



Gluten-Free Trading Co.

Customer Update

December 2002



Gluten-Free Trading Co. • 604A W Lincoln Ave • Milwaukee WI 53215 • 1-888-993-9933 • info@gluten-free.net

It's Christmas Cookie Time



Cause You're Special Classic Sugar Cookie Mix \$3.79

11.3 oz Bag- Regularly \$4.39



This mix is an excellent starting point for old-fashioned holiday cookies. Made with microfine rice flour for exceptional texture, the mix is easy to use: just add butter or shortening and an egg, roll it out, cut into festive shapes, add colored sprinkles and bake!

ingredients: White rice flour, sugar, potato starch, cornstarch, xanthan gum, cream of tartar, baking soda.

WF GF Milk Free 11.3 oz bag SALE \$3.79

Ready-To-Eat Holiday Cookies from El Peto

Elegant and tasty, these cookies from Canada have become a holiday tradition at our store. We'll be stocking several varieties during the holiday season. Due to high demand the selection will change almost daily, so please call for the most current choices. Some of the likely candidates are:

- **Gingerbread Hearts:** Light and tasty gingerbread cookies. Ingredients: GF flour mix (potato starch, potato flour, brown rice flour), honey, water, canola oil, eggs, baking soda, xanthan gum, GF spices.
- **Cinnamon Hazelnut Stars:** A rich cookie made with nut flour. Ingredients: Ground filberts, sugar, egg whites, cinnamon.
- **Birds Nest Cookies:** Elegant two-layer cookie—the nest contains raspberry jam. Ingredients: GF flour mix (rice flour, tapioca flour), GF apple-raspberry jam, sugar, hazelnuts and/or almonds, canola oil, egg whites, whole eggs, xanthan gum.
- **Almond Shortbread Cookies.**
- **Chocolate-Hazelnut Cookies.**
- **Coconut Macaroons.**
- **Chocolate-Hazelnut Cookies.**

Ingredient lists for the last 4 types not available at press time. Please call for details.

WF GF 7 oz bag \$4.79

SPECIAL HOLIDAY HOURS

Monday Closed Except 12/23 & 12/30
Tues-Fri 10-1 & 2-7
Saturday 10:00-5:00
Sunday 11:00-4:00

We will be OPEN Monday, December 23 and Monday, December 30. We will close at 12:00 noon on December 24 and December 31. We will be closed December 25 and January 1.

New Soft & Chewy Cookies from Enjoy Life Foods

At last! A delicious soft, chewy cookie that's free of gluten, wheat, dairy, casein, egg, soy, peanut, corn, potato, yeast, GMOs, hydrogenated oil, and artificial ingredients! Made in a dedicated gluten-free, peanut-free bakery, these yummy cookies come in three varieties:



1 Chocolate Chip Cookies

Ingredients: Sorghum flour; grape, apple & pear juice concentrates; pure brown cane sugar; unsweetened applesauce (water, apples); chocolate chips (sugar, chocolate liquor, non-dairy cocoa butter); safflower oil; natural dextrin; vanilla; baking soda; xanthan gum; rosemary extract.

2 Double Chocolate Cookies

Ingredients: Sorghum flour; grape, apple & pear juice concentrates; pure brown cane sugar; unsweetened applesauce (water, apples); chocolate chips (sugar, chocolate liquor, non-dairy cocoa butter); safflower oil; natural dextrin; natural process cocoa powder; vanilla; baking soda; xanthan gum; rosemary extract.

3 No-Oats "Oatmeal" Cookies

Ingredients: Sorghum flour; pure brown cane sugar; grape, apple & pear juice concentrates; unsweetened applesauce (water, apples); safflower oil; brown rice flakes; currants; natural dextrin; vanilla; baking soda; cinnamon; xanthan gum; rosemary extract.

WF GF and free of milk products, egg, soy, peanut, corn, potato & yeast 6 oz bags \$3.99

Holiday Gift Certificates Available

Gluten-Free Trading Company gift certificates are available in any denomination—the perfect way for friends and family to treat themselves to the gluten-free foods they've been missing all year. To purchase a gift certificate please call 1-888-993-9933 or visit our store.

Todd Wahl Memorial Fund Created to Assist Celiac Kids

A new charity has been established to provide gluten-free food baskets to the families of newly-diagnosed celiac children. The fund is named in honor of Todd Wahl, a Chicago-area resident who died suddenly this fall while on military duty in Korea. When his younger sister was diagnosed with celiac disease, Todd made a great effort to help find appropriate food for her. In Todd's memory, the Wahl family has established the fund to help ease the transition for newly-diagnosed celiac children and their families. Donations may be sent to:

Todd R Wahl Memorial Fund
CSA Greater Chicago Chapter
PO Box 93
Arlington Heights, IL 60006

Readers Share Their Favorite Holiday Recipes

Special thanks to Donna Reick and the members of the Milwaukee Sprue Crew for sharing their holiday recipes!

