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Gluten-Free Thoughts

As my twelfth gluten-free Thanksgiving celebration draws ever nearer, I can't help but think back. Honestly, I can not remember the exact details of my first GF Thanksgiving. I'm sure I was a jumble of nerves. I was only 6 months gluten-free, still trying to get a handle on all of it, not 100% confident in my food choices [no labeling regulations existed in 2003], worried I'd get sick, and then try to explain all of it to family members. GULP! Stressful indeed!

Back in the day, the gluten-free community didn't have the information and resources we have today [*Yes, I'm a gluten-free geezer*]. We were figuring it out as we went along. Hopefully the "Navigating the Holidays" article will make someone's transition to gluten-free a little bit easier.

I have been graciously blessed and my heart is filled with much gratitude. I have an amazing wife that has always supported and believed in me, even when I doubted myself. Without her, I would not be what I am today. I have the best family and friends. They respect my choices and always watch out for me. The members of GIG of ECW and the entire gluten-free community - It's you, my peeps, that inspire and motivate me, keep driving me forward as a human being and support group leader.

I am eternally thankful for what [Melinda Dennis, MS, RD, LDN](#) calls "The Gift of Gluten-Free". All those years ago when I was lying on the living room floor in the fetal position, I could not have imagined what was in store for me [besides death]. I gave up gluten, but what I have received in return is beyond measure.

*"The meaning of life is to find your gift.
The purpose of life is to give it away."*

~ Pablo Picasso

I realized that I was given an opportunity to use my skills and talents to help others. Heck, I found out that I had talents I wasn't aware of! The biggest item unearthed in me was a passion – a purpose – something that was lacking in my life previously. I was given a gift, and I was shown how to give it away. It was a profound awakening.

I invite you to think about your gluten-free life and list the items for which you give thanks. Consider all aspects of your life – physical and mental health; your relationship with friends and family members; your eating habits; your spiritual practices [things that feed your soul]. You might be surprised at the number of items you have on the list!

I also invite you to inventory your gifts and find out what can be given away. What you receive in return may rock your world. You won't know until you try.

Give thanks. Stay strong. Be well.

Al Klapperich – GIG of ECW Branch Manager

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Festival Foods Holiday Guide



Festival Foods offers a very nice Gluten-Free Holiday Guide with recipes and product info: <http://bit.ly/1uYv3yu>

Thanks Andi at Manitowoc CDF Group for sharing!



Navigating the Holidays

For many, the holiday season is filled with smiles, laughter and lots of merriment. However, for those with dietary restrictions, it can be the complete opposite – fear, dread and lots of worry.

The risk of getting sick every at every meal is a huge source of stress and concern. Now let's pile on the stress of family dynamics. We've got the fixings for an epic family battle royal. ["Let's get ready to rumble!"](#)

| "My family puts the FUN in dysfunction"

I'm sure many can relate to the quote above. If you feel your family is the poster child for dysfunction, do not worry. All families are dysfunctional, it's simply a matter of degree.

Since the dawn of time, our existence has revolved around the acquisition and sharing of food. We have evolved and times have changed, but the primal need to gather and share food with members of our clan still remains. Holiday celebrations are a perfect example of that.

If we dig deep inside and look beyond the medical necessity of our food requests, we will find an emotional component. Our requests are an extension of ourselves. When our family and friends fail to acknowledge our food requests, we feel it as exclusion and rejection of us as a person. Maybe it is, maybe it isn't. Sometimes it's hard to tell what is inside the hearts and minds of our loved ones. I

suspect the reasons are many and varied. Perhaps it's fear? Maybe they are afraid to try because they don't want to make us sick? Maybe we've yelled at them one too many times about food selection or preparation? What can we do? We have to talk to them.

