

Lung, stress information, gf recipes, almond and cauliflower recipes

Email 11, 2023

Lung and stress information / changes in thought on fermented foods

Dear Gluten Free Friends,

Often people with gluten and sensitivities to foods have struggles with fragrances.

Recently I have found the American Lung Association helpful in encouraging avoiding chemicals including air fresheners and scented cleaning products. For information about the dangers of these chemicals view the following websites / links connected to the American Lung Ass:

<https://www.lung.org/clean-air/indoor-air/indoor-air-pollutants/cleaning-supplies-household-chem>



[American Lung Association](https://www.lung.org)

<https://www.lung.org>

From the Gaps third book man-made chemicals are listed and also have some of the same information as the American Lung Ass.

Each of the Gaps books include information about these toxins.

You can use these books through inter library loan. Call ahead at the Public library and request them if you would like.

Books By Dr. Natasha Campbell-McBride MD

(See gaps.me)

Put Your Heart in Your Mouth

Gut and Psychology Syndrome

Gut and Physiology Syndrome

From the 3rd book

pp.348-353. 1. Reduce your general toxic load

Another topic, stress, healing:

During this past summer I was hit with various things that resulted in some stress, some positive things and some negative things, both can cause stress.

The 3rd Gaps book was very helpful with these situation on pp.386-394.

Also pp. 395-404, about Mind over matter, attitude, and faith life

These pages talk about how our body is like a stress house with 4 floors. Routine life brings individuals to different floors for needed reasons. Managing stress has a profound impact on healing. The top floor would be where the body has the most stress. You want to not be on the top floor very long. Healing happens on the lower floors of the stress house where stress is limited. Bodily flora is affected by stress and good nutrition helps.

These pages explain a lot of helpful information on stress. It also included your faith life and attitude concerning life and respect for your body and the planet as providing some comfort and help in life situations and proper eating for helpful healing.

The GF diet:

As with everything one needs to find what works for them in their GF diet. What works for one person may not work for another.

Recently I wondered about possibly too much fermented foods, may not be helpful. I heard someone that works with the Gaps diet online found this true for them and I find fermented foods in moderation is needed and she foods do not need to be fermented.

If I am hit with toxins, I will use some fermented foods and find it helpful. The fermented foods cause a bit of urine and stool and takes out the toxins in that way. Otherwise I will reduce quite a bit the use of fermented foods, eating fermented foods in great moderation.

I tried a few things in the Gaps book to be not good for me. And a few things about oxalates from other books not good for me. I am now going back to how I had done things in prior days. This includes using almond meal without fermenting it. Almond meal in a pizza crust works well without treating the almond meal in any way. I still buy almond meal from

Joe Gardiner, Sales Manager of Treehouse California Almonds
6914 Road 160
Earlimart, CA 93219
1-559-757-5020

www.treehousealmonds.com

All their almond products are GF and are non GMO
For ordering almond flour bulk, 25 lbs.

I use almond meal in moderation with yogurt and fruit.

I limit how much fruit I eat and I avoid fermented foods and fruit in the evening as I then sleep better.

Rather than avoiding oxalates and different foods, I find what works for me and what works for my husband, and we each are different, and I get advice from my doctor rather than books and other sources and always work with what works for each, my husband and I - different, yet both GF.

I prepare from scratch pumpkin seeds, sprouting method, and then fermenting, then putting in the freezer. I am not sure if the pumpkin seeds are good for me for my digestive track. They do not grind into flour well like the Gaps books discuss. It provides magnesium but I think it is harsh on the digestive track. Perhaps again the key is it needs to be eaten in very small amounts, in moderation. I like the crunch in a salad and I like the magnesium. Lettuce also provides magnesium and it is great on my digestive track.

You may find what works for you is different than what I write in an email. Your body tells you what is helpful.

We encourage those on the email list to send Gluten Free recipes or Gluten Free product names that are helpful to them and those in their families that require Gluten Free meals. Send the recipes to Elaine Rubel at glutenfreestevenspoint@gmail.com 715-347-2417. They will be put in emails and some on the website.

