

GLUTEN-FREE

Life

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The promise of vibrant health is a jewel worth every effort. It is not a right but a set of choices -- at times hard -- but always rewarding.

What causes food intolerances?

Why is it that the body reacts to certain common foods? Symptoms such as weight gain, sore muscles, achiness, headaches, hives, skin rashes, gastrointestinal [GI] upset [gas, bloating, heartburn], constipation and/or diarrhea are all indications that someone may have allergies, intolerances, or sensitivities to food. These symptoms have all been observed in those with food reactions. Sometimes the reactions are immediate and sometimes they may not be experienced for several days after eating. Often times, we do not associate our symptoms with reactions to foods.

It is only when we go on an elimination diet for a month and then add certain foods back into our diet that we may notice the symptoms as related to food intolerances.

Food sensitivities are usually a reaction from our immune system or a result of the body's lack of proper enzymes to digest the foods. When the body reacts to a food, it sends out inflammatory messenger proteins to tag the food particles for eradication. The immune system then sends out further inflammatory chemicals [such as cytokines and leukotrienes] to trigger the final eradication. This sets up a cascade of events that eventually leaves us with a wake of inflammation that can affect our GI system, resulting in impaired digestion. As those food particles break through the gut lining and travel through the bloodstream, the immune system creates inflammation all over the body as it attacks the "foreign" particles of food. If this process occurs often enough, the immune system may start to attack the tissues and an autoimmune reaction may occur. Autoimmune conditions such as rheumatoid arthritis and multiple sclerosis may be triggered by an unresolved food reaction.





There is no definitive answer as to why people develop food sensitivities, although it seems clear that over-indulgence of certain foods combined with an already depressed immune system is at least part of the cause. Healthy people can usually eat most foods without a problem, but if they stop being healthy due to a trauma, accident, illness, overstressed lifestyle, or poor diet, they become less able to cope. People may also develop deficiencies in the enzymes necessary to break down the proteins in foods.

What has happened to our food chain?

We no longer eat the same foods that our ancestors ate. Our ancestors developed a certain biology to accommodate the foods that were available. For thousands of years they ate in much the same way. The diet consisted of wild game, root vegetables, and berries. About 10,000 years ago, grain was developed and grown. This grain bears little resemblance to the grain we grow and consume today. While our DNA and our biology have changed only a small percentage since the time of our ancestors, our food chain has changed rapidly over the past fifty years.



Most farmed foods are grown with pesticides and herbicides. The residues stay on the surface of the foods and are absorbed into the foods as well. Antibiotics and hormones are given to our meat supply. Animals that traditionally graze on grass are now being fed grains and animal body parts. Our soils are depleted of many necessary nutrients, thus our foods are grown with less density of nutrients. Sophisticated, highly technical food manufacturing has created synthetic foods that mimic real food. In order to enhance the look and texture of the food, chemical additives such as flavor enhancers, food coloring, and preservatives are added. Our grains are refined and stripped of their essential B vitamins and minerals. We are now beginning to see the effects of the lack of nutrition and