Opening up a line of communication is so important when it comes to resolution. Having a calm, heartfelt conversation about our health concerns and what it takes for us to be healthy and happy is the best chance we have at getting them to understand. It is up to us to kindly and respectfully educate them on how to do things correctly, no one else will do it. For us today, gluten-free comes as easy as breathing, but it wasn't always that way. We were frustrated and confused, it's reasonable to expect they will feel the same way. However, their behavior may appear to us as stubborn, unyielding, or uncaring. Remember, listening is a critical component of communication. More tips on dealing with lack of support from family members can be found here: http://bit.ly/GIGECW_LackofSupport

Despite our best efforts, we may have to accept the fact that some people just won't get it. This does not mean we can give up, however! Let's face it, we're up against years, decades, or in some cases centuries of traditions. The very definition of tradition allows it to brazenly flip Change, the bird.

| *Træ- 'di-shən: a way of thinking, behaving, or doing something that has been used by the people in a particular group, family, society, etc., for a long time.*

"What?! No stuffing inside the turkey? Great-Great Grandma Brunhilde would turn over in her grave if we didn't use her recipe!"

Changing family traditions is downright heresy. Remember, to your family, gluten-free will be the new kid on the block. Situations like this call for the utmost patience. It may take some time for this concept to percolate through their brains and become a newly added family tradition. Don't panic, stay calm, and keep the lines of communication open. Keep up your educational efforts even if its only small tidbits here and there. Sometimes it's best not to flood them with information – ever try to drink from a fire hose?

I wish I had one simple answer that would solve every gluten-free holiday and family situation, but I don't. If I did, my name would be Dr. Phil and I'd have a TV show.

Bottom line – if you can not resolve any of the food issues, try to put that aside and focus on the people that love and care about you – that is what really matters.

Here are some tips that might get you through the holiday season.

- If you are new to the gluten-free lifestyle, your head is probably spinning. For more information, please see GIG of ECW's Gluten-Free Diet Boot Camp: http://bit.ly/GIGECW_GFBootCamp
- Plain turkey often times is gluten-free. Read the labels to verify. Several brands will now say "Gluten-Free" or "No Gluten". Make sure it has not been pre-seasoned or marinated; seasonings and marinades may contain gluten. Some turkeys will have a gravy packet. Verify the GF status of the gravy before using. Better yet, ditch the gravy packet and make your own...you'll be glad you did!

Like turkey, most hams are GF [read the label], however if it has a glaze, it must be checked.

A list of some gluten-free turkey and ham options: http://bit.ly/GIGECW_Turkeys

- If the turkey has been stuffed with gluten stuffing, do not eat the turkey, it's been contaminated.
- Stuffing [gluten-free or not gluten-free] made inside the turkey is a food safety concern. If you cook the turkey long enough to properly cook the stuffing [to a temperature of 165], the turkey is dry and over done. If you cook the turkey until it's done, the stuffing may not have reached the food safe temperature of 165. Either way, they are not good eats. Make the turkey and stuffing separately.

- Cooking bags are commonly used to help keep meats moist. However, the instructions state a tablespoon of flour should be added to the bag and shaken. The flour prevents the bag from exploding. Ask your host about this ahead of time. FYI - cornstarch or gluten-free flour will work too. *[I never knew about exploding bags, we always use a bag and never put flour in it.]*
- Mashed potatoes, a GF piece of cake, right? Not so fast, some recipes call for a bit of flour [oh the humanity!]. Scalloped Potatoes is another dish that more than likely has wheat flour. FYI, some potato salad recipes also call for flour. If you don't know how the host prepares their potatoes, it's best to ask.
- Mainstream "cream of" soups are not gluten-free and of course the dishes made with them, [think Green Bean Casserole].

GF alternatives from Pacific Natural Foods - Cream of Chicken: <http://bit.ly/1xlcrAE> Cream of Mushroom: <http://bit.ly/1tpZlxc>

- Progresso offers their Cream of Mushroom soup, but it's not quite as condensed as actual condensed soup, but with some slight recipe modifications it can be used.
- Cornbreads or corn muffins often times have a mixture of cornmeal and wheat flour. There several mixes that are available. Krusteaz brand has a pretty good cornbread mix that's available in mainstream grocery stores. <http://bit.ly/1pAUT9P>
- Veggie & fruit trays are always popular. Be sure to survey the neighboring foods and assess cross contamination risks.
- Stay away from the butter dish. It's a crumb magnet!
- Be wary of communal chip or veggie dips. They might not be GF and they could be contaminated due non-GF snacks.
- BYOF (Bring your own food). Bringing a

dish to pass ensures you'll have something you know is safe. We may feel a bit guilty about asking others to go out of their way to accommodate our requests. Good news! We have the ability be part of the solution instead of the problem. Politely ask the host what you can bring. Ask them to allow you to help. Let them know you want to ease their work load and worry-factor - not add to it - when it comes to making something safe for you. It helps to know what's on the menu so your dish will fit in with the others. Tip: Make sure you bring plenty for yourself and others.

