than 10,000 plants, including palms, orchids, ferns and much more.

A large portion of the garden is a UNESCO World Heritage site, and as you wind your way along the paths, you can take detours to explore everything from heritage trees to rainforests to ginger gardens to ponds overflowing with water lilies. Tucked inside, you'll also find the National Orchid Garden, a jaw-droppingly gorgeous area that's dedicated to orchids of all shapes, sizes and colors.

### GET WILD IN THE NATIONAL PARKS

Although the botanic gardens make for a lovely tropical escape, Singapore has much more to offer if you're looking for something a bit more wild—or if you really need to work off that brunch. In fact, the island is home to an extensive network of national parks and nature reserves, many of which offer hiking opportunities that range from easy to difficult with chances to spot wildlife.

If you really want to get off the beaten path, be sure to visit the Central Catchment Nature Reserve, a massive green space located in the middle of the island nation. It spans about 5,000 acres and has everything from thick forest growth to freshwater swamps to centuries-old original forest cover.

While much of this nature reserve seems relatively wild, it's home to miles and miles of neatly planned trails and boardwalks that let you wind through the tropical forest. Whatever you do, don't miss the TreeTop walk, where you can conquer your fear of heights on an 820-foot suspension bridge high above the forest floor. After completing that challenge, you deserve Tiann's housemade waffles and gelato or a cool raw dessert from The Wholefood Kitchen. **GF**





# Girlfriends' getaway guide: **UPSTATE NEW YORK**



BY ANGELA SACKETT







While New York City is arguably the country's top hotspot for great food and entertainment, upstate New York by contrast is low-key, friendly and full of small towns and intimate eateries, with stunning countryside and beautiful places to stay in the heart of East Coast wine country. Because of its progressive focus on farm-to-table and locally sourced resources, it's also a great place to travel for an allergy-friendly getaway. The Finger Lakes region is dotted with surprising experiences, with the towns of Watkins Glen and Corning easily filling a four-day road trip with hiking, riding, waterfall chasing and culinary delights. When a fellow writer and I wanted to get away for some rest and renewed creativity, New York's Finger Lakes region provided the perfect quiet spots for reflection, influenced richly by a blend of both local farm and wine culture and a hint of the "big city's" progressive side.

#### **MUST-TRY FAVORITES FROM OUR TRIP**

.....

##### **Watkins Glen Harbor Hotel, Watkins Glen**

*All the amenities of a larger chain, with all the charm of a small hotel*

Beautiful common areas, lushly appointed rooms, a gorgeous harbor view and gluten-free menu options in the dining room add up to an ideal home base when exploring the area.

##### **Graft Wine + Cider Bar, Watkins Glen**

*Friendly and knowledgeable staff, intimate setting and delicious shareable plates*

You'd never guess celeriac root and Brussels

sprout slaw would be top picks, but don't skip these mouthwatering menu items, among chef/co-owner Christina McKeough's specialties. The can't-miss charcuterie platter includes gluten-free crackers to replace traditional ones upon request. Be sure to try a local cider or a wine from Atwater Vineyards, whose owner also co-owns Graft. Make plans to visit Atwater for a tasting; one of the smaller vineyards, it has a friendly staff and the wine selection is excellent.

##### **The Colonial Inn & Motel, Watkins Glen**

*Quirky bed and breakfast, ice cream shop and pottery gallery*

This is the perfect mid-afternoon or evening stop, offering a surprising selection of house-made flavors, including dairy-free options. House-made seasonal favorites such as bourbon-mint-chip ice cream and year-round specials like honey-vanilla make it worth saving room for dessert.

##### **Hawk Meadow Farm, Trumansburg**

*Husband-and-wife-owned mushroom farm*

Welcoming owners Steve and Anne Sierigk grow both medicinal mushrooms and culinary varieties coveted by local chefs. Make an appointment to tour their homestead and learn about local ecosystems and woodlot management of, growing of and uses for mushrooms. This is truly a one-of-a-kind opportunity to experience agricultural life and local culture.

##### **Painted Bar Stables, Burdett**

*Sightseeing on horseback*

Hiking the parks and hunting waterfalls is mandatory, but seeing the parks on





horseback is a special treat. Owner Erika Eckstrom and the staff at Painted Bar are hilarious guides and sensitive instructors, carefully pairing horse with rider for what Eckstrom laughingly calls a “boutique trail-riding experience.”

#### **Elf in the Oak, Burdett**

*A magical little spot*

This childhood-home-turned-café sits nestled off the road near a grove of trees where owner Debra Griffen’s grandmother built elf houses with her sisters once upon a time. Try the sloppy Joe sandwich on gluten-free toast—and don’t skip the house-made sweet pickles.

#### **Watkins Glen State Park**

*“Breathtaking” doesn’t do these views justice*  
The park’s Rim Trail, open during warmer

months, offers an up-close look at one of the area’s most majestic waterfalls. Famous for its history with auto racing, Watkins Glen is also bursting with sites to entice outdoor enthusiasts. Gorgeous scenery and plentiful waterfalls are features of other parks in the area, including the North Country Trail, Great Eastern Trail and Finger Lakes Trail.

#### **Seneca Sunrise Coffee, Watkins Glen**

*Always a vegan and gluten-free offering*

Owner Mindi Beheydt roasts her own beans and features daily house-made soups, including a vegan and a gluten-free option. Choose your cozy soup from those bubbling in slow cookers, sip the fresh coffee and savor your time—and food—on the wide front porch in this former private-home-turned-café.

#### **Union Block Italian Bistro, Hammondsport**

*A hip vibe and incredible menu*

This casual Italian bistro offers gluten-free pasta and flatbreads and boasts a chef who will gladly customize any item. Add to this the intimate “hidden” bar/club room downstairs offering up live music and local flavor, and you’ve got a multi-hour stop.

#### **Pleasant Valley Inn, Hammondsport**

*Merging historic elegance with modern luxury*

This chef-owned four-room bed and breakfast features local produce served in both a classically trendy restaurant and a welcoming and eclectic pub. Be sure to ask about the local farm tour, which allows you to hand-pick seasonal offerings and present them to the chef, who will prepare them for a tasting plate at the evening meal. **GF**



## *Tips for a memorable girlfriends’ getaway*

- Consider booking separate rooms or a multi-room house. Traveling together is exciting and entertaining, but there’s something to be said for having alone time to enjoy a hot shower and the chocolate on your pillow. Leave free time in your days. Vineyard excursions and horseback rides can be energizing, but so can a short nap before heading out for dinner and drinks.
  - As always, do your homework. Check out online menus and itineraries to make

on-the-spot decisions less stressful. When possible, create a game plan for meals and snacks, packing an emergency supply while taking advantage of local specialties.

- Mix it up. Alternate outdoor activities like hiking and waterfall-chasing with wine tastings, or opt for replacing a meal with light snacks on days you’ll eat heavier meals.

- Consider booking a bed and breakfast or hotel with breakfast included so you’re free to daydream and plan about adventur-

ous meals the rest of the day.

- Chat with locals. The Finger Lakes region offers little-known agri-tourism opportunities like small farm visits and you-pick produce. Wine guides and small business owners are happy to answer questions about their products and services and the story behind their passion, which adds richness to your experience and enjoyment to the memories from your trip.







# Planning a gluten-free honeymoon

BY ERIN SMITH

The wedding day is over, and now it's time to celebrate your marriage. A honeymoon is your chance to take a breather from wedding festivities and enjoy traveling as a married couple for the very first time. After months of planning and rejoicing on the big day, it is time to stop to reflect on your marriage and enjoy your newlywed status.

There are no rules when it comes to planning a honeymoon. Romantic and tropical destinations continue to be a top trend for honeymoons, but many newlyweds are thinking outside of the box when it comes to celebrating their love. The destination, type and destination of your trip is completely up to you. This is your first chance to travel as a married couple and make new memories.

While some people who live gluten free might be reluctant to travel, it is completely doable. Preparing for any gluten-free vacation, whether it's a honeymoon or a family trip, requires an extra level of planning. Doing this research before you go is critical and will hopefully lead to a much more gratifying honeymoon.

## CHOOSING YOUR DESTINATION

Adventure vacations, road trips and even "staycations" are all gaining popularity amongst brides and grooms. Some couples want an exotic journey while others just want to lie on the beach and relax after a hectic few months leading up to their wedding. There is no right or wrong when it comes to your honeymoon. *Gluten-Free Living* contributor Susan Cohen, who was married in late 2016, says, "A honeymoon isn't necessarily [about] where you go but being together and celebrating [that] you are doing something really special in your relationship."

Newlywed couples often choose a honeymoon destination that neither person has visited in the past. This allows them to explore both their new married status as well as a new city or country. "Taking part in new experiences together is a great way to make memories," says Cohen, who took a fall-foliage road trip to Vermont for her honeymoon.

All-inclusive resorts continue a honeymoon trend amongst newlyweds with dietary restrictions who want to kick back and relax after a wedding. The popular Sandals Resorts feature a dietary concierge who will help ac-

commodate your food restrictions. Karisma Resorts in Jamaica and Mexico specialize in romantic getaways and directly work with you to ensure your dietary needs are met throughout your stay. The Atlantis Resort in the Bahamas touches base before you even arrive to address allergen-friendly requests. The resort also provides a culinary executive during your stay to confirm your requested meals.

A cruise is another wonderful option that can accommodate allergen-friendly and gluten-free diets. Bride Marci Launer, traveling outside of the U.S. for the first time since her celiac diagnosis, and her husband, Adam, took a two-week cruise through French Polynesia for their honeymoon in 2017. Marci and Adam began communicating with the cruise line five months prior to their trip. Through emails, they were able to explain all of Marci's food restrictions and the need to be extra careful about cross-contamination. Alerting the cruise line ahead of their honeymoon allowed the kitchen to have gluten-free bread and flour upon Marci's arrival. The pre-planning also allowed Marci to enjoy her trip and not worry about gluten-free meals the entire time.



## ROAD-TRIPPING NEWLYWEDS

Traveling the open road can be an exhilarating experience for anyone. A road trip allows you to travel at your own pace and explore places you might not otherwise visit on a pre-planned tour or a cruise. Traveling by car also allows you to pack gluten-free food and tools to keep you well-fed on the road.

Before embarking on your road trip, stop at the local grocery store to stock up on essentials such as fruits, vegetables, lunch meats, cheeses and gluten-free bread. You can either bring your own cooler or purchase a Styrofoam cooler along the way. Not only will bringing your own gluten-free food keep you safe, but making your own meals also will save you money on your honeymoon.

Road trippers with celiac are getting creative on what they tote along for a road trip. While many pack food, others also bring items like a portable toaster oven, a mini-crockpot and even an electric frying pan. Camping utensils and foldable dishware are also great options for keeping you well-fed on your road trip. These items can easily be stored in a tote bag and do not take up much space.

Another perk of a honeymoon road trip is having a car to take you off the beaten trail. A small business that can cater to a gluten-free traveler is a wonderful discovery, especially when you are hungry. Smartphone apps like FindMeGlutenFree provide user-generated suggestions of gluten-free eateries across the country. To use these apps on the road, simply turn on the GPS of your smartphone and search for locations closest to you. Be sure to call the restaurant or bakery to confirm that they are still open and offer gluten-free options before you go too far out of your way.

## WORKING WITH AN EXPERT

Many newlyweds do not want the added stress of planning a vacation immediately after a wedding, so they opt to work with a travel agent. Lauren Straub, founder of Authentic Travel, LLC, has a unique perspective when it comes to planning gluten-free honeymoons. Straub was diagnosed with celiac five years before her own honeymoon and was inspired to become a travel agent thanks to her personal experience.

When planning a gluten-free honeymoon with a travel agent, Straub stresses how crucial it is that your agent understands your dietary needs. "Make sure your travel agent knows what questions to ask at your destination and what is realistic in terms of dining in your desired location," says Straub. Travel agents can help you find a resort or cruise line that is especially accommodating to special diets. They may also get you a better value for your money. A specialized travel agent such as Straub can help you navigate local restaurants, grocery stores and accommodations with kitchen access, even providing a detailed itinerary of top tourist destinations and where to eat each meal throughout your honeymoon.

## ALWAYS AN ADVOCATE

It is important to remember that even if you work with a travel agent, you are still the one responsible for the food you eat on your honeymoon. Think of your agent as part of your gluten-free support team. It is up to you to make your own decisions based on your comfort level at each dining location on your trip. If the food feels questionable, it is better to speak up than to get sick away from home.

"A honeymoon is the same as any other vacation when it comes to being a celiac

advocate," says Straub. This is not the time to let your guard down when it comes to food. Straub encourages you to "make yourself human and speak up for yourself" when requesting a gluten-free meal. Tell the staff that eating gluten free is something you must follow for your health. "Be direct and let the staff know [that] if there is a mistake, it will ruin your honeymoon," adds Straub. There is nothing worse than spending your honeymoon sick on the floor of your hotel room.

Cohen echoes Straub's suggestions, encouraging gluten-free diners to take their time when explaining their dietary needs. "Be articulate with your server," and be patient if he or she wants to ask the chef specific questions about ingredients and preparation. It is better to be overly cautious than careless when it comes to eating away from home.

## ENJOY THE MOMENTS

The beauty of a honeymoon is that it is just the two of you. It is up to you to enjoy each other and make memories during this special time. The gluten-free planning is important, but it should not consume your entire trip. Pre-planning, preparing and packing gluten-free food will hopefully keep you healthy throughout your trip. Use your energy to appreciate your spouse and not worry about your next meal. Relish the moments you have with each other and celebrate your union and love. Happy honeymooning! **GF**

*Erin Smith is a gluten-free blogger who has been living with celiac disease since 1981. Erin and her husband, Victor, were married in New York City in April 2017. They combined a destination wedding and mini-honeymoon in the city where they met.*

## TOP 5 HONEYMOON TRAVEL TIPS

1

### Do your research.

Before you leave for your honeymoon, start looking for local restaurants that can accommodate a gluten-free diet. If you have your heart set on a special meal, make a reservation ahead of time.

2

### Pack food.

It's better to over-pack with gluten-free, non-perishable snacks such as bars, quinoa cups, nuts and gluten-free jerky than to not have options.

