

A gluten-free diet is recommended to treat Celiac Disease and wheat allergies. You can find gluten-free pasta, cereal, bread, waffles, pancakes, and cookies at most natural foods food stores, many supermarkets, and some local grocers.

Gluten-free foods

- Potatoes
- Buckwheat
- Oats (*must be labeled gluten-free to avoid cross-contamination)
- Corn/ maize
- Rice
- Quinoa
- Amaranth
- Teff
- Millet
- Beans
- Nuts and nut butters
- Eggs
- Fresh fruit
- Fresh vegetables
- Herbs and spices
- Meats and fish purchased without sauce or seasonings
- Home-made soups (avoid bouillon cubes, barley malt, and all types of pasta)
- Juice (all-natural, 100% fruit juice)

Foods to avoid

- Wheat
- Kamut
- Spelt
- Rye
- Barley
- Oats are generally avoided because they are almost always processed in mills that process grains containing gluten
- Modified food starch
- Barley enzymes (found in majority of breakfast cereals), soy sauce, and distilled vinegar (malt vinegar)

Tips for avoiding contamination

- Clean out cutlery drawers; they are great crumb collectors
- Replace old wooden spoons and cutting boards
- Wash dish rags/sponges frequently

- Use a new toaster for gluten-free foods only or buy toaster bags (do not use a toaster that's already been used to toast regular bread)
- Use squirt bottles for condiments like mayonnaise, mustard, jelly, etc. to avoid contamination
- Mark containers with "GF" on the lid of gluten-free items.
- Clean food prep areas
- Dedicate shelves and cabinets in your kitchen and refrigerator to "gluten-free food only"

Recipes

Substitute 1 cup of wheat flour with:

Grain (flour)	Amount
Barley (for wheat-sensitive only)	1-1/4 cups
Cornmeal	1 cup
Oat	1-1/3 cups
Potato	3/4 cup
Rice	3/4 cup
Rye (for wheat-sensitive only)	1-1/3 cups
Soy	1-1/3 cups
Tapioca	1 cup

Gluten-Free Flour Mix (All-Purpose)

(Makes 12 cups)

8 cups rice flour (preferably brown)
2 2/3 cups potato starch
1 1/3 cups tapioca flour

Gluten-Free Flour Mix (Light)

(Makes 12 cups)

4 cups rice flour
4 cups tapioca flour
4 cups cornstarch
4 tablespoons potato flour

Pancakes

1 1/4 cups brown rice flour
1/4 cup tapioca starch
1 teaspoon baking powder
1 tablespoon sugar (optional)
1 teaspoon vanilla extract
1 egg
3 tablespoons butter; melted

1 cup milk

In a mixing bowl, combine dry ingredients and then add the rest of the ingredients and blend well. Drop approximately 1/4 cup batter per pancake into an oiled, preheated griddle. Cook pancake on each side until golden brown and cooked through the center. Serve hot with maple syrup or fresh berries.

Apple and Pear Cobbler

Dough

1/4 cup sorghum flour
1/4 cup tapioca flour
1/4 cup potato starch
1/4 cup almond flour
1 teaspoon fine salt (or sea salt or kosher salt should be ground fine)
4 tablespoons sugar
1/2 teaspoon cardamom
1/4 teaspoon cloves, ground
1/4 cup sour cream
3 tablespoons chilled, unsalted butter, cut into pieces

Combine gluten-free flours and potato starch, sugar, cloves, cardamom, and salt. Add butter and cut in until mixture resembles coarse cornmeal. Add sour cream and blend until dough begins to come together. Do not form ball.

Place the completed dough between two sheets of plastic wrap or parchment paper. Form a large ball of dough between the sheets, and then gently flatten into a square. Refrigerate while you prepare the filling.

Filling

2 pounds crisp, fresh apples
2 pounds Bartlett pears
1 tablespoon fresh lemon juice
3/4 cup sugar
1/4 teaspoon cloves, ground
2 teaspoons vanilla extract

Preheat oven to 375°

Transfer fruit slices to a pie dish or a 9" baking dish. Combine lemon juice and vanilla in small bowl. Pour over apples and toss to coat. Combine 3/4 cup sugar, flour, and cloves in small bowl. Sprinkle over fruit and toss to coat. Rearrange fruit to make compact and wipe rim of dish clean. Place dough atop fruit and gently tuck edges under at 3-inch intervals. Sprinkle with remaining 2 teaspoons sugar. Sprinkle 1/4 cup sliced almonds over top. Bake for 35-40 minutes. The cobbler is done when the topping is golden brown and the fruit bubbles around the edge of the pan.