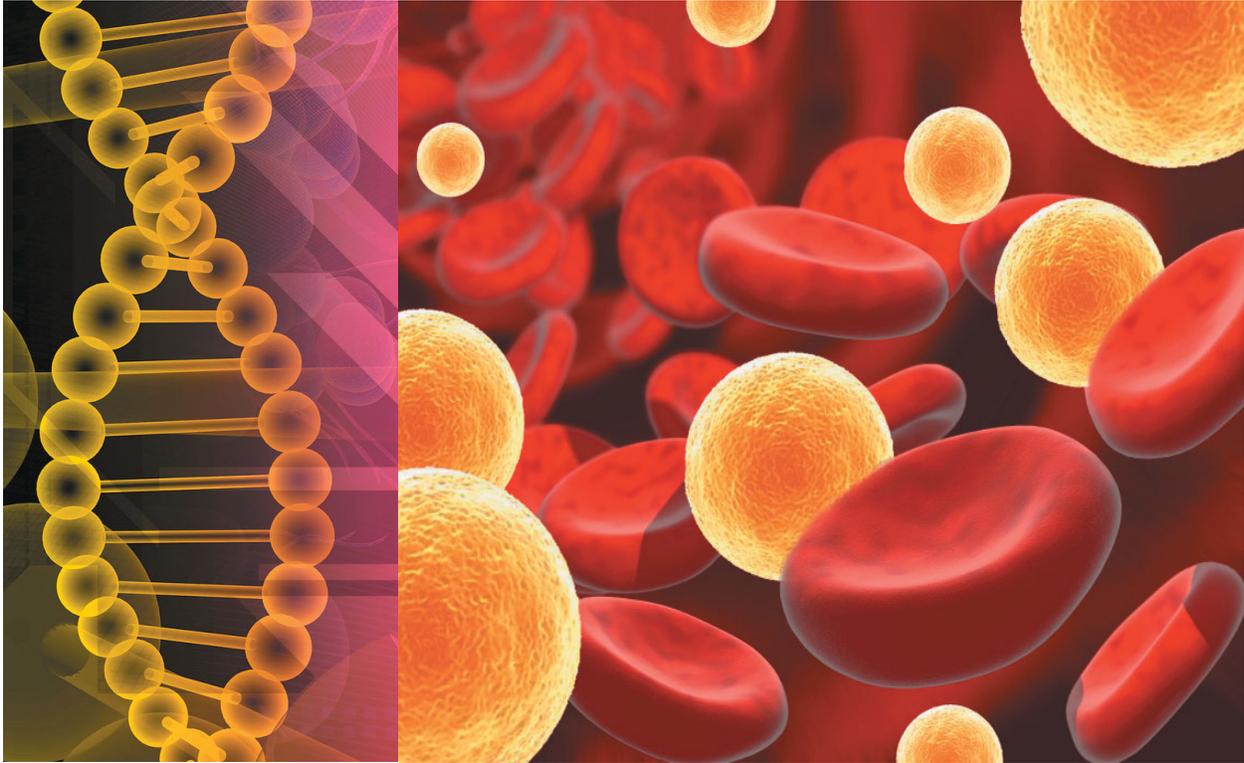
the dramatic changes to our food supply in an ever increasing rate of obesity, chronic degenerative diseases, allergies, and especially food-related reactions. Since these changes have come so quickly, there is a good chance that our bodies may have a problem coping with such dramatic changes.

■ What is **gluten**?

Gluten is a sticky protein that is found in certain grains such as wheat, rye, barley, spelt, and kamut. Since it is so sticky, it acts like a glue to bind ingredients together. Gluten holds together the flour which makes bread. Gluten stops sauces, gravies, and soups from curdling and gives a smooth texture to cheese spread and dips, dressings, margarines, sweets, canned meats, mustard, and almost all packaged and processed foods. It has therefore been in the interest of the manufacturers to use it extensively and in the interest of the growers to increase the gluten content of grains.

■ What is **gluten intolerance**?

Gluten intolerance is when we experience symptoms after eating gluten-containing foods such as wheat. As our diet depends mainly on wheat and wheat by-products, we are seeing a higher incidence of intolerance to the wheat protein gluten. What we know from recent research is that there is a spectrum of disorders associated with gluten – from an inability to digest it to a full diagnosis of celiac disease. Celiac disease is an autoimmune disease associated with gluten intolerance. It occurs in genetically predisposed people of all ages from middle infancy on up.



Issues associated with gluten intolerance and celiac disease include:

- Depression
- Irritable bowel syndrome
- Growth issues
- Constipation and/or diarrhea
- Hives
- Brain fog
- Nausea and vomiting
- Constantly getting sick
- Chest pain
- Dairy intolerance
- Sugar cravings
- Other food reactions
- Bone pain

Although some people don't have any symptoms, they can still have a diagnosis of celiac disease. For celiacs, gluten represents a particular problem as it damages the internal lining of their digestive tracts. For those with simple gluten intolerance, there could also be damage, but not as severe.

History

The Roman physician, Galen, described a condition in which the digestion was upset by a farinaceous food [foods containing gluten] as early as the second century BC. In the nineteenth century, carbohydrate-containing foods were thought to be the cause of most digestive upsets and a no-carb, high-protein diet was recommended. In the 1920s, two American doctors discovered their patients could eat bananas and banana flour without becoming ill. During World War II in Denmark, there was a shortage of grain and people with celiac disease became better.

Transitioning to a **gluten-free** life

As recently as 2004, much of the information in this booklet was not available, and less than two percent of consumer products were gluten-free. The gluten-free movement has come a long way. One of the many reasons is the dramatic improvement people feel as a result of eliminating gluten-containing foods from their diet.

