

Dear Gluten Free Friends,

Again, below are what has been shared this May and final work provided early June by individuals from Gluten Free Stevens Point. In the future please contact me with email or phone call if you too have some GF recipes, simple meals, products, and restaurants you enjoy on your GF walk. If you call, please leave a message so scam calls can be avoided. Your help is appreciated by others including me. Many hands make light work and provides help for others.

If you or others know individuals that wish to be on the secure email list, please share the website

glutenfreestevenspoint.weebly.com

And to be put on the secure email list contact Elaine Rubel at
glutenfreestevenspoint@gmail.com 715-347-2417

Garden Tour

If anyone is interested in a garden tour of my garden and yard including a prairie planting, and blueberry patch, and grapevine during this summer, I am happy to provide it. I would ask that those attending would avoid wearing fragrances and not use essential oils for my safety and the safety of others. I would ask that one or only a few attend at a time and in a covid safe manner with social distancing. If interested in how to make yogurt or kefir, that too can be provided. The tour would give an opportunity to share GF thoughts by those attending. Dates and time of day throughout the summer can be flexible for those attending and myself, and weather permitting. Call or email to arrange for your garden tour.

glutenfreestevenspoint@gmail.com 715-347-2417

This email is posted on the website on the resource page under pdf files:

glutenfreestevenspoint.weebly.com

Disclaimer

With this final email work for May 2024, and as with all information shared over time, what works for one may not work for another. Always work with your medical team. 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.

Sincerely,

Elaine Rubel

Below Jan shares a wealth of GF information:

INFORMATION FOR STEVENS POINT GF GROUP

June 2024

GF FOODS IN LOCAL RESTAURANTS

RD's Diner: GF bread

PJs: GF buns and pizza crust

Hilltop: GF buns

Grazie's: GF buns and Zoodles (GF noodles). They also have cauliflower crust pizzas.

Someone told me they were GF; I didn't verify that with Grazie's. However, I saw a frozen cauliflower pizza crust for sale at Festival Foods that also had wheat flour in it, so one can't assume that all cauliflower crusts are GF.

The Wooden Chair: GF bread, not buns, at least with the previous owners. I understand the new owners were not changing things. (Maybe other GF foods, as they used to have, if the demand is there?)

ONLINE FOOD SOURCES

Julian Bakery has many grain-free, paleo, keto, and organic foods. For bread, they have one with coconut flour (coconut), one with almond flour (keto), and one with both almond and coconut flours (almond). <https://julianbakery.com/collections/gluten-free>

Paleo Kitchen has many GF DF condiments; I like their salad dressings. They also have several GF recipes. <https://www.primalkitchen.com/blogs/recipes/tagged/gluten-free>

RECIPES (GF DF, below)

Protein Pancakes, GF, DF, EF (egg free) (coconut flour, almond flour, no sugar)

Coconut Flour Fruit Bread, GF, DF (coconut flour, no milk)

Salmon Loaf, GF, DF, EF (egg free) (uses gelatin in place of bread and egg)

RESOURCES (BOOKS & WEBSITES)

No Grain, No Pain, Dr. Peter Osborne, 2016. On page 17, he shares the type of gluten and the percentage of protein in these grains: wheat, rye, barley, oats, millet, corn, rice, sorghum, and teff. Wheat has the highest percentage of protein (69%) and rice has the lowest (5%).

The Plant Paradox: The Hidden Dangers In "Healthy" Foods That Cause Disease and Weight Gain, Steven R. Gundry, MD, 2017 <https://drgundry.com/lectin-guide/> If you're sensitive to gluten, you may be sensitive to other lectins, also.

Toxic Superfoods: How Oxalate Overload Is Making You Sick – and How to Get Better, Sally K. Norton, MPH, 2022 <https://sallyknorton.com/oxalate-science/> Eating foods other than grains may inadvertently lead to you getting too many oxalates in your diet.

The Gluten Effect: How “Innocent” Wheat Is Ruining Your Health, Drs. Vikki & Richard Petersen, D.C., C.C.N., 2009

Lose the Gluten, Lose your Gut. Ditch the Grain, Save your Brain. Discover how gluten and “healthy” whole grains contribute to obesity, type 2 diabetes, Alzheimer’s disease, and other deadly diseases . . . and what you must do to prevent and reverse them. Stephanie J. Chaney, D.C. & Thomas A. Chaney, D.C., 2012.