<https://glutenfreestevenspoint.weebly.com/>

Sincerely,

Elaine Rubel

Email 12, 2023

Gf recipes

Dear Gluten Free Friends,

Martin shares:

(NOTE:

I'm sharing two soup recipes from the LOW CARB YUM: FIVE INGREDIENT KETO cookbook by Lisa Marcaurele)

I CREAM OF MUSHROOM SOUP

Ingredients:

2 Tablespoons extra-virgin olive oil or butter
8 Ounces white or baby portobello mushrooms, sliced
2 Stalk celery diced
2-4 Tablespoons of chopped onion (optional)
2 Cups Slow-Cooked Roasted Bone Broth or regular chicken broth (Bone-broth, made from a roasted chicken)
1 1/2 Cups heavy cream
Salt and Pepper to taste

Instructions:

Heat the oil in a pan over medium heat. Add mushrooms and Celery and cook, stirring until the celery is tender, (about 12-15 min.) Add the broth and bring to a simmer and cook for about 15 min.

Now stir in the cream and bring to a boil. The reduce the heat to maintain a simmer and cook for 10 min. Season to taste with Salt and pepper.

Makes four servings.

CREAMY AVOCADO SOUP (for hot weather!)

Ingredients:

3 & 1/2 Cups bone broth
One fourth cup lemon juice
1 teaspoon salt
4 Large avocados, peeled and pitted
1 & 1/2 cups heavy cream

Instructions:

Add the broth, lemon juice and salt to a poty and bring to a boil over medium-high heat.

While broth is heating, in a blender or food processor, puree the avocados with the cream until smooth.

Once the broth is boiling, remove from the heat and stir in the avocado mixture.

Refrigerate until chilled. Serve well chilled.

Also from Martin:

Martin shared a pork rind pizza recipe awhile ago and it is on our website

glutenfreesteenspoint.weebly.com

under Resources and placed under pdf files under the name

gf Recipes April 23

During the holidays, Pizza may be a family and extended family favorite, so several emails will include several gf pizza recipes. The Pork rind pizza is a favorite pizza recipe for Martin and his family.

A repeat from Elaine Rubel:

From someone in my family that uses the keto diet, the following were some links that they shared. I understand some in our local Gluten Free group also use recipes from the keto diet.

<https://www.lowcarblove.com/>

<https://cookingketowithfaith.com>

<https://www.ketofocus.com/>

<https://neishalovesit.com/>

<https://www.seriousseats.com/shakshuka-north-african-shirred-eggs-tomato-pepper-recipe>

All the above links are very helpful for the GF needs of people who have celiac, nonceliac gluten sensitivity, and other gluten related struggles.

Most people may need/want to adapt the recipes to what works for them.

I find sometimes I need a new recipe to fit my busy schedule and provide me ideas that I can adapt to my GF diet.

One recipe that I use many times, I adapted from one of these links, especially when I am in a hurry. With the holidays you too may have times you are in a hurry.

Toss lettuce or Romaine in a salad bowl.

I buy organic Romaine at Aldis or grow in my garden during the growing season.

In a pan heat / cook meat (meat could be turkey, chicken, beef from leftover steak, ground beef, pork ... Add 1 teaspoon of salt.

In same pan cook to soften a little carrot and celery and onion cut up small. Can add a little red pepper cut up small.

When softened, then add a little bit of fresh or frozen ginger and garlic. If tolerated can add a little bit of rice wine vinegar/cooking wine. Heat this last part briefly.

(I do not tolerate the rice wine vinegar/cooking wine or the red pepper, my husband does tolerate them.)

Spoon over the lettuce or Romaine in the salad bowl.

Yummy and super fast to make.

Wendy shares:

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Hi, No recipe, but can make soup. Lentils/split peas by Wild Harvest are contaminated with gluten.