- Open a line of communication early. It's a delicate topic, but you have to discuss GF food selection and cross contamination concerns with the host if they are not familiar with preparing gluten free dishes. Because they are not immersed in the gluten-free lifestyle, they'll need your help to educate and guide them. The education process is not a "once and done" event, it occurs over time. This is not on their radar 24x7x365, so they will need gentle reminders. Sometimes it's hard for people to grasp, so please be patient if they don't get it right away.

Here are some helpful education resources:
http://bit.ly/GIGECW_GF_Education
http://bit.ly/GIGECW_GlutenContamination

- Enlist the help of an ambassador. Sometimes it's easier to have another person to be an advocate for you. Ask a brother-in-law, sister-in-law, aunt, uncle, or cousin that you trust to help the host find gluten-free options for you. The more family members you have on your team the easier it will be.
- Make sure the hosts know that you appreciate their efforts to include you in holiday celebration.
- Eat [at least something] before you leave home, it takes the edge off of your hunger.
- If you like to cook, host the celebration yourself. This gives you ultimate control. If the guests ask to bring something, request things that are naturally gluten-free. Veggie

tray, fresh fruit tray, an undressed salad, a bottle of wine or other beverages (not beer unless it's GF), vanilla ice cream (suggest a good brand). Don't be afraid to suggest non-food items: festive napkins, folding chairs, family favorite tableware, etc.

- If guests do bring gluten items, have a designated area for GF and NGF dishes.

If you want to share this article with someone, here is the link: http://bit.ly/GIGECW_Navigate_Holidays

Inspiration for this article courtesy of:

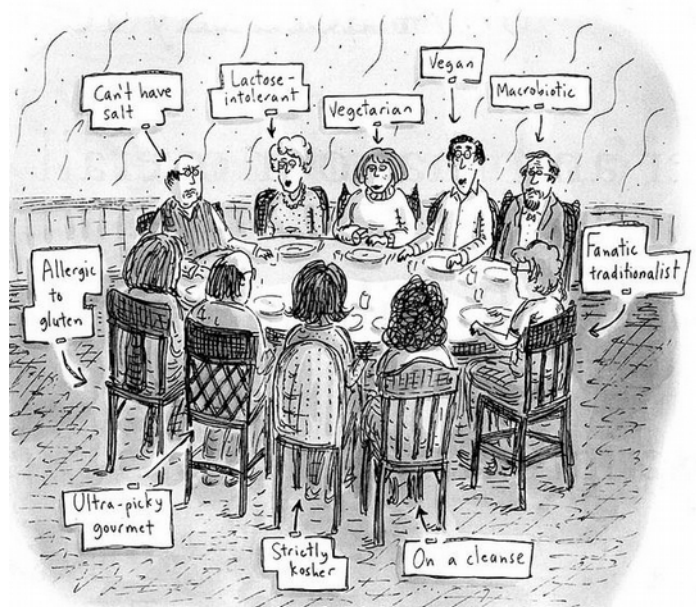
Quick Guide to Holiday Family Dining
 Celebrate Gluten-Free Newsletter Fall 2014
 Gluten Intolerance Group of North America
<http://bit.ly/GIGofNAMembership>

25 Tips for handling a GF holiday
 Gluten-Free Living - December 2014
<http://www.glutenfreeliving.com/>

Al Klapperich – GIG of ECW Branch Manager

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## THE LAST THANKSGIVING



## Holiday Recipes

*A mixture family recipes from the members of the group and some found on the internet. Thanks for sharing your recipes.*

*If you need to substitute certain foods, please check out Living Without's Gluten-Free & More - Food Allergy Substitution Solutions (Gluten, Eggs, Dairy, Nuts and More) guide: <http://bit.ly/FoodSubs>*