3

### Go with the flow.

Not every vacation goes exactly as planned. It is OK if there are small hiccups along the way. Enjoy the moment. Some of your best memories might be from unplanned adventures.

4

### Use celiac translation cards.

Translation cards come in many languages and can be used both locally and abroad to explain what you can and cannot eat on a gluten-free diet.

5

### Enjoy your trip.

Take time to relax with your new spouse. Explore, experience and enjoy each other and your new married life together.





# CABO'S GRAND SOLMAR

## Showcases Gluten-Free Dining

BY KRISTEN OLIVERI

Mexican cuisine is highly regarded for those following a gluten-free diet, with many corn-based dishes and recipes that steer clear of main culprits like flour or wheat. And for those seeking copious healthy and safe travel options, Mexico—in this case, Cabo San Lucas—provides the ideal setting, with the bold flavors of the Baja peninsula on display at all times.

Grand Solmar Land's End Resort & Spa in Cabo San Lucas is an exquisite hotel with 10 dining options, offering a variety of dishes to patrons avoiding gluten. At the helm of its food and beverage program is executive chef Alberto Collarte, who believes a successful and memorable vacation hinges on patrons feeling relaxed and at ease, particularly when it comes to their food.

"This is the key," Collarte began, "to make the guests feel comfortable, secure and happy. Most of our kitchens are open-air for 'show-cooking,' so visitors can see exactly what we do." To ensure that no cross-contamination occurs and that gluten-free food is prepared in a safe area, Collarte is adamant about the cleaning of his kitchens and facilities,

including temperature control and all food handling. "We have different colors for our cutting boards and we have separate frying oil for any gluten-free food. We also make sure there is excellent supervision on the cleaning and the food handling," he added.

Collarte also appreciates that corn, a staple ingredient in Mexican cooking, is inherently gluten free and tries to incorporate it as often as possible. "Corn makes it easy for me to design any version of a taco," he explained.

He gets to flex his creative culinary muscles when making bread or baked goods that need to be free of gluten. While many establishments simply eliminate such options for gluten-free guests, Collarte is inspired to offer even more. The Grand Solmar property hosts many wedding receptions, and Collarte and his team can even bake a gluten-free cake for a couple's special day.

Beyond cakes, he has a soft spot for soufflés and creates a trio of them in lemon, berry and chocolate. Also on hand are gluten-free pasta, flours, soy sauce and bread. They will also go the extra mile to customize specific menus

beyond particular items if asked in advance.

Collarte has embraced the gluten-free movement because it aligns with his overall food philosophy of using the freshest ingredients possible to create the highest-quality dishes.

"When I started my career, it was unusual to find so many people with food allergies, and I think it goes back to the food industry. It is hard to find a product that is pure—even organic products are not 100 percent organic," said Collarte. "So we, as chefs, have a personal responsibility placed in our hands to serve the most sustainable products we can find and to respect great products, since they give us the chance to make art."

In addition to gluten-free options, the hotel can cater to vegetarian and vegan guests.

Solmar Hotels, the parent company of Grand Solmar, continues to build its portfolio and cater to the gluten-free community. Rancho San Lucas, its latest initiative, had a soft opening at the end of 2017 and will hold its official opening in mid-2018.

For recipes, see next page. **GF**



# COOK LIKE A CHEF

Add some Cabo flavor and flair to your dinner with this selection of gluten-free recipes courtesy of Chef Collarte.



## GRILLED PORTOBELLO WITH CARROT PUREE

SERVES 1

### CARROT PUREE

#### Ingredients

- 3 carrots, chopped
- 5 g fresh ginger
- 15 g butter
- Salt and pepper to taste

#### Directions

In a pot with boiling water, add carrots, salt and pepper.

Add ginger and butter to a pan over low heat and simmer for a couple of minutes.

In a blender, add the cooked carrots and ginger butter. Blend until you get a smooth and creamy puree.

### GRILLED PORTOBELLO

#### Ingredients

- 20 ml olive oil, divided
- 1 onion, cut in petit brunoise style
- 1 cup red quinoa
- 2 cups vegetable broth
- 15 g pumpkin, cut in brunoise style
- 15 g carrots, cut in brunoise style

- 5 g dill, cut in petit brunoise style
- 10 ml white wine
- 5 g butter
- 5 g bean sprouts
- Salt and pepper to taste
- 1 Portobello mushroom

#### Directions

In a small pot, add 10 ml olive oil and fry the onion. After a few seconds, add quinoa, stir with a spoon, and pour in vegetable broth. Cover with aluminum foil and cook over low heat for 10 minutes.

In a second hot pan, add remaining olive oil, pumpkin, carrot and dill. Lightly fry and add the cooked quinoa, white wine and butter. Wait 10 seconds to evaporate the alcohol, and incorporate the bean sprouts, salt and pepper.

Season the Portobello with olive oil, salt and pepper and put it on a grill, about 3 minutes per side. Using a charcoal or wood grill will give it a smoky touch.



## TUNA MEDALLION WITH CHICKPEA AND PLANTAIN SAUCE

SERVES 1

### CHICKPEA SAUCE

#### Ingredients

- 200g dry chickpeas, hydrated
- 2 bay leaves
- Salt and pepper to taste
- 10 ml olive oil
- 1 garlic tooth
- 10 g onion
- 1 piece of whole clove
- 3 pieces of cumin
- 20 g Cascabel chili, hydrated and seeded
- 20 g Poblano chili, hydrated and seeded
- 2 oregano leaves or 1 teaspoon ground oregano

#### Directions

Bring a pot of water to a boil and add the chickpeas with bay leaves, salt and pepper.

Meanwhile, in a pan, add olive oil. Once it is preheated, add the garlic, onion, clove and cumin.

Cook until the onions turn a golden color, then add the previously hydrated and seedless chilies and oregano. Let cook for a couple more minutes, and add the chickpeas with a little of the broth they were cooked in, omitting bay leaves.

Taste to verify salt level and turn off the pan. The mixture will liquefy, creating a uniform sauce.

### GARNISH

#### Ingredients

- 200ml olive oil plus more for frying plantain
- 10 g onion, cut in brunoise style
- 10 g corn
- 10 g nopal, cut in brunoise style
- 10 g chives, cut in brunoise style
- Salt and pepper to taste
- 1 plantain, cut into 3 pieces

#### Directions

Preheat olive oil in a pan.

Add onion, corn and nopal. Simmer for a couple of minutes, turn off and add the chives, to avoid overcooking. Finish with a little salt and pepper.

Fry the pieces of plantain in a pot with enough oil to cover them completely. Once it turns a dark color, the garnish is ready for assembly.

### TUNA

#### Ingredients

- 10 ml olive oil
- Salt and pepper to taste
- 200g tuna medallion

#### Directions

In a pan, preferably made of Teflon, heat olive oil. Sprinkle salt and pepper on the tuna medallion.

Place tuna in the pan and cook all the sides of the fillet.



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The tour features New Delhi, India's historic capital including the magnificent Gandhi Memorial. There's Chandigarh, the idyllic planned city and gardens designed by renowned architect Le Corbusier. Tour Jaipur in the heart of the romantic Rajasthan Desert. Visit the bird sanctuary at Bharatpur and the "ghost city" of Fatehpur Sikri. And Agra, with the iconic Taj Mahal, among many other must-see sites.

Visitors are pleasantly surprised by the fragrant flavors of Indian cuisine which uses cream, yogurt or gram flour (from chickpeas) to thicken sauces (never wheat flour). There are also tasty breads made from lentils. It's an exceptional culinary experience featuring all-time favorites such as daal and butter chicken. All meals included and under the supervision of India's leading celiac support group.

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# Gluten-Free Table

- Make It In Minutes
- Not Just Gluten Free!
- Cookbook Corner
- Kids' Kitchen

**BONUS**  
COOKBOOK  
RECIPES

PHOTOGRAPHY BY LINDSAY COTTER



# Recipes ready

# in 20 minutes

BY ELIZABETH BARBONE



## 15-Minute Lentil Soup

SERVES 4 TO 6

This simple lentil soup makes for a perfect hearty meal on a busy night. Serve with gluten-free bread or spoon over steamed rice.

### Ingredients

- 2 teaspoons olive oil
- 1 small onion, finely chopped
- 2 carrots, finely sliced
- 2 celery stalks, finely chopped
- 2 garlic cloves, minced or put through a garlic press
- 4 cups (32 ounces) low-sodium vegetable or chicken broth
- 2 tablespoons tomato paste
- 1½ teaspoons ground cumin
- 1 bay leaf
- 2 15-ounce cans lentils, rinsed and drained
- 2 tablespoons freshly squeezed lemon juice
- Salt and pepper to taste

### Directions

Heat oil over medium heat in a medium saucepan until shimmering but not smoking. Add onion, carrots, celery and garlic. Stir occasionally, until onion softens, about 3 to 5 minutes. Stir in broth, tomato paste, cumin and bay leaf. Whisk to combine.

Add the lentils. Bring to a boil. Once soup boils, reduce heat to low and simmer until soup thickens slightly, about 10 minutes.

Turn off heat. Stir in lemon juice. Remove bay leaf. Season with salt and pepper to taste.

**Nutrition Analysis:** 160 calories, 1.5 g fat, 0 mg chol, 290 mg sodium, 26 g carbs, 11 g fiber, 6 g sugar, 10 g protein



## Smoked Cheddar Breakfast Sandwich With Spinach

MAKES 1 SANDWICH

This simple breakfast sandwich gets a pop of flavor from the smoked cheddar. If you can't find smoked cheddar, use smoked bacon. The spinach is optional but adds a lovely flavor to the sandwich.

### Ingredients

- 2 slices bacon
- 1 small handful baby spinach, optional
- Salt and freshly ground pepper to taste
- 1 large egg, whisked
- Softened butter, for spreading on English muffin
- 1 gluten-free English muffin or 2 slices gluten-free bread
- 1 ounce (about ¼ cup) smoked cheddar, grated

### Directions

Heat a nonstick pan over medium-high heat. Cook the bacon until crisp. Carefully pour out all but 1 teaspoon bacon grease. Reserve a second teaspoon of bacon grease.

Add the spinach and cook until wilted, about 1 minute. Remove spinach from the pan. Season with salt and freshly ground black pepper.

Add the reserved teaspoon bacon grease to the pan. Heat until it shimmers. Add the egg. As the egg begins to set, gently stir with a silicone spatula. Slide egg onto a plate. Wipe out the pan. Reduce heat to medium-low.

Spread the outside of each English muffin with butter. Place spinach, egg and grated cheese in the English muffin.

Place the sandwich in the pan. Cook until cheese melts and English muffin turns golden brown, about 3 minutes each side.

**Nutrition Analysis:** 570 calories, 14 g fat, 245 mg chol, 800 mg sodium, 42 g carbs, 0 g fiber, 4 g sugar, 19 g protein



# or less!

## Pasta With Tuna Puttanesca

SERVES 4

This pasta dish proves that sauce doesn't need to cook for hours to be flavorful. Prepare the sauce while the water for the pasta boils.

### Ingredients

- 12 ounces gluten-free spaghetti
- Salt
- 3 tablespoons olive oil
- 4 cloves garlic, finely chopped or put through a garlic press
- ¼ teaspoon red pepper flakes (increase to ½ teaspoon for a spicy pasta)
- 2 6-ounce cans high-quality tuna in oil
- 1 28-ounce can crushed tomatoes
- ⅓ cup kalamata olives, pitted and sliced in half
- 3 tablespoons capers, drained
- 2 teaspoons dried oregano
- Freshly ground black pepper

### Directions

Place a large pot of water over high heat and bring to a boil. Generously salt the water and add the pasta. Stir. Cook until tender. Reserve about a cup of the pasta cooking water before draining.

While the water comes to boil, start the sauce. Heat the oil in a large skillet over medium heat. Add the garlic and red pepper flakes. Cook until golden brown, about 1 minute. Add the tuna, breaking it up with a wooden spoon. Add the tomatoes, olives, capers and oregano. Stir to combine. Allow sauce to bubble gently.



Toss the pasta with the sauce. If the sauce is thick, add a generous splash or two of pasta cooking liquid. Season with salt and pepper to taste. Serve.

*Nutrition Analysis:* 660 calories, 23 g fat, 15 mg chol, 1020 mg sodium, 83 g carbs, 4 g fiber, 9 g sugar, 34 g protein



## Gluten-Free Confetti Mug Cake

MAKES 1 MUG CAKE; SERVES 2

Some days need a little cake. This recipe makes a 1-minute mug cake. The serving is fairly generous, so it's best shared with a friend.

### Ingredients

- Nonstick cooking spray
- 2 tablespoons vegetable oil or melted butter
- ¼ cup all-purpose gluten-free flour (For best results, use a gluten-free flour blend that contains xanthan gum. I used Bob's Red Mill Gluten Free 1 to 1 Baking Flour.)
- ½ teaspoon baking powder
- 2 tablespoons granulated sugar
- 1 large egg
- 1 tablespoon milk
- ¼ teaspoon vanilla extract
- 1 teaspoon gluten-free sprinkles
- Gluten-free vanilla ice cream, optional
- Gluten-free whipped cream, optional

### Directions

Spray 12-ounce mug with nonstick cooking spray. Add all ingredients except sprinkles. Stir until smooth with a fork or mini whisk. Stir in sprinkles.

Microwave on high for 60 to 80 seconds, or until cake pulls away from sides of the mug and the top looks dry. Do not overcook or the cake will get hard when it cools. Allow cake to cool in the mug. Top with gluten-free vanilla ice cream or whipped topping, if desired.

*Nutrition Analysis:* 290 calories, 17 g fat, 95 mg chol, 45 mg sodium, 30 g carbs, 0 g fiber, 14 g sugar, 4 g protein



Not Just Gluten Free!



**CAN**  
*dairy free*  
**DO YOUR**  
**BODY**  
*good?*

BY AMY KELLER, MS, RD, LD



You might remember that catchy slogan from the 1980s, “Milk, it does a body good.” Dairy products are nutritional powerhouses, full of bone-building calcium, vitamin D, magnesium and protein. While the average American drinks less milk than in the 1970s, we eat more cheese and yogurt than ever before. But what happens when dairy doesn’t agree with your body?