Being gluten-free is more than just changing your diet - it is a complete lifestyle change. This is similar to a meat eater who is becoming a vegetarian. It is a shift in perspectives! Even though there are many gluten-free options currently available in the natural food markets and restaurants, you will find that we live in a world where gluten is used and sold everywhere. You have to begin looking at gluten as unhealthy for your system and notice how much better you feel without it.

At times it can seem very hard to give up gluten-containing products. You will have to learn how to shop and where to shop for gluten-free products, discuss your needs with family and friends, go to restaurants that provide gluten-free options, and transition away from your normal day-to-day diet. Your healthcare practitioner is one of your best resources for questions that aren't answered in this booklet.

One of the first steps to take is to connect with your family and friends and notify them that you are now living a gluten-free life. Let them know so that when you plan to get together there is a team effort to coordinate gluten-free alternatives for meals, or to coordinate eating at a restaurant that offers gluten-free items. They may also be interested in learning how to make some gluten-free dishes for you. Make it a top priority to have food at events and on holidays that support your transition to a gluten-free lifestyle.

You and your family's transition may be a serious undertaking, and it is important to make this transition quickly.

Here are some suggestions:

1. Take steps to change your shopping habits. Look for gluten-free substitutes and gluten-free products in your supermarket. You may want to locate a natural or health supermarket in your area.





2. Experiment and try to find the best products that meet your taste requirements. You should know that there are many good options. After a couple of months, your new purchasing habits should be formed and it will be much easier from that point on.

3. Be aware that when eating at restaurants there are many foods contrary to your expectations that may contain gluten, such as french fries and dressings. Be sure to check with your server and if they do not know, have them ask the chef.

Your health is important!

A helpful hint about restaurants: Many restaurants will customize a dish for you that is gluten-free if they are aware of your dietary needs. The more people that make restaurants aware of the gluten-free lifestyle, the more likely they will be to accommodate the gluten-free population in the future.

4. Many individuals with a gluten intolerance may have reactions to other grains as well, so be aware of such a possibility.

If you are not sure how much gluten affects you or your family and wonder if it is worth the trouble to eliminate it for a period to find out, the answer is YES!

Also, please be aware that many gluten-sensitive individuals may also have a problem digesting dairy products. Ask your healthcare practitioner to guide you in identifying such an issue.

It is very important to find out if your body reacts to gluten in the form of allergies, intolerances, or sensitivities. Please note that the last two may not register on lab tests.

Consult your healthcare practitioner for the appropriate tests.

As you begin the journey to optimum health through proper nutrition, it is important to comply with your gluten-free diet, the nutritional protocols designed by your healthcare practitioner, and to eliminate all intolerances from your diet.

Parents:



Children with gluten intolerance may have a more difficult time adjusting to a gluten-free diet. It will take time for children to understand that they must avoid certain foods they love and develop new eating habits. Keep explaining to them why, as they will need constant reinforcement.

Exceptions must be avoided, so prepare yourself to make a stance! Plan ahead and have tasty, gluten-free alternatives available for your child for school, birthday parties, family events, etc.

The emotional impact on your child is especially felt when they see that they cannot eat what other kids eat. They may feel left out and hurt. It will be even more challenging if this is also their experience at home as it is even harder for them to watch their own family enjoy the foods they cannot have! So when kids are affected, consider having the whole family go gluten-free in consideration of them. This will make them feel they are not alone and will be the most important emotional support a parent can provide. This is a difficult process to master, but persevere with patience and you will soon see that it is all worth it. The first 60 days are the most challenging, but after that it becomes much easier. Try to make the transition

a fun process, something that the entire family may embrace and get excited about. Celebrate the transition, and always be positive to help your child during this change.

Testimonial

“When most people hear they can no longer have gluten, there are usually three things that go through their mind: a) “I can’t give up bread.”, b) “It’s going to be too hard.”, and c) “What can I eat if I can’t eat bread?”