### Garlic Mashed Potatoes

Original recipe: Cook's Country

Submitted by: Al

*This is our favorite and go-to mashed potato recipe.*

#### Ingredients:

4 lbs russet potatoes, peeled, quartered, 1/2" pieces  
12 tablespoons unsalted butter, cut into pieces  
12 garlic cloves, minced [We use 4-5]  
1 teaspoon sugar  
1 1/2 cups half-and-half  
1/2 cup water  
salt and pepper

#### Directions:

Place cut potatoes in colander. Rinse under cold running water until water runs clear. Drain thoroughly. This is a very important step to eliminate excess starch, which produces gluey mashed potatoes.

Melt 4 tablespoons butter in Dutch oven over medium heat. Cook garlic and sugar, stirring often, until sticky and straw colored, 3 to 4 minutes. Add rinsed potatoes, 1 1/4 cups half-and-half, water and 1 teaspoon salt to pot and stir to combine. Bring to boil, then reduce heat to low and simmer, covered and stirring occasionally, until potatoes are tender and most of the liquid is absorbed, 25 to 30 minutes.

Remove from heat, add remaining butter to pot and mash with potato masher until smooth. Using rubber spatula, fold in remaining half-and-half until liquid is absorbed and potatoes are creamy. Season with salt and pepper.

### Cauliflower Mash

Submitted by Al

*Great if you are looking for a low-carb replacement for mashed potatoes. We've made this to go with grilled chicken and shrimp, no reason it wouldn't work with turkey too! If you like garlic, this recipe is for you.*

#### Ingredients:

1 head of cauliflower, cut into even medium to large sized florets  
6-8 cloves garlic, peeled (adjust to your tastes)  
Extra-virgin olive oil  
Kosher salt and freshly ground black pepper, to taste  
Butter  
1/2 cup Parmesan cheese, freshly grated  
Half and half or cream / Milk or broth, optional use if needed to correct consistency.  
2 or more strips of crispy bacon (optional)

#### Directions:

Place cauliflower and garlic cloves in shallow pan [sided cookie sheet or jelly roll pan]. Drizzle enough olive oil to coat the pan/foil and the vegetables. Season to taste with salt and pepper. Cover loosely with foil and roast for 15 min. Remove foil and carefully stir vegetables so they don't stick and so they brown evenly. Uncover and roast for another 15 – 20 minutes or until cauliflower and garlic are soft and lightly browned. Remove from oven.

Place cauliflower with a couple tablespoons of butter in a food processor and puree. Add parmesan cheese and mix well. The cauliflower should be a mashed potato or grits consistency (fairly thick, not runny).

Smash the roasted garlic and add to blender. Pulse a few times so garlic is mixed in. Don't process the garlic for too long, it becomes very spicy. Add a touch cream or broth if it's too thick. Place in a heat-proof bowl and keep warm.

Crumble bacon [optional] on top and serve.

## Aneh's Awesome Turkey

Recipe by: Aneh Mundi

Submitted by AI (with slight modifications)

*Shortly after going gluten-free [about 11 years ago], we took a gluten-free holiday cooking class from food scientist extraordinaire Aneh Mundi. She went through an entire holiday feast. Lots of great recipes. To this day, we still use Aneh's blend of seasonings when we make turkey and turkey broth. We keep a jar of it on our "Wheel-O-Spices".*

### Ingredients:

1 fresh or frozen turkey 10 to 13 lbs  
2 tbs Black ground pepper  
2 tbs Salt  
2 tbs dried basil  
1 tbs white pepper  
1 tbs ground coriander  
2 tsb dried orange peel  
Extra virgin olive oil (optional)  
1 medium/large onion, rough chopped  
1 celery stalk, rough chopped  
¼ lemon, chopped (optional)

Note: Before you start working with the turkey, set some of the seasoning aside for use in the gravy or for future turkeys. It has the potential to get contaminated with raw turkey.

