

gluten-free LIVING

Leading the way to a happy, healthy gluten-free life

It's easy to
**DRESS UP
YOUR SALAD**

Teen tackles
**GLUTEN-FREE
CHALLENGE**

LABEL REVOLUTION

Ways food companies are coping
What gluten-free really means
How it will affect you

Summer

Gluten-Free Living \$7.95



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Fast, fresh, informative...and new

Want dessert? Got two minutes?

You read right. You can make a gluten-free dessert in two minutes. We're not kidding.

Let's say you just finished dinner and yearn for a nice slice of freshly baked chocolate cake. All you need to do is pour a pack of Minute Chocolate Cake Mix (sold in packs of eight servings), into the special container that comes with every pack.



Add water, put the top on, and shake 30 seconds.

Then open and close the top, and shake 30 more seconds and preparation time is over. Then you take the top off, put the container into the microwave, bake 60 seconds and your gluten-free dessert is ready.

In addition to the chocolate cake mix, the company offers several other cake mixes, three kinds of cookie mix and a brownie mix. Or you can purchase Minute Cornbread Mix and have a freshly baked breakfast at home or lunch at the office.

The packs need no refrigeration, would fit into almost anything and are even very nicely priced, especially for the convenience involved.

Visit www.glutenfreeolutions.org or call 1-800-648-8114.

New products from old pros

Carol Fenster, author of several gluten-free cookbooks, has put together three 20-plus page downloadable booklets: Dairy-Free and Delicious, Egg-Free and Excellent, and Tips and Techniques from My Kitchen to Yours.

"After 10 years of baking without eggs, I've mastered the secrets," Carol says about her booklet on egg-free baking. "The information is not a substitute for my cookbooks, but rather an extension of them."

The booklets are available immediately at Carol Fenster's website, www.savorypalate.com. While there, you can also sign up for Carol's free monthly e-newsletter.

Connie Sarros, another multi-cookbook author, now offers menus complete with recipes. Usually, celiacs first want to know what foods are safe. Armed with this knowledge, the next challenge is "What do I make?"

Connie has put together nine categories of menus: Standard, Shortcut, Kosher, Vegan, Vegetarian, Low-Sodium, Low-Sugar/Low-Carb, Low-Fat, and several allergy menus. Each menu includes approximately 41 recipes and each recipe has a complete nutritional breakdown.

Visit www.gfbooks.homestead.com/menus.html



Dining a la Card

There may be no way to make a better mouse trap, but there is a way to make a better restaurant card and Triumph Dining has figured out how. Their laminated cards are custom written for each cuisine, specifying unique and hidden gluten sources. Currently six cards are available: American, Chinese, Japanese, Indian, Thai and Mexican.

"Custom written" is not just a marketing phrase. Each card is different. For example, the card for Indian food does not list rye as a toxic grain because, according to Triumph, "The grain rye is almost unheard of in India." In fact, they checked several English-Hindi dictionaries, which indicated that there was no direct translation of rye into Hindi, the official language of India.

The cards are printed on laminated plastic, which is scored so the card can be folded into the size of a credit card. You could fit all six into your wallet without making it too bulky (assuming it's not loaded with cash).

Visit www.triumphdining.com or call 609-564-0445.



Made in Maine by MAINEiacs

Fresh pies have been an elusive product for the gluten-free market. Shipping, for one thing, can be a nightmare.

Enter Natural Feast, a company located in Richmond, Maine. Their products are "free of practically everything offensive to the food sensitive set," including refined sugars, hydrogenated oils, artificial flavors or GMO ingredients.

Right now, Natural Feast offers apple, apple cranberry, blueberry, chocolate mousse, and pumpkin pies, and pie shells. The pies are shipped via Fed Ex in reusable styrofoam containers.

Visit www.naturalfeast.com or call 866-628-6346.



Mindful Snacking

Arico Foods is a new company that sells cookie bars made from organic brown rice flour and teff flour. They are free of gluten, casein, trans fat, dairy or wheat. Arico is Spanish for delicious and the company refers to their products as good for "mindful snacking."

Sold in boxes of 12, Arico cookie bars have a long shelf life for a gluten-free product — one year. That's because the company lowers the moisture and water activity and uses a multi-layer packaging that keeps our UV light and oxygen. Natural vitamin E is added to maintain freshness.

Visit www.aricofoods.com or call 1-866-98-ARICO.