Just remember, you are not alone! I had these same thoughts when I found out I had Hashimoto’s. Being raised in an Italian family where homemade breads and pastas were staple foods, I didn’t think I could do it. I went to my local health food store and started reading labels and trying gluten-free products. To my surprise I found some very tasty breads, snacks, and cookies. Some are so good it’s hard to believe they are gluten-free! I started experimenting with recipes and changing them, removing some unhealthy ingredients [like soy] and replacing them with healthier ones. I didn’t want to only go on the information of my own taste buds, so I had my husband try some of my homemade, gluten-free treats. He couldn’t believe he was eating something gluten-free.

I love baking and cooking, but at times the stress of life doesn’t allow me to always cook at home. Being gluten-free has driven me to always be on the hunt for great gluten-free products to help me with the time constraints of life. There are also more gluten-free bakeries these days that offer delicious scones, muffins, cookies, pizza crust, and cakes.

Trust me, this journey can be fun! Be patient.”

N. Bringham



Nutritional management

Once your gluten intolerance has been identified, then the treatment is simple. Stay off gluten! Of course, this may not be easy, as the use of gluten is widespread and we may have been eating a diet full of gluten-containing foods. We may even have cravings for these foods and feel miserable when we go off of them. Reading labels and being responsible for your food choices is of the utmost importance. Learning how to substitute other non-gluten grains into your diet is also necessary.

** Do not use any foods to which you may be allergic or intolerant, including the ones mentioned below.*



Gluten grains, non-gluten grains and gluten containing foods

Gluten grains

Wheat
Barley
Spelt
Kamut
Rye
Triticale
Cereal
Oat
Couscous
Bulghur

Non-gluten grains

Brown rice
Buckwheat
Millet
Amaranth
Teff
Quinoa
Basmati rice

List of **gluten derivatives**

The following is a short list of commonly used ingredients:

Alcohol made from grains: beer, whisky, vodka [unless potato-based], scotch, most liquors
Batter-coated foods
Biscotti
Bran
Canned meat containing preservatives
Canned vegetables [unless canned in water only]
Caramel [made and imported from countries other than the US and Canada]

Chewing gum
Curry powder
French fries [may be fried in the same oil as bread products]
Fruit drinks
Horseradish sauces
Hydrolyzed vegetable protein [may be made from wheat]
Imitation seafood [usually made with a starch binder made of wheat]
Instant hot drinks – coffee, tea, hot chocolate

Ketchup
Modified food starch
[in US starch usually means cornstarch,
but in medication the starch can be corn or wheat]
Rice syrup [may contain barley malt]
Salad dressings – avoid all commercial
varieties unless noted “gluten-free” on label
Soups – most commercially made canned or frozen soups
Soy sauce and most other Chinese sauces,
except for Tamari wheat-free sauce.
White pepper
Malt
Veined cheese [may be created from molds that could be
of bread origin]
Bouillon cubes or powder [artificial colors]
Mustards [unless stated gluten-free]

Margarines
Sauces
Sausages
Starch
Sweets, such as cakes, pastries,
cookies, candies, muffins,
chocolate unless noted
“gluten-free” on label.
MSG [Monosodium Glutamate]
[flavor enhancers]
Glutamic Acid
[flavor enhancers]
Monopotassium Glutamate
[flavor enhancers]
Monoammonium Glutamate
[flavor enhancers]

Buy good ingredients

- Buy 100 percent organic
- Limit pesticide exposure (as this can also cause a food reaction)
- Eat whole, natural grains
- Don't purchase packaged, frozen, or canned foods, except for tuna, some beans, and coconut milk

A few more ideas

- Always eat before you go to a party so that you will not experience hunger pangs.
- Always carry a snack with you when you go out in case your plans change and you cannot find anything to eat. You can always drink water.
- Be cautious to accept someone's word that the food they are offering is gluten-free, unless you are really sure.
- Do not be tempted, just because you are feeling better, to assume you are cured! Be warned- if your body has just started to recover, it will be even more sensitive to the food and the reaction will be dramatic.

Substitutions for wheat flour

The following are substitutions for 1 cup of wheat flour:

- 1 cup of gluten-free mix
- 7/8 cup of rice flour
- 5/8 cup potato starch flour
- 1 cup coconut flour
- 1 cup millet flour





Arrowroot .. This white flour is ground from the root of a West Indian plant. If you are allergic to corn, arrowroot can be used instead of cornstarch and can be exchanged measure for measure in recipes and mixes.

Buckwheat Flour .. This flour is not related to wheat, but to rhubarb. Start by trying a tablespoon or two in pancakes or waffles.