### Directions:

Remove giblets from turkey and set aside for broth. Combine seasonings in a bowl – mix well. Place turkey in cooking bag (optional) Drizzle & rub olive oil over entire turkey. Sprinkle and rub seasoning mix inside, outside, and under the skin. Stuff cavity with onion, celery, and lemon. Place bagged turkey in a roasting pan Roast turkey at 325 for 3 to 3 ½ hours – until juices run clear or internal breast temperature reaches 161 or 162. Remove turkey from the oven, let it rest. The temperature will continue rise. Carry-over cooking will take you to the food safe number of 165. Drain drippings from bag into large bowl. Strain into large pan for making gravy.

### Gravy Ingredients:

Turkey drippings  
4 – 8 tbs Sweet Rice Flour  
A few pinches of Aneh's Turkey Seasoning

### Gravy directions

Heat drippings in pan on medium-high heat. Add a few pinches of turkey seasoning to taste. Make a slurry 3 – 4 tbs of Sweet Rice Flour and a teaspoon or so of cold water. Mix until no lumps. Whisk in slurry as drippings begin to heat up and start to boil. This when gravy will start to thicken. Keep adding slurry until gravy is the consistency you desire.

## Gluten-Free Stuffing Muffins

Recipe by: Carla Spacher of Carla's Gluten Free Recipe Box...

*We have not tried this recipe, but Carla has been a part of the gluten-free cooking community for a lot of years. This would be great for making individual servings of stuffing.*

<http://bit.ly/GFStuffingMuffins>

## Crockpot Stuffing

Recipe by: Stehanie O'Dea of Crockpot365

*Another way to do stuffing.*

<http://bit.ly/GFCrockpotStuffing>

## Gluten-Free Stuffing

Submitted by Peggy

### Ingredients:

1 loaf gluten-free bread  
3 tablespoons butter, unsalted  
2 carrots, peeled and small diced  
2 celery stalks, small diced  
2 cloves garlic, minced  
1 onion, peeled and small diced  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
2 cups gluten-free chicken broth  
1 1/2 tablespoon fresh sage, chopped  
1 tablespoon fresh thyme, chopped

### Directions:

Preheat oven to 325°F. Slice the bread into 1-inch

cubes and spread out on a baking sheet. Place in the oven and toast for 25 minutes, flipping/tossing once during toasting.

Melt butter in a large and deep cast iron or oven-safe skillet. If you do not have a large and deep oven proof skillet, you can prep the stuffing in a skillet and transfer to a 9" x 13" baking dish before finishing off in the oven. To the butter, add carrots, celery, garlic, onion, salt, and pepper. Saute on medium heat for 15 minutes until the onions and carrots are soft and tender. If the onions or garlic start to brown, reduce heat to medium-low.

Once the carrots are tender, add chicken broth, sage, and thyme and stir to combine. Simmer for 5 minutes. Taste, and add additional salt or pepper, if needed.

Next, add the toasted bread cubes and gently toss to combine. Transfer to the oven and bake for 25 minutes. Serve warm. Makes 6-8 servings.

## Gluten-Free Croutons

Submitted by Peggy. Special thanks to Deb.

### Ingredients:

1 to 1 ½ loaves of GF bread, cut or torn in desired size. For stuffing, pieces might be smaller vs larger for snacking/dipping.

GF Granulated Garlic  
GF Granulated Onion  
GF Ground Sage  
GF Paprika (optional)  
Salt  
Olive Oil



### Directions:

Preheat oven to 300.  
Spread bread pieces on sided baking sheet. Allow to dry for at least 2 days – 3 to 4 is preferable.  
Drizzle olive oil lightly over the bread and mix well.  
Season to taste. Mix well after each seasoning.  
Bake for 10 to 20 minutes or until GBDC (Golden, Brown, Delicious & Crunchy). Stir every 5 minutes.  
Remove from oven and spread out to cool.

Note: Airbake pans won't brown as quickly. Try not to eat them all before you make your stuffing.

Tip: Instead of throwing out the heels or unused pieces of GF bread, put them in the freezer to be used later.

## Nut Balls

Submitted by Becky

### Ingredients:

½ lb. butter  
2 T honey  
1 c flour  
¼ t salt  
1 t vanilla  
½ c finely chopped nuts



### Directions:

Beat butter until creamy. Stir in honey.  
Add flour, salt, vanilla and nuts and mix thoroughly.  
Chill dough 1 hour.  
Form into balls the size of walnuts. Place 2 inches apart on greased baking sheets. Bake @ 300 approximately 35 min, or until light brown.  
Roll in confectioners sugar while hot and again after they've cooled.