Dangerous Grains: Why Gluten Cereal Grains May Be Hazardous to Your Health, James Braly, M.D., and Ron Hoggan, M.A., 2002

Gluten Freedom: The Nation’s Leading Expert Offers the Essential Guide to a Healthy, Gluten-Free Lifestyle, Alessio Fasano, MD with Susie Flaherty, 2014

FRAGRANCE

On a related subject, if you have gluten issues you probably have (or have had) leaky gut issues – which can lead to issues with fragrance. This AI summary explains the relationship nicely:

“Leaky gut syndrome, also known as increased intestinal permeability, is a condition where the lining of the small intestine becomes damaged, allowing toxins, undigested food particles, and other substances to pass through the gut wall and into the bloodstream. This can lead to a range of symptoms, including fatigue, digestive issues, and skin problems.

One of the lesser-known effects of leaky gut is its impact on fragrance issues. When toxins and undigested food particles enter the bloodstream, they can cause a range of reactions, including skin irritation and sensitivities. This can manifest as:

Body odor: Poor digestion can cause an imbalance in the bacteria in our gut, leading to the production of volatile organic compounds (VOCs) that can cause body odor.

Skin issues: Leaky gut can lead to skin problems such as acne, eczema, and dermatitis, which can be exacerbated by fragrance sensitivities.

Fragrance sensitivities: When toxins and undigested food particles enter the bloodstream, they can trigger an immune response, leading to sensitivities to fragrances and other substances.”

The AI summary continues with how to improve your gut health (microbiome).

**

PROTEIN PANCAKES, GF, DF, EF (EGG FREE)

modified from One Green Planet.org, Protein Pancakes

INGREDIENTS AND INSTRUCTIONS

Whisk together dry ingredients:

1 1/3 cup coconut flour

1 2/3 cup almond flour
1/3 cup potato starch or egg replacer, optional
1/3 cup ground flaxseed, optional
1 tsp baking soda, optional
1 tsp baking powder, optional
4 or so tsp spices and/or peels (orange, lemon) to taste (optional)

Whisk together liquid ingredients:

2 cups mashed bananas (about 4; can add applesauce to make 2 cups)
or
1 15 oz can pumpkin, organic* (Perhaps vanilla and orange peel with spices.)
or
1 14 oz jar apple or pear butter (Perhaps almond extract with pear butter.)
1 c almond milk
1 c water
1-2 tsp extracts (vanilla, almond, etc.) to taste (optional)
1/3 cup applesauce (may leave out depending on wetness of batter)*

Add the dry ingredients to the liquid ingredients. Mix well.

Add up to 2 cups fresh fruit (berries, apples chopped in small pieces, etc.) or a 10-oz bag of frozen fruit (e.g. blueberries) if desired.

Preheat oven to 350°.

Pour into 2 (ungreased) 9-inch or 8-inch cake pans (or 8-inch square pans).

Bake at 350° for 20 minutes.

Suggested servings: 4 per pan.

*Adjust liquids and flours as needed. With non-organic canned pumpkin, increase milk and water to 1 1/3 cups each. If add more fruit, perhaps leave out applesauce.

**

COCONUT FLOUR FRUIT BREAD, GF, DF PUMPKIN, BANANA, OR FRUIT BUTTER

QUANTITY		INGREDIENTS
2 LOAVES	1 LOAF	
10	5	large eggs
2 tsp	1 tsp	vanilla extract (and/or almond depending on fruit used)
15 oz can	1/2 can	pumpkin*
AND 1 cup	1/2 cup	applesauce*
OR		
6 (3 cups)	3 (1 1/2 c)	very ripe bananas, mashed (add applesauce as needed)*
OR		

3 cups	1 1/2 cup	fruit butter with applesauce to make the correct amount*
2/3 cup	1/3 cup	coconut sugar
1 1/2 cups	3/4 cup	coconut flour
2 tsp	1 tsp	baking soda
2 tsp	1 tsp	baking powder
1/2 tsp	1/4 tsp	sea salt
2 tsp	1 tsp	cinnamon (for banana or pumpkin bread)
2 tsp	1 tsp nutmeg	(for pumpkin bread)

Vary or use other seasonings to taste.