Coconut flour .. Contains the fiber from the coconut meat after most of the oil has been extracted to make virgin coconut oil. High in dietary fiber and protein.

Nut Flours .. Nut flours may be used in small quantities, replacing a small portion of other flours to enhance the taste of baked goods. Since they are high in protein they are a good addition to the diet.

Potato Starch Flour .. Made from potatoes, this fine white flour is used in gluten-free mixes.

Potato Flour .. Do not confuse this with potato starch flour. This is a heavy flour. Use it in small quantities.

White Rice Flour .. This bland flour, milled from polished white rice is not very nutritious but doesn't distort the taste of any flavorings used.

Brown Rice Flour .. This flour, milled from unpolished brown rice, contains bran and is higher in nutrient value than white rice flour. Brown rice flour can be used in breads, muffins, and cookies where a bran [or nutty] taste is desired. Because there are oils in the bran, it has a much shorter shelf life and tends to become stronger tasting as it ages.

Sweet Rice Flour .. This flour, made from a special rice often called “sticky rice,” is an excellent thickening agent.

Rice Polish .. This is a soft, fluffy, cream-colored flour made from the hulls of brown rice. Like rice bran, it has a high concentration of minerals and B vitamins. And like rice bran, it has a short shelf life.

Sorghum Flour .. This flour is high in insoluble fiber. It works well combined with other flours due to its bland taste.

Tapioca Flour .. Made from the root of the cassava plant, this light, velvety white flour imparts “chew” to our baked goods. Use small amounts to sweeten breads made with rice and millet flours. Sauces require twice the amount of tapioca to thicken than corn starch, but it continues to thicken as it cools.

Amaranth, Quinoa, Millet, and Teff .. These four flours, more exotic and less well known, have been accepted in Canada for years as gluten-free. Most of the celiac groups in the US are coming to accept the fact that they are not botanically connected to the gluten-containing grains.

Amaranth Flour .. This flour is ground from the seed of a plant related to pigweed. It is milled from one of the oldest grains, amaranth, which was prized by the early Aztecs. It is high in protein, fiber, calcium, and iron. It has a light, creamy color, a fine texture and a slightly sweet, toasted flavor. It takes slightly longer to bake, as it forms a crust on the outside before it is completely baked. Recipes may require less liquid than some other flours.

Quinoa .. seeds come from a plant in a family related to spinach and beets. These seeds grow with a bitter coating, so always buy debittered flour. This was the ancient grain of the Incas. It is high in protein, calcium, and iron, and is higher in unsaturated fats and lower in carbohydrates than other flours. The grain has a nutty taste and can be eaten as a cereal, as a rice replacement, or a thickener in salads, casseroles or desserts. This flour, used in small amounts, results in a moist product.

Millet and Teff .. These are grains in the same grass family as corn, rice, and sorghum.



Thickeners and other baking ingredients

Xanthan Gum .. This is a powder milled from the dried cell coat of a microorganism called *Xanthomonas campestris*, grown under laboratory conditions. It replaces the gluten in yeast breads and other baking with gluten-free flours.

Guar Gum .. This is a powder derived from the seed of the plant *Cyamopsis tetragonoloba*. Because it has a high fiber content and is usually sold as a laxative, it can distress some people whose digestive systems are sensitive. This can be used in place of xanthan gum.

Egg Replacer .. This powdered substitute for eggs contains no egg product and is also free of dairy, corn, soy, and gluten.



How to increase fiber in your diet?

Most gluten-free flours and starches are low in fiber. Here are some ways to increase the fiber content while enhancing the flavor:

1. Choose flours that are higher in fiber such as amaranth, buckwheat, quinoa, whole bean, and garbanzo bean flours.
2. Purchase brown rice in place of white rice and brown rice flour instead of white rice flour.
3. Add high fiber fruits in recipes. When possible, leave the skin on **apples**, pears, and peaches.
4. Leave the peel on vegetables such as zucchini and cucumber when eating raw or cooked, chopping for a salad, or baking in quick breads muffins or cakes.
5. Add nuts and seeds to salads, breads, cakes, and pies.
6. Add ground flax seeds or rice bran to recipes.
7. Purchase high-fiber, gluten-free cereals for breakfast, crumb crusts, and toppings.
8. Plan to use peas, beans, quinoa, and lentil for dips, salads, and rice.