For many with celiac and other gluten-related disorders, dairy can be a source of discomfort. Lactose is the natural form of sugar found in dairy products. Secondary lactose intolerance, a result of damaged intestinal villi, is common in many newly diagnosed celiac patients. This can cause continued gastrointestinal complaints such as bloating, pain, nausea and diarrhea, even when eating gluten free. Lactose intolerance is prevalent in the general population as well; the National Institutes of Health estimates that 30 to 50 million people suffer from the condition. Those who suffer from lactose intolerance may be able to tolerate small amounts of lactose in the forms of cheese and butter or fermented foods such as yogurt and kefir. Consider taking lactase enzyme tablets or using lactose-free versions of milk and ice cream.

Allergic reactions to the protein in milk are most common in children. In fact, the incidence of milk allergies comes in second only to peanuts. Fortunately, most (but not all) will outgrow an allergy to milk. On the other hand, some adults may develop allergic reactions to dairy, including skin rash, eczema, wheezing and congestion. It can also cause life-threatening anaphylaxis. For those with milk allergies, it is necessary to avoid all forms of milk and dairy, even lactose-free items (see sidebar at right).

### UNEXPLAINED SYMPTOMS

For Gina Passantino, a food allergy blogger, it’s been an almost lifelong struggle. “I’ve apparently had an allergy to dairy my whole life but didn’t know about it until I was an adult,” she explains. “I was very thin growing up,

and I was prescribed a high-calorie, dairy-based milkshake to help me gain weight. But instead of gaining weight, I just felt worse.” Her symptoms didn’t go away with time. “As an adult, I knew I needed to get calcium, but eating dairy just made me sicker and sicker.”

Initially diagnosed with lactose intolerance, she wasn’t set on the right path until a visit to the ophthalmologist, after she began having unexplained facial and eye swelling. “He said, ‘You have a food allergy.’ I got tested, and milk was a huge indicator,” she recalls. “It finally made sense that this is what I’d been dealing with my whole life.” Giving up dairy caused almost immediate improvements in her health that have lasted. “I don’t have a lot of the symptoms that I had as a kid. My abdominal and skin issues went away.”

Pittsburgh-based registered dietitian Jody Garlick found both professional and personal benefits after omitting dairy. “Most of my patients who have dairy issues suffer from digestive, skin and respiratory problems,” she notes. “Giving up dairy provides incredible relief from all of that. Also, I have a milk allergy and have been living dairy free for years. It sure makes it easier to guide others on this type of diet.”

### STRONG BONES WITHOUT DAIRY

Those with celiac are at risk for decreased bone density, so it’s vital to consume plentiful dietary calcium, vitamin D and magnesium, with or without dairy products. Garlick suggests a variety of non-dairy foods that are high in calcium. “I recommend green vegetables such as broccoli, bok choy and kale,” she advises. “While spinach and collard greens are high in calcium, the high oxalate content keeps our bodies from absorbing the calcium as well as it could.” Garlick recommends fortified and enriched products as well. “Try fortified orange juice, cereals or fortified milk such as almond, soy or rice milk. I might also encourage almond butter, sesame tahini, tofu and blackstrap molasses.”

There are fewer dietary sources of vitamin D, although it is found in fish such as salmon, sardines and cod. Our skin helps make vitamin D when exposed to sunshine, but it can be difficult for people who live in northern climates to reliably get enough sun exposure to produce adequate amounts.

Passantino has already seen consequences to her bone health because of her dairy allergy. “I do have osteopenia, and I’m still young, so

	DAIRY ALLERGY	LACTOSE INTOLERANCE
How common?	2%–3% of children <3 years old. Children are likely to outgrow a milk allergy by the time they are teenagers.	Some 30-50 million people; common in those with newly diagnosed or untreated celiac.
What causes it?	The body overreacts to a protein in milk/dairy.	The body is missing or lacks enough lactase enzyme to digest the natural sugar found in milk (lactose).
Signs and symptoms	Hives, upset stomach, vomiting, bloody stools (in infants), wheezing, congestion and life-threatening anaphylaxis.	Abdominal pain, gas, bloating, diarrhea, nausea.
How is it diagnosed?	Blood tests, skin prick tests, oral food challenges.	Hydrogen breath test, elimination diet, stool acidity test (for small children).



I know I need to pay attention to it. I try to add non-dairy sources of calcium, like kale and broccoli, whenever I can.” In addition to diet, other ways to keep bones healthy include regular weight-bearing exercise like walking, running, weightlifting and avoiding smoking. For those with deficiencies, short- or long-term supplementation with calcium or vitamin D may be necessary.

### LABEL LINGO

Just like the gluten-free diet, reading food labels for dairy free takes practice. “One of the biggest challenges I’ve had is getting to know the other names for milk on food labels,” Passantino says. “I also never thought there could be milk in certain foods, like mustard. It can be in so many foods that you would never think of.” Learn other names for milk found on food labels in the sidebar below.

Fortunately, there are a multitude of dairy-free options now available, even for traditionally milk-based foods like cheese and ice cream. “When I’m baking, I typically like to use coconut or olive oil to replace butter,” notes Garlick. “Sometimes I will use a combination of pureed fruit or applesauce along with oil as a butter replacement. I also like dairy-free margarine.” Both Passantino and Garlick recommend milk alternatives. “I love nut-based milk,” says Passantino. “I can bake with both coconut and almond milk, and even hemp and flaxseed milk are great alternatives.” Garlick agrees, “Milk is by far the easiest to replace. My favorites are unsweetened coconut or almond milk.”

Not all dairy substitutions are easy, though, as Garlick notes. “Cheese is the most difficult to replace. My usual go-to for this is nutritional yeast, but I only use it when a recipe calls for a small amount of cheese.” Passantino recommends some of the alternative cheese products now commonly available. “There are so many great products around now that weren’t before.”

### CHECK THE LABELS

- Artificial butter flavor
- Baked goods
- Caramel candy/nougat
- Chocolate
- Lactic acid starter culture/other bacterial cultures
- Lunch meat/hot dogs/sausage may contain milk (also be careful with the deli slicer for lunch meats, as there may be cross-contact with dairy)
- Margarine
- Medications (some may contain milk protein)

- Nisin (a preservative)
- Non-dairy products (may contain casein)
- Shellfish (may be dipped in dairy to reduce odor; ask before purchasing)
- Steaks in restaurants may have butter added for flavor; ask when ordering
- Tuna (may contain casein)
- Foods made with milk substitutes may be made on shared equipment with dairy,

Source: Food Allergy Research & Education ([foodallergy.org](http://foodallergy.org))

### DINING OUT WITHOUT DAIRY

Eating away from home presents significant challenges for those on the gluten-free diet, and eliminating dairy can further complicate things. Garlick advises that particular styles of restaurants may be more able to accommodate. “Chinese, Thai and Japanese restaurants use virtually no dairy in most dishes,” she notes. “For more traditional places, it’s best to stay away from cream-based sauces, soups and salad dressings. Try to stick to the basics, such as ordering foods that are baked, grilled or broiled with oil rather than butter.” Garlick also recommends caution when ordering breakfast foods and desserts because they are often made with dairy ingredients. “Just like you have to with gluten free, when in doubt, always ask.”

Passantino has found that being prepared helps in many restaurant situations. “I recently also became a vegan, so I often carry my own food to make sure I have something safe to eat. One thing I’ve learned, though, is to bring a separate serving spoon.” She also recommends planning ahead. “I do a lot of research to see who can accommodate my meals

before I go. I’m a big fan of Disney for this reason, because I know I can get safe food.”

### TIPS FOR GETTING STARTED

If you’re thinking of giving up dairy, it may be best to start slow. “I encourage my patients to look at the main sources of dairy to get a sense of what needs to be replaced,” advises Garlick. “I suggest baby steps to replace one item at a time with something they really enjoy. There are so many great products available now, so I encourage them to try lots of different options before deciding what they like best.” Even so, she admits it’s not easy. “The biggest challenge for many people is living without cheese. It’s such a big part of the Western diet and is used so often to add flavor,” she says. “It’s much more challenging to replace cheese than it is milk, butter or even yogurt.” Passantino also advises a gradual transition, if possible. “Pick two nights out of the week to make those your dairy-free nights,” she recommends. “Start slow.”

### COPING WITH EVEN MORE RESTRICTION

Eating gluten and dairy free can feel overwhelming, but Passantino offers words of encouragement. “Try not to think of it as a burden, like, ‘I’ll never have pizza or ice cream again.’ Don’t be afraid to try new products, and try to keep an open mind,” she says. “My husband grew up in a milk- and cheese-eating family, and he now finds that vegan cheeses are good.”

Passantino notes she has found eating dairy free rewarding in many ways. “I think I am healthier now and am more aware of what’s in food. On top of that, I’ve developed great relationships with the food allergy community,” she says. “I started the blog with the thought that I had a story to share. I also wanted to reach out to other adults to let them know that your life isn’t over when you’re diagnosed with a food allergy.” **GF**

### OTHER WORDS FOR MILK ON THE FOOD LABEL

The FDA’s Food Allergen Labeling and Consumer Protection Act (FALCPA) states that if a product contains milk, it must be listed either in the ingredients list or a “Contains” statement.

- Butter (all forms)
- Buttermilk
- Casein/caseinates (all forms)
- Cheese (all forms)
- Cottage cheese
- Cream
- Custard
- Diacetyl
- Ghee
- Half and half
- Lactalbumin (all forms)
- Lactoferrin
- Lactulose
- Milk (all forms)
- Milk protein hydrolysate
- Pudding
- Recaldent™
- Rennet casein
- Sour cream (all forms)
- Sour milk solids
- Tagatose
- Whey (all forms)/whey protein hydrolysate
- Yogurt (all forms)



# dairy-free

# RECIPES

## Quick and Easy Bean Salad

Recipe courtesy of Gina Passantino (DairyFreeGina.com)

### Ingredients

- 1 can black beans, drained and rinsed
- 1 can cannellini beans, drained and rinsed
- 1 large green pepper, diced
- ½ cup red onion, diced
- 1 16-ounce container grape tomatoes, each tomato cut in half
- Handful fresh parsley and cilantro, diced
- ⅓ cup red wine vinegar
- Salt and pepper to taste

### Directions

Put first six ingredients in a bowl and toss with red wine vinegar, salt and pepper. Serve at room temperature.

*Gina's Tip:* This salad can truly be made your way with whatever beans you have in your pantry and whatever fresh vegetables you have in your refrigerator. It's a great way to use those peppers and tomatoes that you have growing in your summer garden.



## Spiralized Carrot Salad

SERVES 4

Recipe courtesy of Gina Passantino (DairyFreeGina.com)

### Ingredients

#### SALAD

- 12 ounces spiralized carrots (Gina recommends using a storebought brand, such as Trader Joe's, or making your own)
- 1 can chickpeas, drained and rinsed
- Handful fresh parsley and cilantro, chopped
- 1 16- to 19-ounce block tofu
- Coconut oil

#### DRESSING

- 2 parts extra-virgin olive oil to one part white balsamic vinegar (start with ½ cup olive oil and ¼ cup vinegar then adjust to taste)
- ¼ teaspoon Dijon mustard (check the label, as some do contain dairy)
- Salt and pepper to taste

### Directions

To make the dressing, mix all ingredients in a container and whisk until emulsified.

To make the salad, cook the carrots in a sauté pan with a couple tablespoons of water until there still is a slight bite to them. The carrots should not be mushy or fall apart. When the carrots are done, cool and place into a serving bowl with the chickpeas, cilantro and parsley.

Place a weight on top of the tofu, such as a heavy skillet, for about 10 to 30 minutes to remove the water from it. This will remove excess water and make it cook faster. Slice the tofu in half width-wise and brush each side with coconut oil.

Bake at 400° on a cookie sheet until the tofu is slightly browned and slightly crispy.

Remove from oven; cut tofu into 1-inch pieces.

Add to the carrot mixture. Toss with the dressing. Serve hot, cold or at room temperature.

*Gina's Tip:* This is a really quick salad or side dish to make. It can be easily doubled or tripled to serve large crowds or parties, and it can be served hot, cold or room temperature.





Not Just Gluten Free!

# Dairy-free TRAVEL SNACKS

BY LAURA HAHN CARROLL  
PHOTOS BY ANGELA SACKETT

**One of the hardest challenges of gluten-free living is finding safe food while on the go. This is especially difficult when combined with other food restrictions, such as avoiding dairy. Nothing should get in the way of finding solutions. With a bit of planning and creativity, it's easy to avoid getting stuck in a predicament where you are hungry and cannot find something safe to eat. The following recipes are a few of my go-to travel favorites that are easy to pack for everyday snacks or a much longer adventure.**





## CINNAMON-GLAZED ALMONDS

MAKES 6 SERVINGS



Have you ever passed a hot nut vendor? The aroma fills the air with nutty sweet goodness that makes you crave a bag. Making this snack at home is simple. But watch yourself—many roasted nut recipes include a large amount of butter. This recipe is much lighter, with no added fat.

### Ingredients

- 1 egg white
- 1 tablespoon water
- 5 tablespoons coconut sugar
- 4 tablespoons white sugar
- 1 tablespoon cinnamon
- 1 cup raw almonds

### Directions

Preheat oven to 250° F. Whisk egg white and water in one bowl until egg white is light and fluffy. In another bowl, combine sugars and cinnamon. Pour almonds into egg white mixture and mix to coat. Then, carefully remove the nuts with a slotted spoon and allow extra liquid to drip off. Place nuts in the bowl with sugars and mix. Spread the nuts out on a foil-covered baking sheet and bake for 1 hour, flipping nuts about halfway. Allow to cool and store in an airtight container.

*Nutrition Analysis: 260 calories, 18 g fat, 0 mg chol, 15 mg sodium, 24 g carbs, 4 g fiber, 15 g sugar, 6 g protein*



## VERY BERRY BARS

MAKES 10 SERVINGS



Snack bars are easy to store and quick to eat. Get creative with the recipe—try different fruits or nuts.