Soup...onions/leeks/potatoes/carrots/wild rice and more. Happiness...
Wendy

Mary shares:

Crockpot Peanut Clusters are one of my favorite treats for the holidays because they are easy to make and it produces a large quantity of candy that I can share with my close family. Here is the recipe:

Crockpot Peanut Clusters

Ingredients:

32 oz. of lightly salted peanuts

12 oz. bag semi-sweet chocolate chips
12 oz. bag milk chocolate chips
10 oz. bag peanut butter chips
8 oz. bag Heath candy pieces
1 package white almond bark or vanilla candy coating

Instructions:

Layer all ingredients in a large crockpot starting with the peanuts on the bottom. Turn the crockpot on low, cover with lid and leave sit for 2 hours. Remove the lid to thoroughly stir all ingredients. Replace the lid and leave sit for 30 minutes. Stir again and then spoon the mixture onto pans or cookie sheets lined with wax paper or parchment paper. Allow to harden for at least 1 hour. Refrigerating them can help them harden faster.

I've seen various versions of this recipe and it's flexible to adjust some of the ingredients. For example, omit the Heath candy pieces and use 2 bags of peanut butter chips instead. Look for the gluten-free label on your ingredients. I was glad to see companies label these products gluten-free when I purchased my ingredients so we don't have to guess.

Happy Holidays!
Mary

[Email 12, 2023](#)

[Almond Flour and cauliflower recipes — pizza / some snacks / slice of bread / some repeated gf recipes](#)

Dear Gluten Free Friends,

Below is a set of gf recipes, some that are found on our website on the resource page under pdf files, some updated with changes. Additional recipes are also in this email that are not or no longer in a pdf file on our website.

<https://glutenfreestevenspoint.weebly.com/resources.html>

I have made a few changes as we found using raw almond flour and not fermenting it worked better for my husband as the fermented almond flour did not work well for him. I too now do not ferment the almond flour I use, and it agrees well for me. The fermenting the almond flour was to help with lowering the oxalates. The book I used on oxalates also did not think soaking the almond flour would reduce the oxalates in the almond flour. The Gaps books talk about fermenting the almond flour. After talking with our doctor, we decided to go back to just using the raw almond flour. I use almond flour in one way, my husband in another as indicated below. Some people do have trouble with oxalates and have to not use almond flour. Some people do not tolerate almond flour. We have found for my husband and I we tolerate almond flour well. Almond flour is a good source of magnesium.

Also we found not only is the adapted pizza with cauliflower good for those who struggle with oxalates, the pizza with cauliflower is good if nut allergy is a suspected problem so not almond flour would be used.

Dear Gluten Free Friends,

The following are recipes I have adapted from the third Gaps book referring to p. 273 and adjusting to our likings.

Online are a directions for a number of ways to make dried cauliflower to use in a pizza crust or in a slice of bread.

Books By Dr. Natasha Campbell-McBride MD
(See gaps.me)

Put Your Heart in Your Mouth
Gut and Psychology Syndrome
Gut and Physiology Syndrome

These 4 recipes I do not tolerate but I use for my husband on his GF diet. I can not eat cheese from cow milk, raisins, or tomatoes used on pizza for the sauce.

Adapted Pizza Crust

I recently adapted this Pizza crust to make it lower in oxalates using cauliflower in the the crust

instead of Almond meal.

Ingredients:

1/4 Teaspoon of salt (I use the brand Real Salt that I buy from the Free Market in Appleton)
1/4 Cup prepared cauliflower dried
1 egg
No butter
1/4 cup parmesan cheese grated
3/4 cup mozzarella cheese grated

Directions:

Chop up cauliflower fine in a food processor such as Cuisinart.
Place chopped cauliflower in a thin layer on parchment paper. (I put the parchment paper on a Pampered Chef baking board.
Bake in oven for 10 minutes at 340 degrees, stir a bit, then bake for 10 minutes more at 300 degrees, longer if needed, but just want it dried, so left white.
I chop up a whole cauliflower and freeze what I don't use right away.

Mix ingredients well.

Spread on parchment paper on baking sheet. (I use a Pampered Chef board)

Bake in oven for 20 min. At 340 degrees. Then turn down heat to 300 degrees and bake for 15 or 20 minutes or less until toothpick comes out dry when inserted in crust.