GF Conversion Notes from Peg:

Same amount of [Meister's Gluten-Free Flour](#).  
1 teaspoon of double strength vanilla.  
¾ cup of nuts.

## Fresh Cranberry Relish

Submitted by Kimberly

*This to me is the taste of the holiday season...orange, cranberry, walnut and cinnamon*

### Ingredients:

1 package (12 ounces or 3 cups) of fresh cranberries  
2 medium Pippin or Granny Smith apples quartered and cored (I prefer skins on, but some like them peeled)  
¾ cup sugar  
½ cup orange marmalade  
2 teaspoons lemon juice  
2 teaspoons (or more!) of Grand Marnier...Brandy works nicely too in a pinch!  
2 cups of chopped walnuts  
1 teaspoon ground cinnamon (I use more like 1

Tablespoon since I LOVE cinnamon)

Directions:

Chop cranberries in a food processor. Remove. Chop apples in food processor. Add to cranberries and then add remaining ingredients. Stir well and enjoy. This tastes better if it is refrigerated overnight. This relish can be refrigerated up to 2 months! Often I will make a double batch at Thanksgiving and eat until New Years!

## Peanut Blossoms

Original recipe: Nancy Brown  
Submitted & GF conversion by Peggy

Ingredients:

1¼ cup [GF Jules All Purpose Flour](#)  
½ cup Bob's Red Mill GF Sorghum Flour  
½ cup firmly packed brown sugar  
1 tsp Arm & Hammer baking soda  
½ tsp salt  
¼ cup butter  
¼ cup Butter Flavored Crisco  
½ cup peanut butter  
2 Tbsp milk  
1 tsp double strength vanilla  
1 egg



[Hershey's Kisses](#)

Directions:

Combine in a large mixer bowl. Mix at low speed until a dough forms. Shape dough into balls using a rounded teaspoonful of dough. Roll balls in additional sugar. Place on un-greased cookie sheet. Bake at 375 for 10-12 minutes, until golden brown. Remove from oven. Top each hot cookie with a Hershey's Kiss – pressing down so cookie cracks around the edge.

## Cut-Out Sugar Cookies

Original Recipe: Jules Shepard  
<http://bit.ly/GFJulesCutouts>

Submitted by: Peggy

Ingredients:

½ cup shortening (Earth Balance® Shortening Sticks) or [½ cup of butter]  
1 cup granulated sugar  
1 egg  
¼ cup milk [use slightly less if using real butter]  
1 teaspoon double strength GF vanilla extract  
Food coloring (optional)  
2 ¼ cups [GF Jules All Purpose Flour](#)  
2 teaspoons Calumet baking powder  
½ teaspoon salt



Directions:

Cream shortening and sugar until very fluffy. Add egg, vanilla extract, milk, and food coloring (optional), beating until integrated. Add the dry ingredients last, mixing until evenly blended. Form the dough into a ball and wrap tightly with plastic wrap. Refrigerate or freeze until cold and no longer sticky, at least 2 hours.

Preheat oven to 375°F (static) or 350°F (convection).

Lightly flour the rolling surface, rolling pin and cookie cutters with Jules Gluten Free All Purpose Flour. Roll the dough to approximately 1/8-inch thickness and cut shapes, re-rolling dough to utilize all the dough.

Place cut-out cookies onto a parchment-lined cookie sheet and decorate with colored sugar or sprinkles, if desired. Bake approximately 8–10 minutes, but remove before they begin to brown at the edges. When baked and cooled, frost with Easy Cookie Icing, if desired.





## Pie Crust

Recipe by: Whole Foods

<http://bit.ly/WFGFPieCrust>

### Ingredients:

1/3 cup potato starch, plus extra for dusting  
 1/3 cup tapioca flour  
 1/3 cup millet flour  
 1/3 cup almond meal  
 1 tablespoon powdered sugar (optional)  
 1/2 teaspoon salt  
 1/2 cup (1 stick) cold butter, cut into small pieces  
 1 egg, lightly beaten

### Directions:

Preheat oven to 375°F.