### Ingredients

- 3 tablespoons cashew butter (or any nut butter you prefer)
- 3 tablespoons honey
- 1 teaspoon vanilla
- 1 teaspoon salt
- 4 tablespoons brown sugar
- 1½ cups old-fashioned gluten-free oatmeal
- ½ cup dried coconut
- ½ cup dried blueberries
- ½ cup crushed walnuts
- 2 eggs
- 1½ cups crisp rice cereal

### Directions

Preheat oven to 350° F. In one bowl, mix cashew butter and honey, then heat in microwave for a few seconds to loosen. After the mixture cools, add vanilla, salt and brown sugar, mix well and put aside.

In a larger bowl, mix oatmeal, coconut, dried berries and crushed walnuts. Crack eggs into bowl with cashew butter and mix well. Add this wet mix to the dry bowl and continue mixing. Finally, add the rice cereal to the mix and combine everything together.

Press mixture into a well-greased square baking dish and cook until golden brown, about 15 minutes. Allow to cool and cut into bars.

*Nutrition Analysis: 400 calories, 13 g fat, 35 mg chol, 300 mg sodium, 62 g carbs, 6 g fiber, 16 g sugar, 11 g protein*



## BBQ KALE CHIPS

MAKES 5 SERVINGS



Kale chips have become a very popular healthy snack. Add your own twist to these with any seasoning.

### Ingredients

- 1 bunch kale (about 1 pound)
- Cooking spray
- ⅓ cup barbecue seasoning

The first step is the most important

and is best done in advance. Rinse the kale and then dry well. You can dry by patting with a paper towel or laying out on some towels to air dry. Preheat the oven to 350° F. Next, tear the leaves off the thick center stem. Place each piece on a well-sprayed and foil-covered cookie sheet. Then spray the kale well and sprinkle with seasoning. Bake for about 12 minutes, turning halfway. Once the chips are fully crisp, they are done. Some of the chips may finish first, so remove and continue cooking the rest.

Store in an airtight container if not eating right away.

*Nutrition Analysis: 60 calories, 1 g fat, 0 mg chol, 210 mg sodium, 10 g carbs, 3 g fiber, 3 g sugar, 4 g protein*



## STUFFED DATES

MAKES 6 SERVINGS



I discovered how amazing dates are when I spent time deployed in Iraq for the American Red Cross. These little morsels are as sweet as candy and, with a bit of creativity, can be an easy travel snack or fancy appetizer.

### Ingredients

- 30 whole raw almonds
- 1 tablespoon olive oil
- Juice and zest from 1 orange
- 30 dates, seeds removed

### Directions

Preheat oven to 350° F. Spread almonds on a baking sheet and roast for 10 to 15 minutes. While nuts are roasting, combine olive oil with 1 tablespoon of juice from the orange and half the zest. Remove almonds from oven and toss with mixture. Spread nuts out and allow to cool. Once cooled, place one almond inside each date where the seed had been and store in an airtight container.

*Nutrition Analysis: 390 calories, 6 g fat, 0 mg chol, 0 mg sodium, 92 g carbs, 10 g fiber, 75 g sugar, 5 g protein*



GLUTEN FREE



DAIRY FREE



CORN FREE



VEGETARIAN



VEGAN





# *Dairy-free barista*

RECIPES AND PHOTOS BY ANGELA SACKETT

**Spring is right around the corner, but the snap of cool weather is still in the air. At the turn of the season, we're all about new energy, new goals and, often, trimming up the budget and/or the waistline. The good news is you can still channel your inner barista without visiting the local hot spot and enjoy healthy, dairy-free, coffee-house-inspired treats right in your own kitchen.**





### Brown Sugar and Cinnamon Iced Coffee

SERVES 2

#### Ingredients

- 2 cups strong brewed coffee, room temperature
- 1 cup almond milk or other preferred non-dairy milk
- 2 tablespoons light brown sugar
- ¼ teaspoon cinnamon
- ½-1 cup crushed ice

#### Directions

Combine all ingredients except for ice in a blender.

Blend on high speed for 30 seconds or until combined.

Divide ice evenly between two large glasses.

Pour coffee mixture over ice and serve.



### Almond Butter Mocha

SERVES 2

#### Ingredients

- 2 tablespoons espresso powder
- 1 tablespoon cocoa powder
- 1 tablespoon almond butter
- 1 tablespoon honey, optional\*
- 1½ cups almond milk
- ½ teaspoon vanilla extract, optional

Dairy-free whipped topping for serving, optional\*\*

#### Directions

Combine all ingredients in a medium saucepan over medium-high heat.

Bring to a simmer, whisking frequently until thoroughly combined and slightly thickened.

Serve immediately.

\*For a sweeter version, use up to 2 tablespoons honey.

\*\*We use the cream scooped off the top of a can of coconut milk stored overnight in the refrigerator.



### Coconut Dirty Chai Iced Latte

SERVES 2

#### Ingredients

- 1½ teaspoons raw honey, divided
- 1 tablespoon toasted, unsweetened coconut\*
- 1 cup strong brewed chai tea, cooled to room temperature
- ½ teaspoon espresso powder
- 1 cup coconut milk
- 1 cup ice

#### Directions

Using clean fingers or a spoon, rim 2 glasses with ½ teaspoon honey and roll in toasted coconut.

Combine chai, espresso powder, coconut milk and remaining honey in a blender. Blend at high speed for 10 seconds. Reduce to low speed and gradually add ice until combined.

Serve immediately in coconut-rimmed glasses.

\*To make toasted coconut, preheat oven to 350° F. Place ½ cup raw, unsweetened coconut on a parchment-lined baking sheet. Toast in the oven for 1 to 2 minutes, or just until a caramel color begins to develop. Cool and store in a tightly sealed container at room temperature.





# DIY

## DAIRY-FREE YOGURT

**G**oing dairy free has become easier with increasing options for commercially prepared “dairy” products, but sometimes cost and availability can be prohibitive, and other times texture can be an issue. Making your own yogurt saves money, gives you control over ingredients and yields incredible tart flavor and thick texture. While you can make yogurt in an oven or even a dehydrator, using an Instant Pot couldn’t be easier. The recipe here for Dairy-Free Instant-Pot Yogurt fills a large canning jar that our family eats from throughout the week.

RECIPES AND PHOTOS BY ANGELA SACKETT





## DAIRY-FREE INSTANT-POT YOGURT

### Ingredients

- 2 cans full-fat coconut milk
- 1 tablespoon grass-fed gelatin
- 2 tablespoons maple syrup
- 1 teaspoon vanilla bean powder\*

2-3 capsules probiotic powder (the refrigerated kind)

*\*If preferred, use 1 teaspoon vanilla extract or omit altogether for plain yogurt.*

### Directions

Be sure to sterilize Instant Pot, all utensils and storage containers in the dishwasher. Use non-reactive utensils such as wood, stainless steel or nylon.

Place coconut milk in container of Instant Pot and bring to a boil using the “sauté” setting.

Once milk comes to a rolling boil, turn off pot and remove liner to cool on heat-proof surface.

After 3 to 5 minutes, whisk in gelatin, maple syrup and vanilla bean, if using (I use a handheld stick blender to avoid clumps).

Allow mixture to cool for about 20 minutes, or until temperature is about 100° F. This

prevents heat from killing the cultures.

Once milk is cooled to 100° F (you should be able to touch it comfortably with the tip of your finger), empty probiotic capsules into mixture and thoroughly whisk to combine.

Return container to Instant Pot and choose “Yogurt” setting. Set time to between 12 and 14 hours (the longer the time, the more tangy the yogurt).

When finished, the yogurt should taste tangy and have a pleasantly sour scent. If it smells bad or looks gray, it is bad.

Immediately remove, pour into sealed glass containers and chill to thicken in refrigerator; 2 to 8 hours.

### Notes

- Do not omit maple syrup—it helps to culture the yogurt.
- This recipe will produce a very tangy and thick yogurt that can still be used for savory recipes or even as a replacement for crème fraîche or sour cream. May be stored in sealed glass containers for up to 1 week in refrigerator.





## DAIRY-FREE YOGURT PARFAITS

These lovely treats are elegant enough to serve at a brunch for guests yet simple enough that kids can prepare them for a weekday breakfast (and even prepare the night before). Make them your own with any combination of seeds, nuts, fruit and granola, or try out these recipes for **Blueberry, Lemon and Almond Parfaits** and **Black Forest Parfaits**.



### BLUEBERRY, LEMON AND ALMOND PARFAITS

SERVES 2

This recipe may be prepared one day in advance and stored, tightly covered with plastic wrap, in the refrigerator.

#### Ingredients

- 2 cups coconut milk yogurt
- ½ teaspoon almond extract
- Zest of 1 lemon
- 1 cup fresh blueberries
- ½ cup slivered almonds, toasted

#### Directions

Whisk together yogurt with almond extract and lemon zest, reserving a small amount for garnish.

Scoop ½ cup yogurt into the bottom of two clear glass serving dishes.

Sprinkle each with ¼ cup blueberries and ¼ of almonds.

Top each with ½ cup yogurt mixture; finish with remaining blueberries and almonds.

Garnish with remaining lemon zest.



### BLACK FOREST BREAKFAST PARFAITS

SERVES 2

#### Ingredients

- 1 cup yogurt, plain or vanilla
- 1 tablespoon dark unsweetened cocoa
- 2 tablespoons Cherry Chia Jam (recipe at right) or cherry preserves of your choice
- 1 cup Chocolate-Cherry Granola (recipe at right)
- Shaved dairy-free dark chocolate chips or chunks, optional, for garnish

#### Directions

Whisk or stir together yogurt and cocoa.

Spoon 1 to 2 tablespoons Cherry Chia Jam into bottom of 2 clear glass jars or serving dishes.

Top each with ¼ cup yogurt mixture.

Top with 1 to 3 tablespoons Chocolate-Cherry Granola. Add another layer of yogurt and granola, if desired. Serve sprinkled with unsweetened cocoa or shaved dairy-free dark chocolate chips or chunks.



# GRAIN-FREE CHOCOLATE-CHERRY GRANOLA

This recipe makes a slightly sticky granola—it will not be dry like granola that contains grains.

## Ingredients

- 1 cup raw walnuts
- 1 cup raw pecans
- 2 tablespoons coconut oil
- ¼ cup honey
- 1 tablespoon unsweetened cocoa powder
- ½ teaspoon vanilla extract
- 1 tablespoon freshly squeezed orange juice
- 2 tablespoons chia seeds
- 2 tablespoons flax meal
- ½ cup dried cherries, unsweetened
- ½ cup unsweetened cacao nibs
- Zest of 1 orange
- ½ cup unsweetened coconut flakes, optional
- 2 tablespoons dairy-free chocolate chips or chunks

## Directions

Preheat oven to 200° F.

Drain and rinse nuts and allow to air dry at least 15 minutes on paper towels.

Combine nuts in a food processor and pulse 3 to 5 times or until just broken up.

In a medium saucepan, melt coconut oil with honey, then stir in cocoa, vanilla and orange juice.

Stir with a whisk until ingredients come together and are warmed through.

Pour honey mixture into food processor and pulse 3 to 4 times to combine.

Add chia seeds and flax meal, dried cherries, cacao nibs, orange zest and coconut, if using. Pulse 3 to 6 more times to combine.

Pour mixture onto a parchment-lined rimmed baking sheet. Bake 3 to 4 hours, or



until sticky and somewhat dry.

Allow to cool—the mixture will crisp slightly as it cools. Stir in chocolate chips.

Store in a sealed, covered container for up to 1 month.



# CHERRY CHIA JAM

## Ingredients

- 2 cups fresh or frozen pitted dark cherries
- 1 teaspoon orange juice
- 3 tablespoons water
- 2 tablespoons chia seeds

## Directions

Combine cherries, orange juice and water in a small saucepan and bring to a boil.

Reduce to a simmer and cover, cooking for 15 minutes.

Remove lid and cook for 5 more minutes to reduce liquids, lightly smashing cherries with a wooden spoon.

Stir in chia seeds and pour into a heatproof glass jar. Cover and refrigerate, 2 hours or overnight.



# KETO FLATBREAD

GRAIN-FREE • VEGAN • LOW CARB - MAKES 12 SLICES

## FLOUR:

- 3 cups coconut chips or shreds
- 1/2 c white chia
- 1 cup sunflower
- 3 Tbsp. coconut flour
- 1 tsp psyllium husk powder

## ADDITIONAL

- 1 tsp. salt
- 1 Tbsp. Italian seasoning or chopped rosemary
- 1 tsp. onion powder
- 1 tsp. garlic powder

## WET INGREDIENTS:

- 3 cups raw, finely shredded vegetables: zucchini, cabbage, carrots, etc.
- 1 cup water



1. Grind all flour ingredients in a high-speed DRY blender until powder forms.
2. Add the flour to the remaining dry ingredients together in a bowl. Fold in water and finely shredded veggies
4. Place the dough on a large piece of parchment paper on a baking sheet. Using your hands pat the dough into a large rectangle. Then place another piece of parchment paper on top and roll it to about ¼ of an inch thickness. Remove the top parchment paper and use a pizza or pastry cutter to trim the edges. Then score it into bread-sized pieces.
5. Bake for 15 minutes, then flip the pieces & bake for another 15-20 mins. The bread should be firm to the touch and golden brown. Cool and serve as sandwich bread or toast in a toaster oven before serving. Store in refrigerator.

RECIPE BY CHEF ELAINA LOVE

MORE RECIPES AT [PUREJOYPLANET.COM](http://PUREJOYPLANET.COM)







# Cookbook Corner

Whether you're looking for a complete meal or the building blocks for one, Cookbook Corner has got you covered with innovative recipes that illustrate just how impressive—and delicious—gluten free can be.