Topping for Pizza

Pizza sauce

Ingredients:

Small can of tomato Paste from Aldi with a little water
A little garlic powder
1/2 T Dried oregano
1/2 T Basil
A little honey
1/4 t. Salt or less (I use Real Salt brand that I get from the Free Market in Appleton)

Homemade Italian Sausage:

1 lb. Ground pork or 1/2 lb. Ground Pork and 1/2 lb. Ground beef (I buy from the People's Meat Market listed on the Resource page of glutenfreestevenspoint.weebly.com
I mix in the following spices and ingredients, sometimes using less than noted below:
1 medium onion cut up

1 1/2 t. Salt

1 clove garlic, cut up or garlic powder that I make dehydrating first and then putting in blender, chop to make a powder

1 bayleaf, crumbled, perhaps a blender chop might make it finer

1/2 t. Fennel seed or less or more to your liking and / or tolerating

1/4 t. Paprika

1/8 t. Thyme

1/8 t. Cayenne pepper

Can mix together with raw meat or mix together while cooking meat. I then store in freezer in containers with the amount wanted per pizza with a bit of parchment paper between amounts per pizza. The parchment paper between the layers allows me to pry out just what I need from the frozen and put the rest back in the freezer. I may have a number of small containers of Italian Sausage each with 1, 2, or 3 pizza amounts. If the meat is frozen uncooked, I will cook the individual pizza amount in a skillet or pan while making the crust. If the meat is cooked and then frozen, I will just thaw the meat in the refrigerator ahead of time.

Some of my spices come from Penzey's in Appleton. I grow my own garlic, and thyme. I use Real Salt brand that I get from the Free Market in Appleton.

Toppings:

Pizza sauce

Homemade Italian sausage

Sliced onion

Sliced mushrooms

Sliced red pepper (I grow in the garden and put up in the freezer for winter use.)

2 snacks to eat in moderation that can be made with almond meal providing magnesium or made with cauliflower for lower oxalates with less, but some, magnesium

A somewhat sweet snack

Ingredients:

-1/4 cup Almond meal - or - 1/4 Cup prepared cauliflower dried

(Chop up cauliflower fine in a food processor such as Cuisinart.

Place chopped cauliflower in a thin layer on parchment paper. (I put the parchment paper on a Pampered Chef baking board.

Bake in oven for 10 minutes at 340 degrees, stir a bit, then bake for 10 minutes more at 300 degrees, longer if needed, but just want it dried, so left white.

I chop up a whole cauliflower and freeze what I don't use right away.)

-2 eggs

-Kale

-1/4 teaspoon of salt (I use the brand Real Salt that I buy from the Free Market in Appleton)

- Cheddar cheese
- Raisins
- Part of a Granny Smith Apple sliced and cut in small pieces
(Ingredients without amount listed would be an amount to your liking and an amount that would make the batter not runny.)

Directions:

Mix ingredients well.

Spread on parchment paper on baking sheet. (I use a Pampered Chef board)

Bake in oven for 20 min. At 340 degrees. Then turn down heat to 300 degrees and bake for 15 or 20 minutes or less until toothpick comes out dry when inserted.

A low histamine / low oxalate snack if using cauliflower

(If using almond flour it will be high in oxalates)

(I used thoughts expressed in a book on histamines and a book on oxalates along with the third Gaps book, p. 273 to develop this recipe. The Gaps book talks about fermenting the almond flour. I no longer do that. Some people do not tolerate almond flour. I tolerate almond flour.)

Ingredients:

-1/4 cup Almond meal - or - 1/4 Cup prepared cauliflower dried

(Chop up cauliflower fine in a food processor such as Cuisinart.

Place chopped cauliflower in a thin layer on parchment paper. (I put the parchment paper on a Pampered Chef baking board.

Bake in oven for 10 minutes at 340 degrees, stir a bit, then bake for 10 minutes more at 300 degrees, longer if needed, but just want it dried, so left white.

I chop up a whole cauliflower and freeze what I don't use right away.)

-2 eggs

-1/4 teaspoon of salt (I use the brand Real Salt that I buy from the Free Market in Appleton)

-Onion

-Garlic

-Kale

-Pumpkin

-1/4 Cup parmesan cheese

-Cheddar Cheese

(Ingredients without amount listed would be an amount to your liking and an amount that would make the batter not runny.)