Lucille's Cinnamon Square Cookies

Dough:

1²/₃ Cups Fine Rice Flour
1/2 Cup Potato Flour
2 teaspoons GF Baking Powder
1 Cup Butter
1/2 Cup Brown Sugar
1 teaspoon GF Vanilla Extract

Topping:

1/2 Cup White Sugar
1 teaspoon Powdered Cinnamon

Sift the dry ingredients together and set aside. In a mixer, cream together the butter, sugar, and vanilla; gradually add the dry ingredients. Form half of the dough at a time into 1¹/₂" square logs. Place the logs in the refrigerator to cool for at least 1 hour. Mix sugar and cinnamon. Cut logs into slices about 1/4" thick and bake at 375° F for 13-15 minutes. Let cool for a few seconds, then roll in cinnamon-sugar mixture. Note: these cookies are fragile.

Peanut Butter Crispy Bars

by Julie Whelan Capell

1 Cup Light Corn Syrup
1 Cup Sugar
1¹/₂ Cups Creamy Peanut Butter
6 Cups Gluten-Free Crispy Rice Cereal*
2 Cups GF Semi-Sweet Chocolate Chips

Combine syrup and sugar. Bring to boil, then remove from heat. Add peanut butter, mix until smooth. Pour over cereal. Mix lightly. Press into buttered 9" x 13" pan. Melt chips in microwave-safe bowl and spread on top. Cut next day.

* Note: Kellogg's Rice Krispies are not gluten-free: they contain malted barley.

Mom's Coconut Crescent Cookies

by Joanne Kramer & Linda Kramer

2 Cups Bette Hagman's Original 3-Flour Blend*
1/2 Teaspoon Xanthan Gum
1 Cup Butter
1/2 Cup White Sugar
2 Egg Yolks
3/4 Cup Coconut, Ground Fine
1/2 Teaspoon GF Vanilla Extract

Mix 3-flour blend with xanthan gum and set aside. Cream together the butter and sugar. Add egg yolks, vanilla, and coconut. Gradually add flour mixture, stirring until well mixed. Preheat oven to 350° F. Shape dough into 3/4" balls, and then reshape into crescents about 1" long by 1/2" wide. Bake for 15 minutes or until light golden. Note: these cookies are fragile.

* The 3 flour Hagman blend is:

2 parts white rice flour, 2/3 part potato starch flour, 1/3 part tapioca flour

**Happy Holidays from Everyone
At Gluten-Free Trading Company!**

Baked Cranberries

by Donna Reick

3 Cups Sugar
1¹/₂ Cups Water
4 Cups Cranberries

Combine the sugar and water in a saucepan and boil for 5 minutes to make a syrup. Put the cranberries in a 9" x 13" pan. Pour the syrup over the berries. Cover the pan with aluminum foil and bake at 300° F for 1 hour. Leave covered until cool. The cranberries stay whole and are almost like candy.

Norwegian Apple Pie

from the late Arnold Gunderson's recipe collection

1 Egg or 2 egg whites
3/4 Cup Sugar
1 teaspoon GF Vanilla Extract
1 teaspoon GF Baking Powder
1/2 Cup Bette Hagman 3-Flour Blend
1/2 Cup Chopped Walnuts
1 Cup Diced Pie Apples

Beat egg, sugar, vanilla, and baking powder together until smooth and fluffy. Beat in the flour until smooth and well blended. Stir in nuts and apples. Turn into a lightly greased 8" pie plate. Bake at 350° F for 30 minutes. Pie will puff up as it cooks, then collapse as it cools. Serve with ice cream.

Lemon Sugar Cookies

1/2 Cup Shortening (Crisco)
2/3 Cup Sugar
1 Egg
1 teaspoon McCormick Lemon Extract
3/4 Cup Potato Starch
2/3 Cup Cornstarch
1 teaspoon Baking Powder
1 teaspoon Xanthan Gum
1/4 Teaspoon Baking Soda
1/2 Teaspoon Salt
Scant 3/4 Cup Milk or Soy Milk

Preheat oven to 350° F. In large bowl, cream together shortening and sugar. Add egg and lemon flavoring. Mix well. Add remaining ingredients except milk. Slowly add milk while mixing. Mix well to remove all lumps. Drop by rounded teaspoonful onto a greased baking sheet. Bake 8-10 minutes until edges are lightly browned. Sprinkle tops with sugar. Makes 3¹/₂ dozen.

HOLIDAY BAKING SUPPLIES

Gluten-Free Trading Company has a complete selection of supplies for all your holiday baking needs: gluten-free flours in regular and large-size bags, flour blends, mixes, decorations, milk substitutes, xanthan gum and more, all at very competitive prices. Stop by the store or give us a call at 1-888-993-9933.