## BAJA FISH TACO BOWL

### DAIRY-FREE OPTION

This Baja Fish Taco Bowl is a family favorite! The red cabbage slaw provides your daily dose of vitamin C and vitamin K. The avocado crema sauce and fish add a boost of protein and omegas. **PREP TIME: 10 MINUTES • COOKING TIME: 6 MINUTES • SERVES: 4 TO 6**

### BAJA FISH

- 10 oz (285 g) cod or halibut
- 2 tbsp (30 ml) avocado oil, plus more for frying
- ½ to 1 tbsp (8 to 15 ml) chili sauce or Sriracha
- 1 tbsp (11 g) rice flour or potato flour
- Fresh lime juice
- Sea salt, to taste
- Pepper, to taste

### SAUCE

- 1 green onion
- 2 cloves garlic
- ½ avocado
- 1 red chili pepper, stem cut off
- ¼ cup (45 ml) avocado or olive oil
- ¼ tsp cumin
- ¼ tsp chili powder

- 1 handful fresh cilantro
- 1 tbsp (15 ml) lime juice

### LA CREMA TOPPING

- ½ avocado
- ¼ cup (55 g) Paleo mayo or olive oil-based mayo
- 2 tbsp (30 ml) olive or avocado oil
- 1 tbsp (15 ml) lime juice
- Pinch of garlic powder
- ½ green onion
- 1 tsp chili powder, optional

### BOWLS

- ½ head cabbage
- Handful of sliced red pepper (such as cayenne) or jalapeño
- Crumbled Cotija cheese
- Pepita seeds
- Gluten-free or corn tortillas, or large lettuce leaves, for serving

To make the Baja fish, clean and dry the fish, then cut into bite-size pieces, around ¾-inch (19-mm) wide. In a small bowl, place the oil and chili sauce. In another bowl, place the flour.

Dip the fish in the oil and chili sauce, then the flour. In a sauté pan, place half of the portion of fish with ½ tablespoon (8 ml) of oil and cook over medium-high heat. Turn the fish while cooking for 3 to 6 minutes, or until it is cooked through and golden. Repeat with the other half. After cooking, drain the fish on a layer of paper towels.

Add a squeeze of fresh lime juice, and sea salt and pepper to taste to the fish. Set aside while you prepare the rest of the bowl.

For the sauce, combine the green onion, garlic, avocado, pepper, oil, cumin, chili powder, cilantro, lime juice, salt and pepper in a blender. Blend well. Set aside in a small bowl.

For the la crema topping, combine the avocado, mayo, oil, lime juice, garlic powder, green onion, optional chili pepper, salt and pepper in a blender. Blend until creamy and set aside.

For the bowls, cut the cabbage into quarters or smaller and set aside a large leaf to line the bowl. Place the cabbage in a food processor and pulse until a riced slaw is formed. Place the cabbage in a large bowl and squeeze out all of the extra water. Pat dry with a paper towel. Pour the sauce over the cabbage and mix well to combine.

To arrange the family-style bowl, place a large cabbage leaf at the bottom of the bowl. Add the cabbage rice and top with the Baja fish. Top with red pepper and drizzle with the la crema topping. Sprinkle with Cotija cheese and pepita seeds, and season with salt and pepper to taste. Serve with tortillas on the side for scooping.



### Nourishing Superfood Bowls

By Lindsay Cotter  
(Page Street Publishing Co., 2018)

This gorgeous cookbook, written by a nutrition specialist for sport nutrition and gluten-free eating, is packed with all-in-one-bowl recipes that utilize superfoods and flavorful combinations of grains, proteins and vegetables. Including options for breakfast, lunch, dinner and even dessert, the 75 innovative recipes in *Nourishing Superfood Bowls* are easy to prep, easy to eat, easy to clean up and easy to take with you on the go.





## HEALING GREEN SMOOTHIE BOWLS

What makes these smoothie bowls so healing? Well, lots actually! Kiwi, avocado, cinnamon and ginger are all healing for the stomach and soothing for digestion. A handful of spinach adds more vitamin C content as well as boosting immunity.

PREP TIME: 10 MINUTES • COOKING TIME: 0 MINUTES • SERVES: 2

- 2 frozen bananas
- ½ avocado, skin and pit removed (see notes)
- 1 kiwi, skin removed, plus extra slices for topping
- 2 slices peeled fresh ginger root, or 1 tsp ground ginger
- 2 cups (80 g) spinach leaves
- 1 tsp cinnamon
- 1 tbsp (12 g) tahini or creamy cashew butter
- ⅔ to ¾ cup (155 to 177 ml) coconut drinking milk (see notes)
- 1 to 2 tbsp (15 to 30 ml) maple syrup or honey, plus more for topping
- 2 tsp (7 g) green powder or spirulina
- 1 tbsp (10 g) flaxseed or chia seeds, for topping
- Sliced strawberries, for topping

In a blender, combine the banana, avocado, kiwi, ginger, spinach, cinnamon, tahini, coconut milk and maple syrup. Blend until thick. You might have to stop a few times and scrape down the sides.

Once blended, add the green powder and blend again until mixed. Pour into two bowls. Top the bowls with the flaxseed, kiwi and strawberry slices. You can add extra maple syrup on top, if desired.

*Notes: The avocado makes this bowl thick, like a combo of a pudding and a smoothie.*

*Be sure to use coconut drinking milk, rather than canned coconut milk. The less you add, the thicker the bowl will be.*



## WEEKEND BRUNCH BOWLS

GLUTEN-FREE • GRAIN-FREE OPTION

I have a major love of brunch food. But not just one thing, ALL THE THINGS! Eggs, toast with homemade preserves, pancakes, fruit and bacon—all on one plate, please! These brunch bowls are my way of slowing down and savoring on the weekend, not to mention filling up with wholesome food for hours.

PREP TIME: 40 MINUTES • COOKING TIME: 30 MINUTES • SERVES: 2 TO 3

### FLOURLESS PANCAKES

- 2 eggs
- 1 large, ripe banana
- 4 oz (115 g) vanilla yogurt or plain yogurt
- ½ to ⅔ cup (75 to 100 g) tapioca starch or ground rolled oats
- 1 tsp baking powder
- 1 tsp cinnamon
- Pinch of nutmeg, optional
- 1 tsp vanilla
- ¼ tsp fine sea salt or kosher salt
- Coconut or avocado oil, or clarified butter, for cooking

### SCRAMBLED EGGS

- 4 eggs
- ⅓ cup (80 ml) unsweetened coconut or almond milk
- Dash of sea salt

### BOWLS

- ½ cup (75 g) blueberries
- 1 cup (150 g) strawberries
- 1 orange, sliced
- Maple syrup
- Parsley or mint, for garnish

To make the flourless pancakes, place the eggs, banana and yogurt in a blender. Blend until creamy.

Add in the starch, baking powder, spices, vanilla and salt. Blend again until smooth. For thicker pancakes, add more starch 1 tablespoon (10 g) at a time. For crêpe-like pancakes, use ½ cup (75 g) of starch. Place the batter in the fridge for 30 minutes, and remove once the batter has thickened a bit.

Heat a skillet to medium-high, and add a few teaspoons of oil to coat the pan. Once hot, pour ⅓ cup (80 ml) of batter in the center of the pan. The batter will be a little thinner than normal pancake batter, but easy to flip.



Cook until the edges start to brown or the middle starts to bubble, usually no more than 2 minutes. Flip it over and let the pancake cook another 1 to 3 minutes. Remove the pancake and place it on the plate. Repeat. Yield will be 5 to 7 pancakes.

To make the eggs, whisk the eggs with the coconut milk and salt and scramble over medium heat for 1 to 2 minutes until eggs are softly set. Remove from the heat and set aside.

To assemble the bowls, add 2 to 3 pancakes per bowl. Divide the scrambled eggs, berries, strawberries and orange evenly among the

bowls. Drizzle with maple syrup and garnish with parsley or mint.

*Notes: The flourless pancakes are quick to make and also freeze well. For cooking the pancakes, cooking times will vary per pan. I recommended adding a little oil after making 1 to 2 pancakes. You can use a large skillet to cook multiple pancakes at once, but just be sure to keep an eye on them, as they can cook quickly.*

*If you are in a bind, you can use store-bought gluten-free pancakes or waffles. Van's has gluten-free options for both that are located in the freezer section.*





## Gluten-Free Flour Power

By Aki Kamozawa and H. Alexander Talbot  
(W.W. Norton & Company, Inc., 2015)

*Gluten-Free Flour Power* is the product of the authors' years of professional kitchen experience and countless hours of experimentation. Starting the reader off with three all-purpose flour blends—including one that is free of soy, dairy and corn—this cookbook contains more than 90 recipes that produce dishes so spot-on in taste and texture that people will only know they are gluten free if you tell them.

## PIZZA DOUGH

MAKES ENOUGH FOR SEVEN 12-INCH PIZZAS

This is our no-knead gluten-free pizza dough recipe. We like to add a little bit of smoked masa puree to give it extra elasticity and some smoky flavor, but if you don't have masa on hand it's still a great dough without it. We're not going to tell you what to top it with, though we will give you our basic pizza sauce to try. We have cooked this in a home oven, on a grill, and in a wood-burning oven, and the results have always been applauded.

- 7 cups / 900 grams Gluten-Free Flour Blend (What liF Flour 3.0, page 29, Batch-3 Flour, page 30, or Aki's Low-Allergy Blend, page 31)
- 3 tablespoons / 18 grams fine sea salt
- 1 tablespoon / 12.5 grams sugar
- ½ teaspoon / 1.5 grams instant yeast
- 3 cups / 675 grams water
- 2 tablespoons / 28 grams olive oil
- 1 cup / 230 grams Masa Harina Puree (optional)
- White rice flour for dusting the peel
- Sauce and toppings of your choice (our Uncooked Tomato Sauce recipe follows)
- Olive oil for drizzling

Combine the flour, salt, sugar, and yeast in a large bowl and whisk together to thoroughly blend the yeast into the flour. Pour in the water and olive oil, add the masa puree if using, and stir with a rubber spatula until the water is absorbed and there are no lumps of flour or masa.

Cover the bowl with plastic wrap and leave it at room temperature for 6 hours.

Using a rubber spatula, gently loosen the dough from the bowl and stir it together. Cover the bowl with plastic wrap and let it rise at room temperature for 18 hours. The dough should rise to at least twice its size.

Use a rubber spatula to fold the dough over upon itself. Cover the dough and refrigerate for at least 4 hours and up to 2 days.

Preheat the oven with pizza stone to 500°F. (260°C.). Remove the dough from

the refrigerator and turn out onto a clean countertop. Divide into seven 9.2 ounces/260-gram portions. Lay two overlapping pieces of plastic wrap on the counter and put a ball of dough in the center. Cover with another two sheets of plastic wrap. Use a rolling pin to roll the dough into a 12-inch circle. If you have a pizza pan, put the dough on the pan and use the bottom of a 1-cup dry measuring cup to shape the edges of the dough, then lay the shaped dough on the counter. Repeat with the other 6 balls of dough; stacking the rounds between sheets of plastic wrap if necessary to save space. If baking that day, let the dough proof on the counter, covered with plastic wrap, for 3 hours.

Lightly and evenly dust a pizza peel or the back of a baking sheet with white rice flour. Flip one piece of the dough over, still in the plastic wrap, and remove the bottom layer of plastic. Use the plastic wrap to move the dough onto the dusted peel. Gently remove the plastic wrap. Top the pizza with a light layer of sauce and toppings of your choice. Drizzle olive oil over the top.

Slide the pizza onto the hot baking stone and bake for 5 to 7 minutes, until the cheese is melted and the bottom and edges are golden brown. (Time and temperature will vary if baking in a wood fired pizza oven or on a grill.) Cut into slices and serve hot. Unbaked rounds of dough can be frozen for up to 1 month. Lay on baking sheets and put in your freezer; thaw at room temperature. If your freezer isn't large enough, wrap individual balls of dough in plastic wrap and freeze. Remove and let thaw at room temperature for 1 hour or thaw overnight in the refrigerator. Then proceed with shaping and proofing the dough.

## UNCOOKED TOMATO SAUCE FOR PIZZA

MAKES 3½ CUPS SAUCE

This is our favorite pizza sauce. It cooks on the pizza and its fresh flavor lets the dough and toppings come together as a harmonious whole.

- 1 28-ounce / 794-gram can San Marzano whole peeled tomatoes
- 1 teaspoon / 6 grams fine sea salt



Open the can of tomatoes and pour everything into a bowl. Add the salt and crush the tomatoes with your hands, mixing in the salt, until there are only small pieces of tomato in the sauce. Use immediately, or cover and refrigerate for up to a week.

## WHAT liF FLOUR 3.0

MAKES 1½ CUPS

What if you had a gluten-free flour that worked in any recipe as a gram-for-gram substitute for all-purpose flour? That was the question we asked ourselves when we developed this blend. "liF" stands for Ideas in Food, our blog, where we published the very first version of this recipe. It's gone through a few changes since the original, hence the 3.0, but it remains the easiest gluten-free blend to work with.

- 700 grams cornstarch
- 500 grams tapioca starch
- 300 grams white rice flour
- 200 grams brown rice flour
- 200 grams nonfat milk powder
- 100 grams potato flour
- 20 grams xanthan gum

Whisk together all ingredients in a bowl. Store in airtight container at room temperature for up to 6 months.



## ASIAN DUMPLINGS

MAKES ABOUT 2 DOZEN CHINESE-STYLE DUMPLINGS OR 3 DOZEN JAPANESE-STYLE DUMPLINGS

These are a family favorite. There could be some quibbling about whether they are Japanese gyoza or Chinese jiaozi. In our minds, it comes down mainly to the size of the dumplings and the thickness of the dough. In restaurants, Chinese dumplings tend to be bigger, with a thicker skin, and Japanese dumplings are smaller, with a thin skin. You can roll these out however you please. Cooked properly, they will have slightly chewy skins and a crisp bottom. We are giving you our favorite pork filling, but you could substitute an equal amount of chopped sautéed mushrooms for the meat to make them vegetarian.

### DOUGH

2½ cups / 300 grams Gluten-Free Flour Blend (What If Flour 3.0, page 29, Batch-3 Flour, page 30, or Aki's Low-Allergy Blend, page 31)

¾ cup / 170 grams water

### PORK FILLING

1 pound / 455 grams ground pork

2 cups / 200 grams Napa cabbage, finely shredded, and then finely chopped

4 scallions, white and green parts, finely sliced

2 garlic cloves, minced

1 tablespoon / 6.25 grams minced peeled fresh ginger

¼ cup / 56 grams water

2 tablespoons / 33 grams soy sauce, preferably tamari

1 tablespoon / 14 grams Asian sesame oil

1 tablespoon / 15 grams finely chopped pickled ginger

¼ teaspoon / 1.5 grams fine sea salt

### DIPPING SAUCE

½ cup / 130 grams soy sauce, preferably tamari

¼ cup / 56 grams rice vinegar

1 tablespoon / 14 grams Asian sesame oil  
chile oil

3 scallions, white and green parts, thinly sliced

Peanut or vegetable oil, for cooking

To make the dough, put the flour in a medium bowl. Put the water in a microwave-safe measuring cup and microwave for 1 minute. It should be hot but not quite boiling. Pour the water into the flour, stirring with a fork. Once the dough begins to come together, switch to your hands, scraping any dough from the fork into the bowl. The dough will be very warm; wait a minute or two if it is too hot to handle, then press and knead it until it comes together in a rough ball.