Directions:

Mix ingredients well.

Spread on parchment paper on baking sheet. (I use a Pampered Chef board)

Bake in oven for 20 min. At 340 degrees. Then turn down heat to 300 degrees and bake for 15 or 20 minutes or less until toothpick comes out dry when inserted.

Slices of Cauliflower Bread

(Low Oxalate / simple /easy / small amount or as needed)

I made my husband's with Parmesan cheese. I made mine with a hard goat cheese with the name, raw cheddar goat cheese, wherever I can find it. I don't tolerate cow cheese.)

As an experiment I mixed my bread in one bowl and my husbands in another bowl splitting the ingredients in half. One head of cauliflower equalled 2 cups mashed cauliflower, so 1 cup cauliflower in each bowl. My whipped egg equalled 1/4 cup, so 1/8 cup egg went into each bowl. Each bowl had 1/2 cup of the right cheese for each of us. I divided the salt in half for each bowl. I used a potato masher first to mix the ingredients, then a spatula mixing well into a soft doughy looking mixture. It works best on a cookie sheet on parchment paper making about 8 slices using not your fingers but spreading with a spatula and pushing the 4 sides straight with the spatula. It needs to bake as directed for that long time as it is a very soft mixture.

Ingredients:

1 head cauliflower

1 Cup shredded semi-hard cheese (like parmesan)

1 large egg

1/4 teaspoon of salt (I use the brand Real Salt that I buy from the Free Market in Appleton)

Direction:

Steam cauliflower. (I use a Pressure cooker timing for 3 minutes once the pressure is up, then turning off the heat and letting the pressure come down, taking about 7 minutes for pressure to come down.)

Squeeze or drain out excess liquid using a metal strainer or a colander or potato masher or combination of devices.

Mix ingredients

Shape batter into small slices of bread.

Bake at 340 degrees for 30 minutes, then turn down oven to 300 degrees for 20 minutes or more. Turn over bread slices and bake an additional 15 minutes or until toothpick comes out clean and is done to your liking.

The slices can be frozen and then thawed for use another day.

After bread is made it can be used for making:

-Garlic bread

-Toasted cheese sandwich in the oven

-Sandwich with leftover turkey, healthy Mayo such as Primal Kitchen Mayo made with Avocado oil - (I buy from the Free Market in Appleton)

-Top with Organic Valley Red label Cream Cheese (I buy from the Free Market in Appleton, buying by the case for a discount.)

-A slice of bread to have with a bit of left over meat such as pork with BBQ sauce (I use Good Food For Good BBQ Sauce that I buy from the Free Market in Appleton.)

Below includes how I make the **almond flour pizza crust** for my husband:

I use:

Joe Gardiner, Sales Manager of Treehouse California Almonds

6914 Road 160

Earlimart, CA 93219

1-559-757-5020

www.treehousealmonds.com

All their almond products are GF and are non GMO

For ordering almond flour bulk, 25 lbs.

I use Organic Valley Unsalted butter that I get from the Free Market

[The Free Market](#) in Appleton carries gluten free, organic, and allergen free products

734 W. Wisconsin Ave.

Appleton, WI 54914

1-920-968-1260

Ingredients:

-2/3 cup almond flour

-1 1/3 Tablespoon butter

-1/3 cup grated parmesan cheese

-1 egg

Directions:

Mix it together and spread it on parchment paper on pampered Chef board or a cookie sheet. I pierce it with a fork a bit.

Bake at 300 degrees for 25 to 30 minutes. I use a toothpick to check if done.

I now regularly make almond flour / raisin cookies for my husband:

Ingredients:

2 cups almond flour

1 1/3 Tablespoon of butter

1 pear

Raisins

Directions:

I cut the pear in small pieces and steam it until very soft. I mash the pear in a way that separates the skin out or you could peel the pear first. I use some of the liquid from the steaming process to pour over a bit on the butter to soften the butter.

I add the almond flour and mix adding the raisins while mixing.

I use a teaspoon to put on parchment paper on the pampered chef board or a cookie sheet could be used with parchment paper.