INSTRUCTIONS

Mix liquids and sugar together, then add flour mixture (from separate bowl). OR
 Mix liquids together, then add sugar, then add flour and other dry ingredients.

*Adjust amount of applesauce or add GF flour as needed. If use a can of pumpkin pie mix instead of pumpkin, add 1/2 cup GF flour (since it has more liquid than canned pumpkin).

Preheat oven to 350°.

Line 2 or 1 4x8 bread pans with parchment paper or grease the pans.

Spoon batter in and smooth.

Bake at 350° 45-55 minutes, until center of loaf has risen and started to crack (and use the dry toothpick test); make sure the middle is done.

Or, bake a double recipe in a 13x9 pan 30-40 minutes.

6 servings for a single recipe or 12 servings for a double recipe.

Store in an airtight container or the refrigerator (should last 1 week) since moist.

Based on: <https://detoxinista.com/best-ever-coconut-flour-banana-bread/>
 BEST EVER COCONUT FLOUR BANANA BREAD

**

SALMON LOAF, GF, DF, EF (EGG FREE)

INGREDIENTS & DIRECTIONS

Set out:

1 14-oz can salmon, de-spined and flaked

1 cup finely chopped radishes or chopped onions (fresh or frozen)

Prepare gelatin:

1 cup water – put in small saucepan

2 envelopes Knox gelatin (or 2 tsp gelatin) – sprinkle on top of the water

Let the gelatin absorb into the water at least two minutes.

*Herb mixture – Mix together in a custard cup, etc. about 1 tsp each of:
 minced/chopped garlic*

garlic powder
minced/chopped onion (can leave out if using chopped onions)
onion powder (can leave out if using chopped onions)
parsley
rosemary (leaves)
chives
black pepper
paprika
salt

Heat the water/gelatin mixture on medium heat on the stove, stir occasionally.
Put the salmon into a medium-size mixing bowl.
Add the herb mixture, mix well.
Add the chopped radishes or onions, mix well.
When gelatin is clear (about 2 min.), pour it over the salmon mixture; stir well.
Put the mixture in a 9x5 or 8x4 loaf pan; pat smooth.
Refrigerate at least half an hour before eating.
4-6 servings

Based on Dr. Sara's Hormone Reset Crab Cakes by Dr. Sara Gottfried, MD (OB/GYN), which was adapted from Diane Sanfilippo's Quick and Easy Salmon Cakes.

Martin shares the following recipe and cookbook:

I'm sharing a recipe from the cookbook by Lisa Marcaurele, LOW CARB YUM, 5--
INGREDIENT KETO
120 + EASY RECIPES.

RECIPE: Chicken -- Broccoli
Casserole(nut and egg free)

Ingredients:

1 pound broccoli florets
4 cooked chicken breasts
cubed (about 4 cups)
8 ounces cream cheese
1/3 cup heavy cream
1/2 teaspoon salt
2 cups shredded cheddar
Cheese
1/3 Cup water

Instructions:

- *Pre-heat oven to 350°
- *Steam broccoli to crisp / tender (4-5 min.)
- *Combine cream cheese, heavy cream, salt and the 1/3 cup water in a sauce pan, or microwave_safe bowl and melt over medium heat, stirring it.
- *In a large bowl, mix the steamed broccoli and the chicken with the sauce. Pour the mixture into a 9×13 inch Casserole dish and top it with the cheese. Bake for about 30 minutes.

Martin

(Added note for the above recipe, from Elaine, A similar ingredient recipe I make all the time uses Kalona Super Natural Organic Sour Cream that I buy from the Free Market in Appleton. I am thinking that perhaps that can be used for the sauce by just adding it to the ingredients.)

Sunshine shares:

MYBREAD online bakery has excellent gluten /allergen free products. Their bagels are soft and freeze well. I cut them in half before freezing. To thaw, I microwave for 20 seconds then toast. They also carry pizza crust, dinner rolls, and several other items. I purchase enough to get free shipping (\$60) and freeze it. I'm on their email list and often get coupons for 20% off orders. <https://www.mybreadbakery.com/>

Five Guys Burgers & Fries makes their fries from scratch and they have a dedicated fryer so they are always gluten free. You can order a burger without a bun and add whatever toppings you prefer. We don't have one in Stevens Point but if you are traveling you'll find them in a lot of places (Appleton has one).

