



Gluten-Free Trading Co. • 3116 S Chase Ave • Milwaukee WI 53207 • 1-888-993-9933 • 414-747-8700 • info@food4celiacs.com



New Laura Girl's All-Natural Cookies

When Laura's son was a young schoolboy, she created these cookies so that he would have tasty allergen-free treats to enjoy with his friends.

1 Chocolate Chip Minis.

Ingredients: Brown sugar, sugar, white rice flour, tapioca flour, arrowroot flour, potato flour, palm oil shortening, eggs, vanilla, baking soda, xanthan gum Chocolate Chips (sugar, liquor, and non-dairy cocoa butter), rosemary extract (for freshness).

2 Snickerdoodles.

Ingredients: Sugar, white rice flour, tapioca flour, arrowroot flour, potato flour, palm oil, egg, xanthan gum, vanilla, cinnamon, sea salt, rosemary extract (to preserve freshness).

3 Sugar Cookies.

Ingredients: Sugar, white rice flour, tapioca flour, arrowroot flour, potato flour, palm oil, egg, xanthan gum, vanilla, sea salt, rosemary extract (to preserve freshness).

4 Sunflower Flutters.

Ingredients: Sunbutter (Sunflower seeds, dehydrated cane juice, salt, natural mixed tocopherols to preserve freshness [may contain soybeans]), brown sugar, palm oil shortening, eggs, white rice flour, tapioca flour, arrowroot flour, potato flour, baking soda, baking powder.

5 Maple Sugar (Egg-Free).

Ingredients: Maple sugar, white rice flour, tapioca flour, arrowroot, potato flour, palm oil, bakng soda, vanilla, xanthan gum, gelatin, citric acid, rosemary extract (to preserve freshness).

WF GF Milk-Free Soy-Free 6 oz box \$5.99



New Cookies from Sunstart Bakery

Sunstart is a gluten and wheat free bakery based in the Glens of Antrim in Northern Ireland. Their cookies received rave reviews from the kids (and parents) at clubceliac.com. Choose from 5 flavors:

1 Chocolate Orange. A scrumptious combination of zesty orange and milk chocolate.

Ingredients: Vegetable margarine (vegetable oil, water, salt, emulsifier: polyglycerol esters of fatty acids, colors: annatto, curcumin, flavoring), desiccated coconut 15%, gluten-free flour (corn starch, xanthan gum), potato starch, soy flour, milk powder, glucose, salt, stabilizer: hydroxypropyl methylcellulose), chocolate chips 12% (sugar, hydrogenated vegetable oil, skimmed milk powder, cocoa powder, emulsifier: soy lecithin, salt, flavoring), sugar, millet, brown rice flakes, natural orange flavor. Warning: may contain traces of nuts.

2 Chocolate Chip. A classic cookie with rich chocolate chips.

Ingredients: Flour base (brown rice flakes, millet flakes, soy flour, corn starch, xanthan gum), desiccated coconut, naturally evaporated cane sugar, chocolate chips (naturally evaporated cane sugar, chocolate liquor, cocoa butter, soy lecithin [emulsifier], natural vanilla), molasses, monosaturated safflower oil, rice syrup, sea salt.

3 Raspberry. A delicious cookie with sweet raspberry extract.

Ingredients: Flour base (brown rice flakes, millet flakes, soy flour, corn starch, xanthan gum), desiccated coconut, naturally evaporated cane sugar, raspberry flavored pieces (raspberry pulp, sucrose [sugar], apple, pineapple fiber), molasses, monosaturated safflower oil, rice syrup, sea salt.

4 Coconut. A traditional Irish cookie with a subtle hint of coconut. The #1 best seller in Britain and Ireland.

Ingredients: Flour base (brown rice flakes, millet flakes, soy flour, corn starch, xanthan gum), desiccated coconut, naturally evaporated cane sugar, molasses, monosaturated safflower oil, rice syrup, sea salt.

5 Stem Ginger. "Stem Ginger" is the British term for ginger that has been peeled and preserved in sugar syrup. In other words, these tempting cookies have succulent bits of candied ginger.

Ingredients: Flour base (brown rice flakes, millet flakes, soy flour, corn starch, xanthan gum), desiccated coconut, naturally evaporated cane sugar, stem ginger, molasses, monosaturated safflower oil, rice syrup, sea salt.

WF GF Egg-Free Potato-Free Vegetarian 7 oz box \$3.39

Unique New Mixes from The Cravings Place



The Cravings Place was created by Juli Walton of Bend, Oregon, a graduate of the Culinary Institute of America who found herself intolerant of gluten, wheat, dairy and eggs. Relying on her culinary background, a passion for food, and pure desperation she created The Cravings Place, committed to using all natural ingredients and manufacturing in a 100% gluten free, wheat free, dairy free, egg free and nut free facility.

1 Chocolate Chunk Cookie Mix.

Ingredients: Brown rice flour, semi-sweet chocolate chunks (sugar, chocolate liquor, cocoa butter, soya lecithin, vanilla, salt) brown sugar, sugar, white rice flour, vanilla bean powder (vanilla beans, corn based dextrose), xanthan gum, non-aluminum baking powder, baking soda, sea salt.