Turn the dough out onto the countertop and knead it until it becomes smooth and silky, 3 to 5 minutes. Wrap the dough in plastic wrap and let it rest at room temperature for at least 30 minutes, and up to 3 hours before using. It will soften as it rests. (The dough can also be refrigerated for up to 2 days. Let it come to room temperature for at least 30 minutes before rolling it out.)

Meanwhile, make the filling: Put the ground pork, Napa cabbage, scallions, garlic, fresh ginger, water, soy sauce, sesame oil, pickled ginger, and salt in a medium bowl and mix well, so that everything is evenly distributed. Cover and refrigerate.

To assemble the dumplings, line a baking sheet with parchment paper and dust it with flour. Divide the dough in half. It may be sticky—if so, sprinkle it with flour. Cover one half of the dough with plastic wrap. Roll the other half out into a log approximately 1 inch in diameter. Cut the log into pieces 1 to 1½ inches thick, depending on whether you want larger or smaller dumplings. Using a rolling pin, roll each piece out into a circle, getting the dough as thin as you can without tearing it. Put 1 to 2 teaspoons of filling in the center of each circle, depending on the size of your dumplings, leaving a ½ inch border all around the filling. (If the dough is dry, you can wet the edges with your finger.) Lift up a dumpling and, beginning on one side, press and pleat the edges together, moving along the circumference of the dumpling, pleating one side only as you press it against the flat back side of the dough, until the dumpling is sealed.



The first dumpling is something of a tester, as it will give you a feel for the amount of filling that works comfortably and the technique of pleating the dough; each successive dumpling will be easier. Lay the finished dumpling on the prepared baking sheet. Repeat until all of the dumplings are made.

Cover the dumplings loosely with plastic wrap and refrigerate until ready to cook, or up to 6 hours, or freeze them. Freeze on the baking sheet until frozen hard, then transfer to an airtight container and freeze for up to 1 month. Cook directly from the frozen state.

When you're ready to cook the dumplings, make the dipping sauce: Put the soy sauce, rice vinegar, sesame oil, and scallions in a small bowl and mix to blend. Set aside.

Set a large skillet over medium-high heat and add 2 tablespoons of peanut oil. Once the oil begins to shimmer, put about a dozen dumplings in the pan. They can be close together, but make sure that the bottoms are flat on the bottom of the pan. Once they brown on the bottom, about 2 minutes, pour in ½ cup water, or enough to coat the entire bottom of the pan, and put the lid on the pan. Let the dumplings steam for 2 to 3 minutes, until the water is gone, then take off the lid. Cook for 1 to 2 minutes longer, until the bottoms are dry and crisp. Use a spatula to remove the dumplings from the pan, putting them crispy bottom facing up on a serving plate or platter. Wipe out the pan, add more oil, and cook the remaining dumplings in batches. Serve immediately, with the dipping sauce alongside.





Pass  
the  
PASTA!



**Get the whole family involved in preparing this crowd-pleasing Lemon and Butter Shrimp Pasta recipe**

**BY MAIZY BOOSIN**





## Lemon and Butter Shrimp Pasta

### Ingredients

- 1 pound shrimp
- ½ cup chopped asparagus
- 1 box gluten-free spaghetti
- 2 tablespoons olive oil
- 1 tablespoon butter
- 1 tablespoon gluten-free seafood seasoning
- 5 tablespoons gluten-free chicken broth
- 3 tablespoons lemon zest
- 4 tablespoons lemon juice

### Directions

First things first, if you didn't buy deveined and shelled shrimp, devein them and remove the shells. Next, prepare the asparagus. Snap the sticks so the dead white part at the bottom is removed. The stalk will snap where the dead part naturally meets the healthy part. Once you have done this with all of your stalks, slice them into rounds, either diagonally or straight on penny-rounds—it won't affect the taste, only the look.

Put a pot of water on to boil, following the directions on the box of spaghetti. While the water is boiling, add the olive oil and butter to a large frying pan on medium heat. While the water is boiling and the butter and olive oil are melting together, toss the cleaned shrimp with the seafood seasoning and then into the frying pan with the butter and oil on medium heat. Once the shrimp are in the pan, wait around 3 minutes before flipping

them over to the other side and cooking for a few more minutes. The shrimp should be pink and slightly browned. After the shrimp are done (you can check by taking one out of the pan and cutting it in half—there should be no translucency, only opaque white), remove from the pan to a clean bowl.

Next, add the asparagus to the pan and cook for 5 to 7 minutes, or until it is cooked to your liking. You can tell if the asparagus is cooked by the color. An undercooked or raw piece will have its natural young green color, but a properly cooked one will have a bit of a deeper green. Once the asparagus is done, add the shrimp back to the pan.

Now, the pasta should be done (cooked to your liking, but I recommend al dente for this purpose) so add it to the pan with the shrimp. Also add the pasta water and broth, along with the lemon zest and juice. Toss together and serve!

## Maizy's tips for young chefs

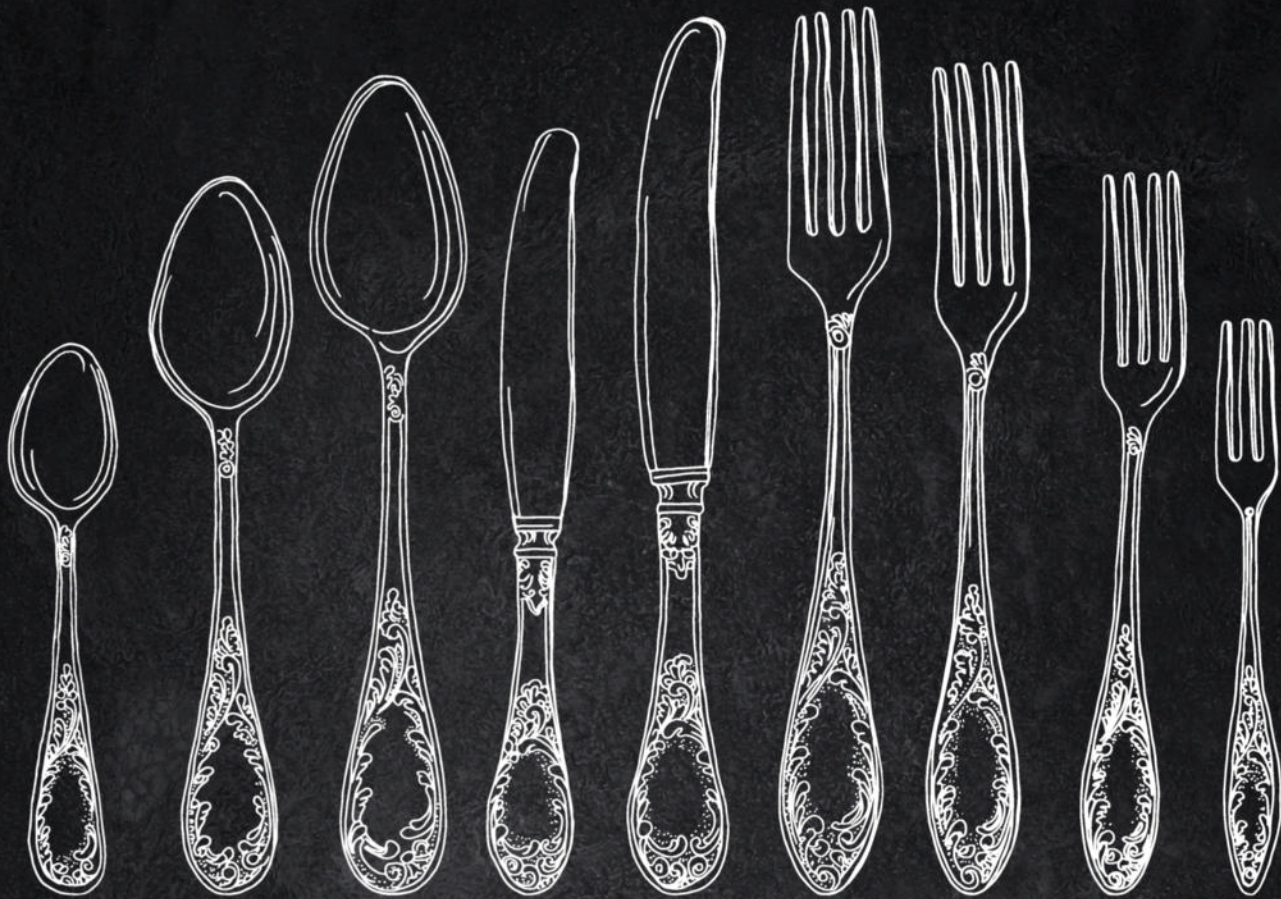
◆ Ask an adult for help adding the shrimp to the pan with the melted butter and olive oil and again when adding the pasta water and broth to the other components. When adding water to a pan with heated fat, the oil won't mix with the water, causing the hot oil to splatter out of the pan and burn you if you get too close.

◆ If you need to devein and shell your shrimp, have an adult help. This requires a lot of intricate work with a paring knife, which is very small and sharp.

◆ When you are done cooking the pasta, don't drain it yourself if it's too heavy. It's really easy to burn yourself on the pot or the water if it spills over—plus, it's really easy to drop.

## Happy cooking!





# Do you want a bun with that?

**An influx of gluten-free items  
is hitting menus everywhere**

BY JENNIFER HARRIS

**T**he increasing market for gluten-free foods has been a staggering trend to watch since 2010, and it isn't showing signs of slowing down—rather, it's gaining more traction. Whether out of necessity or by choice, the demand for gluten-free products continues to grow, leading to sightings everywhere, including convenience stores, movies, event and sports venues, airports and airplanes, hotels, vending machines and menus.

Most commonly, replacement products like sandwich bread, hamburger and hot dog buns, hoagie rolls, pizza crusts, breakfast sandwiches and desserts are being added to offerings on

college campuses and in fast-casual restaurants where consumers long for the same dining experience as everyone else. Being able to enjoy a burger on a bun, a sandwich, a pizza or a brownie brings with it a feeling of normalcy that most people take for granted.

## **SUBSTITUTES**

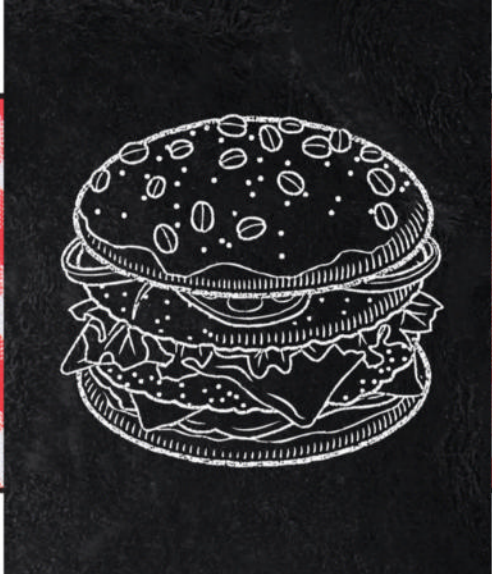
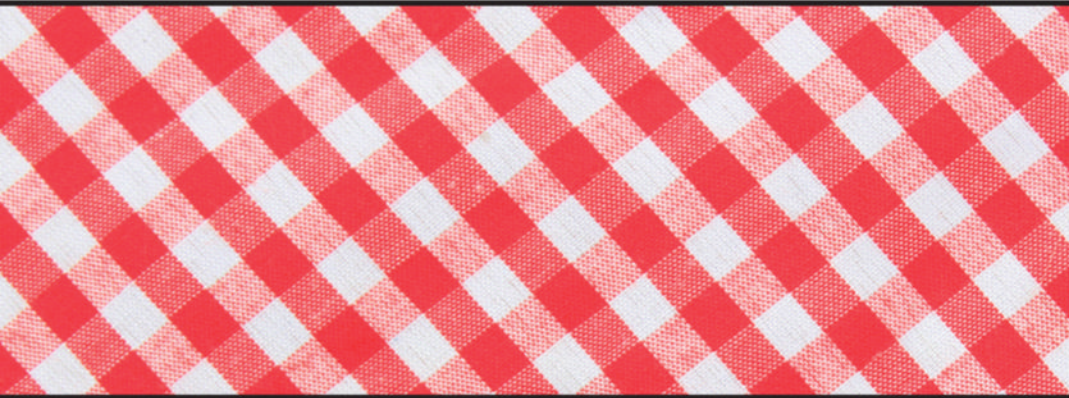
These bread substitutes and dessert options are ideal for the "hurry up and make it now" atmosphere at fast-casual restaurants because they arrive individually wrapped and precut with heating instructions. They are kept frozen until needed so they don't become food

waste. Heating takes place in a dedicated toaster oven or microwave or on a piece of foil that keeps the food from coming into direct contact with a contaminated surface.

The quality of foodservice products has come a long way in the past five years. Companies have created items that meet the high standards of restaurants (and chefs) by reducing allergens, improving texture and addressing nutrition.

This segment of the restaurant industry is finally getting it. Gluten free isn't a passing fad diet, as first thought. And these establishments have done their homework by





choosing an option that works with their current kitchen setup and limitations. For example, Chick-fil-A kitchens do not have microwaves, so the hamburger buns, created to their specifications, must be thawed prior to use. They can't be heated for risk of cross-contamination, so they are served sealed for guests to assemble themselves.

Others have begun testing gluten-free products to gather consumer feedback before taking the next step. Jersey Mike's tested two different hoagie rolls before deciding that the one made by Udi's Gluten Free was the best fit. Menu additions are being met with overwhelmingly positive feedback, with guests expressing appreciation for being able to enjoy a full meal. The upcharges for gluten-free substitutes vary from \$1 to \$3 depending on the restaurant.