Gluten-free breads:

- Kinnikinnik: contains eggs and canola oil in many of their products.
- Food for Life
- Nature's Path, except the products containing oats and corn
- Glutino
- Breads from Anna™
- 1.2.3 Gluten-Free INC
- Ener - G
- Le Garden Bakery
- Azna Bakery
- "Cause You're Special"
- Bob's Red Mill
- Celiac Specialties
- Chebe®
- Whole Foods Bakery

Gluten-free pastas:

- Pastariso
- Andean Dream™
- De Boles
- Tinkyada®
- Ancient Harvest Quinoa®

Gluten-free cookies:

- Mariposa
- Authentic Food
- Andean Dream™
- Arico Foods
- Pamela's™

Gluten-free snacks:

- Lundberg®
- Mary's Gone Crackers®
- Enjoy Life® Foods
- Nu-world Amaranth™
- Mrs. May's Naturals™

Gluten-free condiments:

- True Natural Taste™

Where can I find gluten-free foods?

- Whole Foods®
- Mother's Market
- Sprouts
- Henry's Market

Also check your local health food stores

Restaurants that offer a gluten-free menu:

- Claim Jumper
- Outback Steak House®
- Pei Wei™
- The Old Spaghetti Factory
- PF Chang's
- Romano's Macaroni Grill®

Gluten-free cookbooks:

Gluten-Free 101 by CAROL FENSTER

Cooking Gluten-Free by KAREN ROBERTSON

Gluten-Free Baking Classics by ANNALISE ROBERTS

Wheat-free, Gluten-free by MICHELLE BERRIEDALE-JOHNSON

Wheat-Free, Gluten-Free Dessert Cookbook by CONNIE SARROS

Nearly Normal Cooking for Gluten-Free Eating by JULES SHEPARD

Incredible Edible Gluten-Free Foods for Kids by SHERI SANDERSON

The Gluten-Free Gourmet Cooks Fast and Healthy by BETTE HAGMAN

The Everything Gluten-Free Cookbook by NANCY MAAR & RICK MARX

The Best Gluten-Free Family Cookbook by DONNA WASHBURN & HEATHER BUTT

Wheat-Free, Gluten-Free Cookbook for Kids and Busy Adults by CONNIE SARROS

Gluten-free websites:

www.mrritts.com

www.gfreecuisine.com

www.glutenfreebcg.com

www.sillyyakbakery.com

www.celiacspecialties.com

www.glutenfreegourmet.com

Italian herb bread [mixer method]

gluten-free recipes

Makes 1 loaf.

9x5 inch loaf pan, lightly greased

Ingredients

1¼ cups	Sorghum flour
1/2 cup	Whole bean flour
1/3 cup	Potato starch
1/8 cup	Xylitol
1/3 cup	Tapioca starch
2½ Tbsp.	Xanthan gum
2 Tbsp.	Instant yeast
1¼ Tbsp.	Sea salt
1/4 cup	Fresh parsley
2 Tbsp.	Ground dried marjoram
2 Tbsp.	Ground dried thyme or fresh thyme
2	Eggs or egg replacer
1¼ cups	Water
1/4 cup	Coconut oil
1 Tbsp.	Cider vinegar

Directions

1. Preheat the oven to 350° F.
2. In a large bowl combine: sorghum flour, whole bean flour, potato starch, tapioca starch, sugar, xanthan gum, yeast, salt, parsley, marjoram, and thyme.
3. Mix well and set aside.
4. In a separate bowl, using an electric mixer with paddle attachment, combine eggs or egg replacer, water, oil, and vinegar until well blended.
5. With the mixer on its lowest speed, slowly add the dry ingredients until combined. Stop the machine and scrape the bottom and sides of the bowl with a rubber spatula. With the mixer on medium speed, beat for 4 minutes.
6. Spoon into oiled pan or baking loaf dish. Let rise, uncovered, in a warm draft-free place for 60 to 75 minutes, or until dough has risen to the top of the pan.
7. Bake for 35 to 45 minutes, or until loaf sounds hollow when tapped on the bottom. Remove from the pan immediately and let cool completely on a rack.