Put potato starch, tapioca flour, millet flour, almond meal, sugar and salt into a food processor and pulse a few times to combine. Add butter and pulse again until mixture resembles coarse meal. Add egg and pulse until completely combined to make a slightly sticky dough.

Turn dough out onto a large sheet of waxed paper dusted with potato starch. Sprinkle potato starch over dough and knead gently, working in about 2 more tablespoons potato starch, until dough holds together without being sticky but is still very pliable. Using your fingertips, press dough into a 10-inch circle.

Invert a 9-inch pie pan on top of the dough then quickly flip over both the pan and the dough so that

the dough now rests in the pan. Gently peel away and discard wax paper and press dough into pie plate, patching it together, if needed. Crimp and trim the edges as desired then prick sides and bottom all over with a fork.

*Peggy Tip: If you don't fill the crust with pie weights or dried beans, do not par-bake, just fill and bake it.*

Line crust with parchment paper and fill with pie weights or dried beans. Bake until crust is just set and slightly dry around the edges, about 15 minutes. Remove parchment paper and pie weights, fill with pie filling and bake as needed. Alternately, for a pie that requires a pre-baked crust, return to oven and bake until cooked through, about 15 minutes more.

## Libby's Famous Pumpkin Pie

Right off the can of pumpkin

Submitted by Peggy

<http://bit.ly/1xgaduJ>

### Ingredients:

3/4 cup granulated sugar  
 1 teaspoon ground cinnamon  
 1/2 teaspoon salt  
 1/2 teaspoon ground ginger  
 1/4 teaspoon ground cloves  
 2 large eggs  
 1 can (15 oz.) LIBBY'S® 100% Pure Pumpkin  
 1 can (12 fl. oz.) NESTLÉ® CARNATION® Evaporated Milk  
 1 9-inch Gluten-Free Pie Crust (see Whole Foods GF pie crust recipe)

### Directions:

Mix sugar, cinnamon, salt, ginger and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk.

Pour into gluten-free pie shell.

Bake in preheated 425° F oven for 15 minutes. Reduce temperature to 350° F; bake for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or refrigerate.

## Pecan Pumpkin Pie

Submitted by Peggy

*This is an adaptation of a recipe found in a Penzey's Spice Catalog*

### Pie Ingredients:

1 gluten-free pie crust (see Whole Foods Pie Crust Recipe above)  
1 15oz. Can of pumpkin  
1/3 cup of brown sugar  
1/3 cup sugar  
1 1/2 teaspoon pumpkin pie spice  
1/8 teaspoon salt  
1 teaspoon GF vanilla extract  
2 eggs, well beaten  
1/2 cup of evap. Milk  
1 9" GF Pie Crust (see Whole Foods GF pie crust recipe)

### Topping

1/4 cup of butter unmelted  
1/2 cup of brown sugar  
3/4 cup of coarsely chopped pecans

Make GF pie crust per directions. Press or roll into 8.5" pie tin.

Preheat oven to 350

Combine pumpkin, brown sugar, sugar, pumpkin pie spice, salt, vanilla, eggs & milk into mixing bowl.

Mix well.

Pour mixture into unbaked GF pie crust.

Bake at 350 for 40 minutes.

Mix topping ingredients until crumbly.

After pie has baked 40 minutes, sprinkle mixture on pie and bake for another 25 minutes.

Cool and refrigerate for a couple of hours for best slicing.



**Notes:**



## Notes:

## Gluten Intolerance Group Of East Central Wisconsin

A local branch of the  
[Gluten Intolerance Group of North America](#).

Our mission is to provide support to persons with gluten intolerances, including celiac disease, dermatitis herpetiformis, and other gluten sensitivities, in order to live healthy lives.

### **Educate, Motivate & Advocate**

- Educate people about their condition and their food.
- Motivate people to maintain a zero tolerance diet.
- Advocate for the common good of the entire gluten free community.

### **Meetings**

- When: Third Saturday of odd numbered months (Jan, Mar., May, July, Sept., Nov.)  
9:00 am to 11:00 am
- Where: Ripon Medical Center in the Green Lake Room located in the lower level.
- Spouses and loved ones are also encouraged to attend.

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