### KEEPING IT GLUTEN FREE

Many restaurants, though not all, have gone the extra mile to create safe handling procedures to keep the products free from contact with wheat through preparation. This crucial step is one that should not be ignored by restaurants. If they are putting gluten-free items on a menu, the goal should be to keep them gluten free.

### TRAINING

Thoroughly training employees on the proper handling of gluten-free food is the key to implementing such menu additions and providing an enjoyable customer experience. Draft safe handling procedures that are posted in production areas and hold meetings when new products arrive to educate employees. If foodservice workers don't know

how to handle gluten-free items, customers probably aren't going to risk coming back.

### KEEP ASKING QUESTIONS

No matter how thoroughly a restaurant trains its employees, there is a high turnover rate in the restaurant industry, so don't be afraid to ask questions, especially if you don't see an employee change their gloves before starting your order, use dedicated utensils or heat your food in a dedicated appliance.

Support those establishments that take care to keep gluten-free products safe, and understand the limitations of those that can't. **GF**

*News Editor Jennifer Harris is a gluten-free consultant and blogs at [gfgotoguide.com](http://gfgotoguide.com).*



## 2017 Gluten-Free Menu Additions

### January

- ◆ Shake Shack began offering Bellyrite Foods, Inc., hamburger buns for a \$1 upcharge nationwide (except in stadiums).

### March

- ◆ Starbucks added gluten-free snacks to its lineup at 7,900 stores nationwide, including Goodie Girl Cookies' Mint Slims in new grab-and-go packaging, Country Archer Jerky's Hickory Smoke Turkey Jerky and Original Beef Jerky, and Bissinger's Dark Chocolate + Sea Salt Mini Chocolates.

- ◆ Starbucks also added gluten-free smoked Canadian bacon breakfast sandwiches to its menu. The sandwich features cherrywood-smoked Canadian bacon, a peppered egg patty

and reduced-fat white cheddar cheese on a gluten-free roll. It is prepared in a certified gluten-free environment and heated in a sealed oven-safe parchment bag to prevent cross-contamination.

### June

- ◆ After successful tests in Washington, Idaho and Mississippi in 2016, Chick-fil-A added gluten-free buns to its menu. Made with a blend of ancient grains like quinoa, sorghum, amaranth, millet and teff, the certified gluten-free bun is an extra \$1.15 and is enriched with vitamins and minerals. The buns are individually wrapped and stored frozen. Once thawed, each bun is served sealed alongside a container with grilled chicken and condiments for guests to assemble.

### July

- ◆ Johnny Rockets started serving its certified Angus beef burgers on Udi's Gluten Free hamburger buns nationwide.
- ◆ Papa John's added gluten-free crust made with ancient grains to its menu nationwide, but warned it isn't safe for those with celiac because of cross-contamination with wheat during preparation. No attempts are made to use separate ingredients, dedicated utensils, etc.
- ◆ Subway added made-without-gluten bread to 12 pilot locations in the United States, Canada and the United Kingdom. The sub bread is roughly the size of a 6-inch sub, costs an extra \$1 and tests at under 20 parts per million of gluten.

It arrives frozen, pre-sliced and individually wrapped. It goes into the freezer and is thawed in the cooler for 12 hours before serving. Shared ingredients are used to prepare sandwiches, making cross-contamination a concern.

### December

- ◆ Jersey Mike's introduced Udi's Gluten Free sub rolls at all 1,300-plus U.S. locations. Customers can order a giant or regular-size sandwich. The gluten-free sub roll can be used for most hot or cold subs on the menu because many sandwich varieties don't contain gluten. Giant-size sandwiches cost \$3 to \$4 extra, with a regular-size offering (made on a giant roll that has been cut down with a clean knife) about \$1 to \$2 more.





# TUMMY





# TROUBLE

## When conditions other than celiac cause gastrointestinal symptoms

BY SUSAN COHEN

**W**hat happens when an individual with diagnosed celiac experiences gastrointestinal (GI) symptoms? GI issues such as bloating, constipation and diarrhea are common celiac symptoms, so an individual may assume such discomfort is the result inadvertently consumed gluten or cross-contamination. While this certainly could—and for some individuals, will—be the case, gluten may not be the cause of these symptoms for others.

“Though the majority of patients with celiac disease have a marked improvement or resolution of symptoms after starting a gluten-free diet, about a quarter to a fifth of patients at any given time report that they have either persistent symptoms (i.e., the symptoms did not entirely go away) or recurrent symptoms (i.e., the symptoms initially improved and then came back),” explains Benjamin Lebwohl, MD, MS, director of clinical research at the Celiac Disease Center at Columbia University. “This is one of the most common reasons people seek evaluation at a celiac disease center. The most common cause of these symptoms is gluten exposure, but there are a number of other causes.”

### SOMETHING FEELS “OFF”

Not every GI symptom is cause for concern. Individuals with diagnosed celiac can experience GI episodes like anyone else. “It is common for patients with celiac disease to assume that an episode of gastrointestinal distress is due to gluten exposure, but they are prone to the same kinds of episodes of food poisoning or gastroenteritis as everyone else,” says Lebwohl.

One’s dietary choices, for example, can lead to GI upset. As Laura Manning, MPH, RD, CDN, clinical nutrition coordinator at The Mount Sinai Hospital, points out, certain items in larger quantities—such as alcohol,

sugar or even too much coconut oil—can cause diarrhea in some individuals. Manning also notes that choices within the gluten-free diet can lead to constipation.

“Very often, someone will embrace the gluten-free diet/lifestyle and then purchase a lot of foods that are packaged—gluten-free cookies and breads and so forth”—and these products contain refined flour as opposed to whole-grain ingredients, Manning says. While these items taste good, splurging on them “can also lead to constipation.”

For these patients, Manning will review their dietary habits and suggest healthier alternatives. “I probably can identify that they have a lot more processed gluten-free products in their diet and will have them switch over to whole grains in their most wholesome form, as opposed to milling down the flours,” she says. She recommends that patients focus on including whole grains such as quinoa and brown rice, fruits and vegetables, and also increase their hydration.

Accidental gluten ingestion might not explain recurring GI distress in someone with celiac. “When these [symptoms] occur frequently, gluten exposure is a possibility, but it is important to consider other causes beyond celiac disease,” says Lebwohl. “This should be done with the guidance of a clinician experienced in the management of celiac disease.”

### IS GLUTEN THE CULPRIT?

The first step in determining whether frequent GI symptoms are caused by gluten exposure is visiting a physician.

First and foremost, explains Rupa Mukherjee, MD, attending gastroenterologist at Beth Israel Deaconess Medical Center in Boston, it is “important to make sure that the diagnosis [of celiac] has been confirmed, since there are other causes for villus atrophy, or inflammation of the small bowel, that can overlap with celiac.”



Following a confirmed celiac diagnosis, “The first step would be making sure through a meticulous dietary evaluation that there isn’t gluten exposure from some source that the patient is not aware of,” she says. To obtain this dietary history, Mukherjee says that “it’s often helpful to do this under the guidance of a celiac dietitian—someone trained and experienced in celiac-related dietary issues.”

“I generally ask every patient of mine with celiac disease what their gluten reaction is—if they even have one, since not everyone does,” says Mukherjee. “Some patients can be asymptomatic, and for them, that’s very frustrating because they don’t know if and when they have been exposed to gluten.”

Those patients who do experience symptoms “have a good sense of what their gluten reaction is, so they can tell soon after eating out if they were exposed to gluten or not.” She also points out that “the symptoms that characterize a patient’s gluten reaction can change with time.”

A patient should share every symptom with his or her physician, and disclosing new symptoms is especially crucial. “But it’s important to put it into perspective that if a patient develops a new symptom, such as constipation, that this is not necessarily due to having celiac disease or getting exposed to gluten,” Mukherjee says. “In these cases, it’s important that the patient discusses new symptom onset with their physician or gastroenterologist.”

Once it has been determined that a patient with confirmed celiac is not being exposed to gluten yet is still experiencing GI distress, Mukherjee says, “there are other etiologies/conditions for ongoing symptoms that need to be considered and evaluated for.”

## TWO POSSIBLE CAUSES

A patient with diagnosed celiac who is strictly adhering to the diet but experiencing diarrhea and abdominal cramps could have microscopic colitis. The condition, Lebowhl explains, occurs when “the colon (large in-

testine) becomes inflamed on a microscopic level—the naked-eye appearance of the colon is normal (or sometimes slightly red) on colonoscopy, but biopsies show injury.”

The cause of this condition varies, “but in some patients medications such as anti-inflammatory medicines such as ibuprofen can be a trigger,” says Lebowhl. However, gluten could still play a role. “In people with celiac disease, gluten exposure can sometimes be a trigger [of microscopic colitis].”

“There are several medications that are used to treat microscopic colitis, including bismuth (i.e., Pepto-Bismol), and, in some cases, medications that decrease inflammation in the intestine such as budesonide,” says Lebowhl. For individuals with microscopic colitis caused by taking anti-inflammatory medicines, “simply stopping the medication is often sufficient to result in improvement.”

Another possible condition, small intestinal bacterial overgrowth (SIBO), occurs when there are excessive bacteria in the small intestine.

“Small intestinal bacterial overgrowth occurs when the quantity of bacteria that live in the small intestine increases,” Lebowhl explains. “In the normal state of affairs, bacteria are most abundant at the end of the small intestine (the ileum), but in SIBO, bacterial quantities increase closer to the middle of the small intestine (jejunum).” As a result, a person can experience “difficulty digesting fats and impaired absorption of certain nutrients, such as vitamin B12.”

Diagnosis and treatment of SIBO are relatively straightforward. According to Lebowhl, “this condition is most commonly diagnosed via a breath test that measures bacterial quantities after ingesting a sugar compound (glucose or lactulose), and can be treated with a course of antibiotics.”

## IRRITABLE BOWEL SYNDROME

Individuals with diagnosed celiac could also have irritable bowel syndrome (IBS). IBS is a

functional bowel disorder, a condition “defined by the presence of typical symptoms [that] span everywhere from the mouth all the way to the anus,” explains William D. Chey, MD, FAGC, AGAF, FACP, RFF, medical director of the Michigan Medicine Bowel Control Program.

“[Functional bowel disorders] are multifactorial in terms of their cause,” Chey says, meaning that determining the specific reason such conditions occur is often not possible. “It would be wonderful to be able to say to you, well, they’re all related to abnormalities in the ways the bowels contract and in motility, or they’re all related to problems with brain/gut interactions and a visceral sensation in the GI tract to any of a variety of different kind of stimuli to any kind of food or stress. But the reality is they’re more complex than that. So while those types of factors are important, a host of other factors likely also play a role.”

Functional bowel disorders are quite common. “Probably on the order of 30 to 40 percent of people in the general population have GI symptoms at some point in time over the course of the year,” says Chey. “Probably 20 to 30 percent will qualify for a formal diagnosis of one of those functional GI disorders.”

IBS is “defined by the presence of abdominal pain and altered bowel habits, and that can be either diarrhea, constipation or a combination of both,” Chey explains.

IBS is a tricky condition to diagnose. “I think what distinguishes IBS is the frequency and severity and burden of illness associated with a person’s GI symptoms,” Chey says. “IBS is defined by the presence of abdominal pain and altered bowel habits, and when patients are having those symptoms frequently, let’s say on a weekly basis, and they’re severe enough to be affecting a person’s quality of life, to me, that constitutes an illness burden that is consistent with the diagnosis of IBS.”

A hallmark of IBS is that illness burden. “Somebody that’s having fairly frequent symptoms [that are] affecting their ability to be able to carry out their activities, those patients...

## The FODMAP diet

The FODMAP diet can hold great benefit for individuals with irritable bowel syndrome (IBS). The diet eliminates foods and then reintroduces them slowly to determine whether they are causing a patient’s symptoms.

“It’s an empowering diet,” says Laura Manning, MPH, RD, CDN, clinical nutrition coordinator at The Mount Sinai Hospital.

“It really does help the person understand when and where and what about the foods that they eat is best for them.”

Even though the diet is a wonderful tool, it must be implemented in the correct manner. William D. Chey, MD, emphasizes that the diet should be followed under the guidance of a health-care professional and is intended to

be performed in phases. It is not a permanent elimination diet.

“I think it’s really important for people to understand that when you go down the road of doing a diet intervention for IBS, they really need to be working with a doctor that has some familiarity with how to do this, and what that means is an understanding of the fact that

the low FODMAP diet is really a program that consists of three steps,” Chey explains.

“It’s not just the elimination. This is really important because the diet is highly restricted, it’s difficult to do, it can cost more money and it has potential effects on microbiome that we don’t really understand, whether that’s good, bad or indifferent.”



should get evaluated to make sure they have IBS,” Chey says, and not the “number of things that can mimic IBS but that are treated very, very differently than IBS.”

It is important to note that celiac can be misdiagnosed as IBS. “There is clearly a small subset of patients who are mistakenly diagnosed with conditions like IBS but are subsequently found to have celiac disease, and when they go on a gluten-free diet, they get complete resolution of their symptoms,” explains Chey.

As Lebowitz notes, “Irritable bowel syndrome is present in 10 to 15 percent of the population, far more common than celiac disease (which is present in a bit under 1

done with the guidance of a dietitian that has some expertise in it.” After elimination, “give yourself a chance to settle down, and then you work each fermentable group back in strategically to be able to figure out what those trigger foods are.”

The goal through this removal and reintroduction, Chey explains, is “to determine a person’s sensitivities to individual FODMAPs and then tailor a person’s diet based upon that reintroduction information to establish their maintenance diet. And that’s what they stay on. They don’t stay on the full elimination diet.”

The diet has been quite successful. “Probably almost 60 percent of patients with IBS get

for a living,” she says. Specifically, she asks, “Are you sitting at a desk in a bent-over position all day? Do you eat at your desk?” These are important aspects to cover, because food cannot pass through the GI tract nearly as easily as it would for someone who goes for a quick walk after eating. Even clothing can have an impact on symptoms. Manning asks patients, “Are your pants very tight? Do you wear a tight belt? Those are also really subtle, but they can make a huge difference.”