WF GF Milk-Free Egg-Free Nut-Free 23 oz Bag \$5.49

2 Peanut Butter Cookie Mix.

Mix Does Not Contain Peanut Butter or Nuts of Any Kind.

Ingredients: Brown rice flour, brown sugar, sugar, white rice flour, vanilla bean powder (vanilla beans, corn based dextrose), xanthan gum, non-aluminum baking powder, baking soda.

WF GF Milk-Free Egg-Free Nut-Free 20 oz Bag \$5.49

3 Ooey Goey Chocolaty Chewy Brownie Mix.

Ingredients: Semi-sweet chocolate chunks (sugar, chocolate liquor, cocoa butter, soya lecithin, vanilla, salt) brown rice flour, sugar, Dutch cocoa powder, white rice flour, vanilla bean powder (vanilla beans, corn based dextrose), cinnamon, xanthan gum, non-aluminum baking powder, baking soda, sea salt and nutmeg.

WF GF Milk-Free Egg-Free Nut-Free 20.5 oz Bag \$6.19

4 Cinnamon Crumble Coffee Cake Mix.

Ingredients: Brown rice flour, white rice flour, tapioca flour, non-aluminum baking powder, xanthan gum, baking soda, cinnamon and nutmeg. Toppings: brown rice flour, sugar, vanilla bean powder (vanilla beans, corn based dextrose), and cinnamon.

WF GF Milk-Free Egg-Free Nut-Free 14.5 oz Bag \$6.19

Glutino "Dreams" Reformulated

The Glutino Dreams line of sandwich cookies has been reformulated. This line includes Chocolate Dreams, Vanilla Dreams, Zebra Dreams, and Shortcake Dreams. Hydrogenated vegetable oil has been replaced with palm oil. Production has been moved from England to Germany and apparently there are some allergens present in the new facility that were not in the previous one. The cookies were formerly labeled casein-free/lactose-free. The new packaging indicates that the cookies "may contain peanuts and nuts" and "may contain traces of milk."



Store Hours (Central Time)

To serve you better we are now open part of the day on Monday.

Monday 10:00 am — 2:00 pm

Tuesday—Friday 10 am—1 pm & 2 pm—7pm

Saturday 10:00 am —5:00 pm

Sunday* 11:00 am —4:00 pm

*We will be closed April 16th (Easter Sunday)

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What Is Spelt?

It has happened more than once: A newly diagnosed celiac walks into our store and starts asking about breads and pastas. They tell us they've been told they can eat spelt and ask why we don't sell it. We ask where they heard that. They say, "From a clerk in a health food shop." We say, "Unfortunately, it's not true." At first, they look disappointed. A few minutes later they ask, "Could that be why I'm not getting better?"



Our research into spelt turned up these facts:

- Spelt and wheat are very closely related. Both are members of genus *triticum*. Some experts classify spelt as a "sub-species" of common wheat. Others call it separate but closely related species.
- Spelt generally contains more gluten than wheat.
- For the ordinary (non-celiac) population, spelt is apparently somewhat easier to digest than wheat.
- Some people who say they are allergic to wheat also say they are able to tolerate spelt. (We weren't able to find any medical studies that either support or refute this claim).
- The reason that products made with spelt have a "normal" wheat-like texture is that the two grains are so similar.
- The US Food & Drug Administration (FDA) has taken enforcement actions against some bakeries that labeled spelt-containing products as "wheat-free." For example, an April 2005 letter to a Minnesota bakery says, "Your product is...misbranded...because the claim that the product is 'Wheat Free' is false and misleading. The product is labeled to contain spelt, a species of wheat."

Researchers believe that spelt originated around 6,000-5,000 BC in what is now Iran. It appears to have been the result cross-fertilization between an even earlier grain called emmer and a local species of wild grass. Spelt later appeared in Europe, but it is uncertain whether it developed there independently or was transported from the Middle East. Some of the earliest written records of spelt appear in the Bible (Exodus 9:32, Isaiah 28:25, and Ezekiel 4:9).

Spelt (also called dinkel) was widely grown in Europe and the United States until shortly after 1900. Around that time, breeding programs succeeded in producing wheat varieties that were easier to harvest than spelt, produced higher yields, and were more resistant to drought and pests. As a result, spelt cultivation fell out of favor until health food advocates "rediscovered" it in the 1970s.

Spelt is a high-protein grain, making it an attractive choice for preparing bread and pasta for non-celiacs. Most varieties of spelt contain at least 18% gluten protein—some contain much more. In contrast, typical bread wheats contain 12% to 14% gluten. The exact amount of gluten that celiacs can tolerate is unknown, but it is believed to be less than 0.02% and possibly less than 0.002%. This means that spelt is definitely unsuitable for celiacs, and celiacs should be very cautious about products that are produced in facilities that also handle spelt.