Bake at 300 degrees for 25 to 30 minutes. Check with toothpick, toothpick coming out clean when done.

I do not tolerate raisins, so for myself I make berry pie.

I have a very small anchor pie pan that I use.

I put fruit in the pie pan and bake at 300 degrees for 17 minutes.

The fruit I use could be frozen blueberries, frozen strawberries, canned cherries, frozen cranberries, or mixed berry.

I take it out of the oven and add a couple teaspoons of almond flour and some Caprine Supreme Chèvre goat cheese.

Caprine Supreme Goat cheese
caprinesupreme@yahoo.com

My husband will top his pie with Organic Valley cream cheese, full fat.

Our website on the resource page has a pdf file on Berry Picking

<https://glutenfreestevenspoint.weebly.com/resources.html>

Pdf file
[Berry Picking-strawberry, cherry, blueberry.etc.](#)

For my Vit. D supplement I order from Green Pasture, fermented Cod Liver Oil, unflavored, taking 1 teaspoon a day first thing in the morning. My husband only uses a drop of Cod Liver Oil as he does not tolerate fish.

I do not tolerate Vit. D supplements from the stores.

In the early morning I sometimes, when I have time, make a small amount of juice in my juicer using a carrot, a bit of celery, a leaf of Romaine, a slice of granny smith apple, and a small piece of fresh or frozen ginger. For my husband I add to that juice juicing a little pineapple. I do not tolerate pineapple.

Or when need to be faster I use the blender making a small amount and blend a slice of granny smith apple, a few frozen cranberries, a few frozen blueberries, a little of my homemade canned grape juice, and sometimes a little of the canned cherries or juice of the canned cherries. And a small slice of avocado. After pouring the juice, I fill the blender again with filtered water on blend and add this to the very thick juice.

For both of these juices, my tummy requires a little bit of homemade goat kefir to add after the juice is made. My husband does not tolerate kefir or yogurt and drinks the juice without adding anything extra.

This juice, one or the other, my husband and I use first thing in the morning.

A little later in the morning, most mornings, I make for myself a very small dish of a couple teaspoons of almond flour, a little Caprine Supreme Chèvre goat cheese, a few blueberries, a few cranberries, a slice of granny smith apple, and sometimes a few canned cherries. At times I will add a few slices of ripe banana and / or a little cooked or fresh pear. I add a very little bit of my homemade goat kefir and a little of my homemade goat yogurt. It makes my tummy feel so good and I often do stretches and a bit of exercise for a few minutes after eating this.

My husband often will eat a little cow cheese with a bit of one kind of fresh fruit. He tolerates citrus fruits and a variety of fruits he buys from the store on sale.

Our **skillet breakfast** continues to be the same or similar each day, working very well for us.

Ingredients:

-Ground Pork cooked on stovetop browned with a little butter. Add a very little sage, thyme, marjoram, and coriander.

-I have specially made for me a beef mixture of 10% Liver, 40% heart, 10% Kidney, topped with 40% of 75% lean Hamburger. I add about the size of my thumbnail to cook with the Ground Pork, a very very small amount.

-Pumpkin or squash or zucchini (Fresh or frozen from the garden or fresh from Aldis)

-Kale

-Onion

-Mushrooms

- 1 or 2 Eggs

-Cheese

-1/4 teaspoon of Real Brand Salt that I order by the case from the Free Market.

Bake in the oven at 300 degrees until the eggs are cooked to your liking.

Disclaimer

The Internet resources listed contain valuable and relevant information. These resources are intended only as general information resources and are not intended for use in diagnosis,

treatment or any other medical application. Some of these sites are for commercial purposes and may be biased to promote purchases of their products/services. Sites listed do not constitute an endorsement by the Gluten Free Stevens Point.

As you can see from what I and my husband tolerate, there are many ways to be gluten free. What works for one person may not work for another. What works for me, may not work for another person.

Some of the above recipes are low oxalates and some are high oxalates. Oxalates for some may cause arthritic symptoms and other health symptoms, so what one person tolerates may not work for another related to oxalates. Histamines can also be a problem for some and a low histamine diet can also be helpful