Homemade Granola

Note: I don't tolerate a large quantity of oats so I reduce oats to 1 cup and replace with extra amounts of the other ingredients.

Ingredients

- 8 cups rolled GF oats
- 1 cup almond flour
- 1 cup pumpkin or sunflower seeds
- 1 cup dried coconut
- 4 cups nuts of choice, whole or chopped almonds, walnuts, peanuts, pecans
- 1 1/2 teaspoons salt
- 1/4 cup maple syrup
- 3/4 cup honey
- 1 cup vegetable oil
- 1 tablespoon ground cinnamon
- 1 tablespoon vanilla extract
- 2 cups raisins or dried cranberries

Directions

1. Preheat the oven to 325 degrees F. Line two large baking sheets with parchment.
2. Combine the oats, almond flour, seeds, coconut, and nuts in a large bowl. Stir together the salt, maple syrup, honey, oil, cinnamon, and vanilla in a saucepan. Bring to a boil over medium heat, then pour over the dry ingredients, and stir to coat. Spread the mixture out evenly on the baking sheets.
3. Bake in the preheated oven until crispy and toasted, about 20 minutes. Stir once halfway through. Cool, then stir in the raisins or cranberries before storing in an airtight container.

Below are 3 GF recipes from Terri:

This is a favorite Old family recipe I make often. It's not low in calories but is Gluten free.

AUNT ROSIE'S CABBAGE AND NOODLES (Halusky)

- *cook GF egg noodles (I make my own thick & wide) then set aside
- *use medium heat
- *melt 6 T butter
- *add 1 large chopped onion, saute til soft
- *add 1 chopped cabbage (1" chop) stir
- *add 1 T apple cider vinegar
- *more butter, if it's too dry
- *add your cooked, GF wide noodles & stir
- *salt and pepper to taste
- *take off heat
- *add 4 to 8 oz ham cubes with juice stir
- *add 8 oz cheese cubes

*stir & serve & enjoy

Hope it becomes your favorite too.

Enjoying the gardening prep.

GF German Spaetzle Noodle

Mix all the ingredients then grate into boiling water (note below). Cook only as long as it takes to rise to the top of the boiling water (approximately 30 sec):

*1 1/2 Cup GF flour

*1/2 tsp fresh ground nutmeg

*2 well beaten eggs

*1/2 Cup almond milk

I have a spaetzle grater which works great but a large hole hand grater works well too.

(***Martin adds:

For making the Spaetzle a spaetzle press works best.)

Terri continues:

DAD'S KIDNEY BEAN SALAD

*1 drained can Dark Red Kidney Beans

*1 stick celery medium chopped

+1/3 of red onion finely chopped

*1 Tablespoon Lemon juice

Mix above then Add:

*1 boiled egg coarse chopped

*1/3 cup Mayo or Miracle Whip (if preferred substitute a homemade herb dressing)

*Salt & Pepper to taste

Gently mix

*I also put in my fresh sprouted seeds for extra nutrients.

*You can add chopped olives or shredded carrots or chopped Peppers if you like any of them. (I do)

Wendy Shares:

Hi, No recipes, but Chef Chu's makes my Wendy Special. I enjoyed mashed potatoes in Waupaca at a restaurant. I could eat them all day. Happiness... Wendy

Wendy adds:

Hi, Thanks! Happiness.. Schuller's Great Expectations is where the awesome mashed potatoes are and no coating on chicken. We had a buffet there for my orchestra practice. Royalton street Waupaca. Wendy

Mary shares:

I've been to The Legacy restaurant in Stevens Point a few times and also talked to them about hosting an event there. They are knowledgeable about cross contamination and being gluten free and will prepare items in separate pans if you let them know you are celiac. They didn't have gluten free bread when I was there but they said that was something they were going to look into. I've mainly gone there for breakfast so far.

I've also been to 2 ½ Cups Cupcakery and Bakeshop in Marshfield. They do not have a dedicated gluten-free bakery like Happy Bellies in Appleton does, but they do take precautions when preparing gluten-free baked goods such as preparing those items first after their equipment was cleaned from the prior day. If you are looking for gluten-free baked goods I'd suggest contacting them to see if they can meet your needs.