Patients with another type of heartburn, functional heartburn, “don’t necessarily have evidence of acid reflux,” says Chey. This means that they “have symptoms that for all the world look like acid reflux, but there’s no identifiable evidence of acid reflux.” These individuals, Chey says, “respond to behavioral techniques, so deep relaxation techniques or cognitive behavioral therapy seem to work just as well as any of the medications we have.”

## “It’s quite common for people with celiac disease to also have irritable bowel syndrome.”

percent of the population), and so it’s quite common for people with celiac disease to also have irritable bowel syndrome.”

Mukherjee points to a study at the Beth Israel Deaconess Medical Center, which found “in our cohort of patients with celiac disease, that nearly 10 percent of patients had irritable bowel syndrome as a concurrent condition that was likely propagating their celiac symptoms.”

IBS can occur at any point in individuals with celiac. “It can predate the diagnosis of celiac disease or occur at a later time after the diagnosis of celiac disease,” explains Mukherjee. “Certainly a patient who has celiac disease for years and is symptom free on a gluten-free diet with normal lab results can develop a motility disorder as a separate condition....”

Currently, there is no one-size-fits-all treatment for IBS. Some individuals experience tremendous benefits on the FODMAP diet (see sidebar). FODMAPs are a group of “fermentable carbohydrates naturally occurring in foods that are essentially healthy for us, but for some reason certain people cannot tolerate them and they get extreme pain, gas, bloating, constipation and diarrhea when they’re eaten in such large quantities,” explains Manning.

“With FODMAPing, you can learn what your trigger foods are,” she says. “The FODMAP diet will eliminate all of those fermentable carbohydrates for a short period of time.” Manning advises that “it does have to be

relief from their bloating and pain with low FODMAP,” says Chey. “That being said...a significant proportion of patients don’t get better with low FODMAP.”

### HEARTBURN

Acid reflux, commonly known as heartburn, occurs when the stomach contents reflux, or back up, into the esophagus—the tube that spans from the mouth to the stomach—and sometimes into the mouth. When this condition persists, it is also called GERD (gastroesophageal reflux disease).

“Any patient with celiac disease that is under good control on a gluten-free diet can develop another GI condition like GERD with time that is not necessarily related to their celiac disease, in the same way that someone can develop a food sensitivity, such as lactose or soy, with time,” Mukherjee says. “I see this frequently in my GI clinic.”

For patients experiencing acid reflux, diet and lifestyle choices can play an important role. Manning offers heartburn patients a number of tips to reduce foods and drinks “that would irritate the stomach lining and/or cause more reflux,” including fried items, citrus fruits and large quantities of coffee and tea.

When it comes to lifestyle, she also notes the importance of avoiding eating late at night as well as eating small, frequent meals instead of three large ones. Daily routine can also affect heartburn. “I ask people what they do

### FOOD INTOLERANCE AND MALABSORPTION

Food intolerance or malabsorption can also cause GI issues. In individuals with celiac, Manning notes that “a lot of patients also have a lactose intolerance. That’s super common.” For these individuals, “...the most common symptom of lactose intolerance is diarrhea, gas, bloating.” To determine whether lactose is causing the symptoms, “I’ll have to tease that out and see whether they are having copious amounts of lactose.”

Another possible cause of GI distress is malabsorption of fructose, a type of sugar. “Patients who suffer from fructose malabsorption cannot absorb fructose completely in their small intestine,” says Mukherjee. “This can be experienced as abdominal pain, cramping, gas, bloating, abdominal distension. Diarrhea can develop due to the undigested particles of fructose.”

When this malabsorption occurs, “the undigested or leftover fructose travels to the colon, where it is fermented by colonic bacteria. The bacteria produce gas, which causes the intestines to swell.” When it comes to treating this, she says that management hinges on “limiting high-fructose foods or, in other words, a low-fructose diet. It is often helpful to start a low-fructose diet, also called the FODMAP diet, with the help of a dietitian.”

If you’re experiencing frequent GI distress in spite of following a gluten-free diet, don’t assume hidden gluten is the culprit. Visit your doctor. Together, you can determine the cause of your symptoms—and effective treatments. **GF**

*Susan Cohen is a New York freelance writer. She contributes regularly to Gluten-Free Living.*



## Gluten taking the blame for fructan

BY VAN WAFFLE



### ■ Carb culprit

People without celiac who blame the pain on gluten are more likely troubled by something else in wheat, according to research at Oslo University Hospital in Norway. In 59 volunteers who had chosen a gluten-free diet because it made them feel better, researchers found most of them experienced discomfort after consuming fructan, not gluten.

Fructan is a carbohydrate found in wheat and some vegetables, such as onions, garlic, broccoli, cabbage and asparagus. It can affect

irritable bowel syndrome (IBS), which is often reversible on a low-FODMAP diet.

In the study, participants ate muesli bars once a day. The bars were originally gluten free and low-FODMAP, but some had been laced with either the gluten or fructan equivalent content of four slices of sandwich bread. The bars appeared indistinguishable.

Each volunteer underwent three different challenges that lasted a week in randomly assigned order: eating gluten, fructan or a placebo bar containing neither. Between

challenges, participants had at least a week or as long as needed for digestive problems to stop before proceeding to the next one. After each test, volunteers rated their discomfort on a scale to assess symptoms of IBS including pain, bloating, constipation, diarrhea and fullness.

The group reported significantly higher overall symptoms during the fructan challenge than on gluten or placebo. Fructan also scored highest for bloating alone. There was no difference in scores between gluten and



placebo challenges.

The worst symptoms were reported on gluten, fructan and placebo by 13, 24 and 22 patients, respectively. Even in the most gluten-sensitive group, only four scored high enough versus the placebo to be diagnosed with non-celiac gluten sensitivity.

While the study is small and does not rule out gluten sensitivity in some cases, it raises questions about how the condition has been studied, diagnosed and treated. The authors express doubt that non-celiac gluten sensitivity should be distinguished from IBS.

### ■ Misconceptions among doctors

Most family doctors will not test for celiac in people with iron-deficiency anemia even though it is the most common early indicator, occurring in up to half of people with undiagnosed celiac. If blood tests suggest celiac, most doctors would recommend starting a gluten-free diet immediately. They would not wait for a biopsy of the small intestine to confirm diagnosis. Both practices overlook U.S. medical guidelines.

University of Michigan uncovered this knowledge gap in a multiple-choice survey to 470 members of the American College of Physicians, 240 of whom completed and returned it. It asked how the doctor would treat four hypothetical patients with iron-deficiency anemia. While 61 percent said they would do blood tests for celiac in a 21-year-old Caucasian man, the majority would not test a 29-year-old African American man, a 31-year-old Caucasian woman or a 77-year-old Caucasian man.

Eighty percent said they would start a patient on a gluten-free diet immediately if blood tests suggested celiac. However, 72 percent would consider referring the patient to a gastroenterologist. These results suggest many patients undergo inadequate testing. Celiac can only be confirmed by a biopsy to detect damage of the small intestine. If a patient goes gluten free before the biopsy, it is unlikely to find clear evidence for this serious, lifelong illness.

### ■ Misconceptions among pharmacists

Meanwhile, people with digestive problems may receive similar mistaken advice from pharmacists. A survey of pharmacists in parts of New York and New Jersey revealed many misunderstood celiac.

Researchers at St. John's University invited several national drugstore chains to participate but only one agreed, requesting anonymity. The authors delivered a survey link to individual pharmacists within one region of the chain, and 418 completed it.

Only 27 percent correctly identified celiac as both an autoimmune disease and a chronic lifelong disease. The vast majority (95 percent) agreed pharmacists play a role in identifying celiac patients, but only 40 percent identified all appropriate signs and symptoms from a list.

Nearly 60 percent said they recommend a change in diet to people suspected of having celiac before a diagnosis is confirmed. This could lead to misdiagnosis. Nearly all pharmacists recognized the gluten-free diet as an effective treatment, but only 71 percent knew it is the only treatment. One quarter of pharmacists checked off celiac-specific medications as an option, though no drug is approved by the U.S. Food and Drug Administration.

Only 3 percent correctly identified all potential complications of untreated celiac in a list, with only 30 percent recognizing cancer as one.

Most pharmacists knew that federal regulations do not require manufacturers to designate drugs as gluten free. Most of them displayed a correct approach to checking whether a drug contains gluten. However, they displayed poor understanding of which ingredients should raise concern.

Authors of the study asked for better education for pharmacists who occupy a frontline position to detect signs of celiac.

### ■ Breeding safer wheat

Spanish scientists have genetically engineered wheat with lower gluten content that is 85 percent less reactive with the human immune system. This makes a hopeful step toward breeding wheat edible for gluten-sensitive people.

Experiments to breed low-gluten wheat have collided with the complexity of alpha-gliadins, the most troublesome proteins in wheat gluten. About 100 different wheat genes contain parts of the code for alpha-gliadins, with about 45 responsible for pieces that provoke gluten sensitivity. Until now, it has been virtually impossible to breed or cut them all out and produce a viable strain of wheat.

Researchers at the Institute for Sustainable Agriculture in Cordoba, Spain, used new technology called CRISPR/Cas9 to target those 45 genes, knocking out 35 of them. This

yielded wheat lower in gluten and less immunoreactive.

However, such wheat faces many hurdles before bread reaches the table. These experimental strains need development and testing for food quality and safety.

This gene-editing technology did not introduce genes from another living organism into wheat's genetic code, an aspect of genetic modification that alarms some consumers. However, it is new and unfamiliar to many. The U.S. Food and Drug Administration is currently investigating the safety of CRISPR/Cas9 and its application to food crops.

### DID YOU KNOW?

Anxiety and depression are common in people with celiac, but experts do not know how common. Some studies have relied on patients reporting how they feel but without a clinical diagnosis of depression. Celiac could affect the nervous system and directly cause mood disorders. Some experts argue the worst part emotionally for celiac patients may be finding out they have it. A recent U.S. national study found less depression among people with undiagnosed celiac than in the general population.

People diagnosed with any chronic illness face a burden of treatment that affects their quality of life. Regardless of whether celiac causes a mood disorder or feeling overwhelmed prevents patients from following a gluten-free diet, depression prevents a good recovery.

The emotional burden calls for doctors treating new celiac patients to make sure they receive necessary support. Family members can watch for warning signs like mood changes, insomnia and loss of interest in normal activities. If this happens to someone close to you, tell him or her what you have noticed. Express concern and support. Depression is medical, not a sign of personal weakness. Encourage them to talk to a health-care professional about how they are doing emotionally.

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➔ [nocow.com](http://nocow.com)

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➡ [violifefoods.com](http://violifefoods.com)



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➡ [uptonsnaturals.com](http://uptonsnaturals.com)



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➡ [eatwholly.com](http://eatwholly.com)



## A piece of cake

USE THESE TIPS ON INGREDIENTS, PANS AND MORE TO SUCCESSFULLY BAKE A LUSCIOUS CAKE THAT NO ONE WILL KNOW IS GLUTEN FREE

BY RICHARD COPPEDGE JR.

If the cake batter recipe calls for baking powder, make sure that the starch it contains is truly gluten free.

**C**akes, cakes, cakes—as in “pound,” “layer” and “sponge,” the three basic categories. These range from the heaviest textured batter of a pound cake to the lighter, less-dense layer-type cakes and, finally, to the super-light and fragile sponge cake.

If you respect and understand the mechanics, ingredients and mixing processes involved for each type, these in-demand desserts are just that to make—a piece of cake.

Batter ingredients—eggs, sugars, flours, leaveners, fats/oils and other liquids—are similar in nature for most cakes, but each type does entail specific and unique differences. I’m going to focus more on the flours and certain chemical leaveners.

### Flour power

Cake flour, a chemically bleached soft-wheat variety, is the type most commonly used for gluten-based cakes. The characteristics of such flour are critical to maintaining a tender cake. And the chemical bleaching process helps produce a softer structure. Of course, for your baking confections, the cake flour needs to be replaced with a gluten-free flour, ranging from an all-purpose blend to one as simple as almond flour. Depending on the type used, I’d consider increasing the

amount by 20 percent (based on the original weight of cake flour listed).

### Baking powder

If the cake batter recipe calls for baking powder, make sure that the starch it contains is truly gluten free. If it isn’t or you’re not sure, simply make your own version. Follow these instructions to create your own single-acting baking powder, which will work as long as you’re using it immediately. It won’t work in batter made ahead of time, then frozen or refrigerated. Remember 2-1-1 as a simple ratio for preparing your own baking powder. Mix, then sift together 2 ounces cream of tartar, 1 ounce baking soda and 1 ounce cornstarch.

### Eggs and egg whites

Replacing some of the eggs in a recipe with egg whites provides the extra protein structure missing from some gluten-free flours. Use two egg whites in place of one whole egg. You can also whip up the egg whites to a medium peak, then carefully fold into the batter at the very end. The whipped whites introduce more air to the batter, improving its texture.

### Cake pans

Consider using a tubular-shaped cake or Bundt pan. The hole in the



center assists in baking the middle of the cake by transferring heat to the center area, which can reduce the chance of it falling.

### Is it ready?

Remember, gluten-free cakes tend to contain hidden moisture due to their extra-dense cell structure. So, don’t be afraid to bake the cake a few extra minutes to drive that moisture out. Also, use a good pencil-type thermometer to check the temperature in several places. The cake will be ready when the internal temperature is around 210° F and it starts pulling away from the walls of the pan. Once fully baked, immediately remove from the pan onto parchment or a cooling screen.

### Cake life

Pound cakes tend to have the longest shelf life, while sponge cakes dry out quickly. If you’re baking a cake ahead of time for an event or occasion, consider storing in the freezer after it cools to room temperature. Just wrap well before freezing. In the case of layer cakes, dabbing simple syrup on top of each layer when assembling will bring back needed moisture (see sidebar/box).

*Richard Coppedge Jr. is an award-winning chef and professor of baking and pastry arts at The Culinary Institute of America. He is the author of Gluten-Free Baking with The Culinary Institute of America: 150 Flavorful Recipes from the World’s Premier Culinary College and Baking for Special Diets.*

### Syrup: Simple as 1-2-3

To make simple syrup, combine one cup of granulated sugar with one cup of water in a saucepan, and bring to a boil. Allow to cool to room temperature before using. Store extra syrup in the refrigerator.



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