Technically speaking, gluten has two components: gliadin and glutenin. Both contain amino acid sequences (protein fragments) that are troublesome for people with celiac disease. Wheat and spelt have different gliadin/glutenin ratios, and this may be the reason that some people with wheat allergies say they are able to tolerate spelt. Nevertheless, people with a wheat allergy should not try spelt before consulting an allergist—especially if their wheat allergy is severe.

Spelt is not the only "alternative" grain that is harmful for celiacs. Other *triticum* grains to avoid include: emmer, einkorn, Kamut®, and triticale (a cross between rye and wheat).

Daddy Sam's BBQ Sawce

The people who make Daddy Sam's tell us Sam Oglesby wanted to be a cowboy. In 1883, when he was 16, he rode a stagecoach from Virginia to West Texas. He went third class and had to ride on top. One night his hat blew off while he was sleeping. With his last \$5.00 he bought a cowboy hat from a 14 year old girl at the general store in Mertzon, Texas. Two years later they eloped—against her father's strong and reasonable objections.



At the courthouse, they interrupted a trial and asked the judge to marry them. The judge stopped the trial and the jury served as witnesses. Then they went home to face the music.

Sam and Grandony Oglesby were married for over 50 years and raised eight children on a ranch with no running water or electricity. Everyone called him Daddy Sam.

Over the years the Oglesby family had a lot of picnics and made a lot of barbeque. Daddy Sam's Bar-B-Que Sawce was created on his ranch in West Texas. The sauce has been carefully nurtured through the generations. "Just Slop It On!" Two varieties:

1 Daddy Sam's Original Recipe Bar-B-Que Sawce

Ingredients: Ketchup (tomato paste, water, sugar, distilled vinegar, salt, onion powder, natural flavor), molasses, sugar, mustard (distilled vinegar, water, mustard seed, salt, turmeric, paprika, spice, natural flavor, garlic powder), distilled vinegar, salt, peppers, onion powder, dehydrated garlic, jalepeño pepper powder, spices, natural smoke flavor.

2 Daddy Sam's Ginger-Jalepeño Bar-B-Que Sawce (Medium)

Ingredients: Ketchup (tomato paste, water, sugar, distilled vinegar, salt, onion powder, natural flavor), molasses, sugar, mustard (distilled vinegar, water, mustard seed, salt, turmeric, paprika, spice, natural flavor, garlic powder), ginger, jalepeño peppers, distilled vinegar, salt, peppers, jalepeño pepper powder, onion powder, dehydrated garlic, spices, natural smoke flavor.

WF GF Milk-Free Soy-Free Corn-Free Nut-Free
..... 19 oz jar **\$5.29**

Glutenfreeda™

Online Cooking Magazine

The largest gluten-free cooking resource - featuring over 4,000 gluten-free recipes!

If you love to cook or rarely cook, this magazine will not only help you to get excited about cooking, eating and entertaining again, but it will convince your family that eating gluten-free can be sensational! Subscribe on-line today at www.glutenfreeda.com!

Coconut Cupcakes



Ingredients:

For the cupcakes:
3/4 cup (1-1/2 sticks) unsalted butter, softened
1 cup granulated sugar
2 large eggs + 1 egg white
3/4 teaspoon pure vanilla extract
3/4 teaspoon pure almond extract
1-1/2 cups gf flour
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
1/2 cup buttermilk
For the icing:
8 oz. cream cheese, softened
3/4 cup (1-1/2 stick) unsalted butter, softened
1/2 teaspoon pure vanilla extract
1/4 teaspoon pure almond extract
2 cups powdered sugar, sifted
2/3 cup shredded, sweetened coconut + more for garnish.

Directions:

Preheat the oven to 325°F. Line a standard-size muffin pan with paper liners.
Beat the butter and sugar in the bowl of a stand mixer or with a hand-held mixer until light and fluffy, about 5 minutes. With the mixer running on low, add the eggs and egg white, one at a time, scraping down the sides of the bowl after each addition. Add the extracts and mix well.
In a separate bowl, whisk together the gf flour, baking powder, baking soda and salt. Add the dry ingredients and the buttermilk to the batter, alternating, beginning and ending with the dry ingredients. Mix until just incorporated. Fill each muffin cup about 2/3 full with the batter. Bake for 25-30 minutes or until the tops are golden and a toothpick inserted into the center comes out clean. Allow to cool in the pan for 15 minutes. Transfer the muffins to a baking rack and cool completely.
Meanwhile, make the frosting. In the bowl of an electric mixer, beat the cream cheese, butter, vanilla extract and almond extract until smooth. Add the powdered sugar and mix until smooth. Add 2/3 cup coconut to the frosting and stir until incorporated. Frost the cooled muffins with the cream cheese icing and sprinkle with more coconut for garnish.

Tips:

We used The Gluten Free Pantry's Country French Bread & Pizza flour mix for the gf flour in this recipe.

Get more delicious recipes like this one at
[www.glutenfreeda.com!](http://www.glutenfreeda.com)