Egg-free . . corn-free lactose-free white bread gluten-free

Makes 1 loaf. 9x5 loaf pan, lightly greased



Ingredients

1 ³ / ₄ cups	Brown rice flour
1/4 cup	Almond flour
1/2 cup	Potato starch
1/4 cup	Tapioca starch
1 Tbsp.	Powdered egg replacer
2 Tbsp.	Xylitol
2 ¹ / ₂ Tsp.	Xanthan gum
2 Tsp.	Instant yeast
1 ¹ / ₄ Tsp.	Sea salt
1 ¹ / ₃ cups	Water
2 Tbsp.	Nut oil [macademia, walnut, coconut]
2 Tsp.	Cider vinegar



Directions

1. Preheat oven to 350° F.
2. In a large bowl, combine rice flour, almond flour, potato starch, tapioca starch, egg replacer, xylitol, xanthan gum, yeast, and salt. Mix well and set aside.
3. In a separate bowl, using a heavy-duty electric mixer with paddle attachment, combine water, oil, and vinegar until well blended. With the mixer on its lowest speed, slowly add the dry ingredients until combined. Stop the machine and scrape the bottom and sides with a rubber spatula. With the mixer on medium speed, beat for 4 minutes.
4. Spoon into prepared pan. Let rise, uncovered, in a warm, draft-free place for 60 to 75 minutes, or until dough has risen to the top of the pan.
5. Bake 35 to 45 minutes, or until loaf sounds hollow when tapped on the bottom. Remove from the pan immediately and let cool completely on a rack.

Banana cranberry muffins or loaf gluten-free

12 cup muffin tin or 9x5 inch loaf pan, lightly greased

Ingredients

1 cup	Sorghum flour
1/3 cup	Quinoa flour
1/3 cup	Tapioca starch
1/4 cup	Xylitol
1 Tsp.	Xanthan gum
1 Tbsp.	Gluten free baking powder
1 Tsp.	Baking soda
1/4 Tsp.	Sea salt
2	Eggs or egg replacer
1 ^{1/4} cup	Mashed banana [about 3]
1/4 cup	Nut oil
1 Tsp.	Cider vinegar
3/4 cup	Dried cranberries



Directions

1. Preheat the oven to 350° F.
2. In a large bowl combine sorghum flour, quinoa flour, tapioca starch, xylitol, xanthan gum, baking powder, baking soda, and salt. Mix well and set aside.
3. In a separate bowl, using an electric mixer, beat eggs, banana, oil, and vinegar until combined. Add dry ingredients and mix just until combined. Stir in cranberries.

For muffins

4. Spoon batter evenly into each cup of prepared muffin tin. Let stand for 30 minutes. Bake in 350° F oven for 18 to 20 minutes, or until firm to the touch. Remove from the pan immediately and let cool completely on a rack.

For a loaf

4. Spoon batter into prepared loaf pan. Let stand for 30 minutes. Bake at 350° F oven for 55 to 65 minutes, or until a cake tester inserted in the center comes out clean. Let cool in the pan on a rack for 10 minutes. Remove from the pan and let cool completely on a rack.



Broiled Halibut [or any Fish] with herbs and quinoa gluten-free

Makes 4 servings

Ingredients

2 lb	Halibut, 1 inch thick
1/3 cup	Butter
1/2 Tbsp.	Salt [Garlic salt]
1/4 Tbsp.	Pepper
1/4 Tbsp.	Thyme, dried
1/8 Tbsp.	Tarragon, dried
1/4 Tbsp.	Basil, dried
1/2 Tbsp.	Parsley, dried
1 Tbsp.	Lemon juice
1 cup	Quinoa

Good just baked or broiled on top of any fish.



Directions

1. Use two cups water to one cup quinoa. Bring water and quinoa to a boil, stirring occasionally. Cover and simmer for 7-10 minutes.
2. Cream butter with seasonings. Add lemon juice slowly.
3. Spread half of butter over fish.
4. Place fish in broiler pan lined with foil [no rack].
5. Broil in pre-heated broiler 2 inches from heat for 3 minutes.
6. Turn fish, apply remaining butter and broil 3-5 minutes.
7. Serve on platter over quinoa and spoon sauce from the pan over fish.



Tilapia

Ingredients

Makes 4 servings

2 cups	Unsalted hulled [green] pumpkin seeds
6 Tbsp.	Extra-virgin olive oil, divided
1/2 Tbsp	Sea salt
1/4 cup	Water
2 Tbsp.	Fresh lemon juice, or to taste
3	Garlic cloves, smashed
1 cup	Coarsely chopped fresh cilantro
1/2 Tbsp.	Parsley, dried
1 ^{1/2} lb.	Tilapia fillets, skin ok

Prepared pesto [can be made up to 3 days ahead]

Directions

1. Preheat oven to 375° F.
2. Toss pumpkin seeds with 2 tablespoons olive oil and sea salt. Roast 10-15 minutes. Allow to cool.
3. Combine cooled seeds in a food processor with water, lemon juice, garlic, cilantro and remaining 4 tablespoons oil.
4. Pulse until mixture forms a coarse paste.
5. Taste and adjust seasoning with salt and pepper.
6. Top fish with pesto mixture and let sit 15-30 minutes.
7. Bake skin-side down on oiled grate with grill lid closed about 10 minutes. Use a metal spatula to loosen fish from skin and remove fillet[s] to serving platter.



Crunchy oat and ancient-grain granola gluten-free

Great breakfast treat or use it as a snack

Ingredients

4 cups	Organic, rolled gluten-free oats
1/2 cup	Raw amaranth or teff, or a combination
1 cup	Untoasted rice bran
3/4 cup	Chopped, raw almonds [soak first for at least 2 Hours]
1/2 cup	Unsweetened, shredded coconut
3 Tbsp.	Coconut or nut oil
1/3 cup	Raw honey or agave nectar
1/4 - 1/2 Tbsp.	Cinnamon
1 cup	Organic, unsulfured raisins

May also add other nuts and seeds.

Directions

1. Preheat oven to 275° F.
2. Combine first 5 ingredients in a large mixing bowl.
3. In a small bowl, combine the oil, honey and cinnamon.
4. Toss thoroughly with the grain mixture.
5. Spread in lightly oiled cookie sheet and bake until golden brown, stirring occasionally, about 25 to 30 minutes.
6. Let cool.
7. Mix with raisins and store in jars.
8. Eat with whole-fat plain goat yogurt to ensure enough protein.

by NICOLE BRINGHAM



heavenly coconut cupcakes



THESE ARE SUPERB! Your family and friends won't notice that they are eating a healthy, gluten-free treat!

1/2 cup coconut flour
1/2 teaspoon sea salt
1/4 teaspoon baking soda
6 organic eggs
1/2 cup grapeseed oil
1/2 cup Agave nectar
2 Tbsp vanilla
1/2 cup unsweetened coconut flakes

Mix dry and wet ingredients in separate bowls, then add 1/4 cup coconut flakes to dry ingredients. Combine all ingredients and mix with hand mixer.

Bake at 350° F for 20 minutes.

Makes 6 cupcakes

Once cupcakes are completely cooled, spread with frosting recipe [below] and sprinkle with coconut flakes. They have so much flavor you may not want to add the frosting!

FROSTING RECIPE

3 Tbsp softened organic butter
1/2 cup powdered sugar
3 Tbsp rice milk
1 Tbsp vanilla extract

Mix everything together with a spoon. [Add a little more rice milk if needed.] Sprinkle coconut flakes on top of frosted cupcakes.

Eat, enjoy, and be happy you just ate something **healthy** that tasted fabulous!

STRATEGIES FOR A GLUTEN-FREE LIFESTYLE



set goal



develop plan



take action



score your success

ACTION PLAN:

goal: _____ action: _____

plan: _____

success score: scale: 1 (lowest) - 10 (highest)

current score | _____

30 day score | _____

60 day score | _____



Linda holds a Masters in Holistic Health Education degree from John F. Kennedy University and a Nutrition Consultant certification from Bauman College. She is an adjunct instructor at John F. Kennedy University and teaches graduate courses in holistic nutrition, functional endocrinology and medical testing for the Holistic Health masters program. For the past two years she has conducted "Nutrition in Clinical Management" seminars throughout the Western United States.

She owns Universal Wellness Associates, a holistic nutrition and wellness practice located in Fair Oaks, California. Her nutrition practice covers a wide range of health issues. She also specializes in food sensitivity issues as they relate to ADD, Autism, mood regulation and chronic health conditions. Her desire is that her clients realize their health goals as they create a life devoted to healthy eating and proactive self care.

G LUTEN-FREE



Retail price: \$4.95 USA