

IGIST

Indiana Gluten Intolerant Support Team

Gluten Free Fall Meeting

Sunday September 8, 2019

1:30 PM

Unitarian Universalist Church

333 Meridian St, West Lafayette, IN

Follow directions on signs posted outside as to where to enter the building

Our meeting will be brunch.

There will be gluten free waffles already made and ready for toppings you need to bring

Syrup will be provided so bring some creative gluten free toppings for waffles.

We also need egg casseroles, muffins,

Coffee cakes, pancakes, crepes and sausage and bacon (already cooked. We can reheat it at the church).

There are a few recipes in the newsletter or use a favorite you have at home.

You can now buy, Just Crack an egg by Ore Ida. There are several kinds to try.

The Chex Company has many gluten free Chex cereals now.

Blueberry, Chocolate, Cinnamon, Corn, Honey Nut, Peanut-butter, Rice and Vanilla Chex.

You may call Nancy Linnemann if you have any questions. 765-497-0665

Hash Brown's Ham + Cheese Quiche

Ingredients

- 2 (12 ounce) packages fresh hash brown potatoes
- 1/3 cup butter, melted
- 1 cup cooked diced ham

- 1 cup shredded Monterey Jack cheese
- 4 eggs
- 1/2 cup milk

Directions

1. Preheat oven to 425 degrees F (220 degrees C).
2. Squeeze any excess moisture from the potatoes and combine them with the melted butter or margarine in a small bowl. Press this mixture into the bottom and sides of an ungreased 10 inch pie pan.
3. Bake at 425 degrees F (220 degrees C) for 25 minutes.
4. Remove pan from oven and arrange the ham and cheese evenly over the potatoes. In a separate small bowl, beat together the eggs and the milk. Pour this over the ham and cheese.
5. Return pan to oven and bake for 425 degrees F (220 degrees C) for 30 minutes, or until the custard has completely set.

Nancy Linnemann

Blueberry Coffee Cake {traditional and gluten free recipes}

★★★★☆
4 from 5 votes

Servings: 8 -12 servings

Ingredients

- 1/2 cup butter softened
- 1 cup sugar
- 2 eggs
- 1 tablespoon lemon zest or the zest of (1) large lemon
- 2 tablespoons fresh lemon juice
- 2 teaspoons vanilla extract
- 1 cup all-purpose flour see note below for gluten-free alternative
- 1/2 teaspoon baking powder
- 1/2 cup sour cream
- 6 ounces fresh blueberries or about 1 cup's worth
- Topping Ingredients:
- 2/3 cup all-purpose flour or 2/3 cup brown rice flour
- 1/3 cup brown sugar
- 1/4 cup melted butter



Instructions


- Preheat the oven to 350 degrees. Grease an 8" square pan with butter. Beat the butter and the sugar together until light and fluffy, about 6-7 minutes. Stir in the vanilla, lemon zest, lemon juice. Add the eggs one at a time, mixing just until combined.
- Combine the flour and baking powder in a bowl. Place the blueberries in a small bowl and sprinkle with a couple tablespoons of the dry ingredients, stir gently to coat the berries. Add half of the dry ingredients to the mixing bowl and stir to combine. Add the sour cream, mix again, and add the remaining dry ingredients. Mix just until combined.
- Gently stir in the blueberries and pour the batter into the prepared pan. Place the flour and sugar for the topping in the same small bowl that was holding the berries and add the melted butter. Stir lightly with a fork to combine. Sprinkle the sugary crumbs over the batter in the pan.
- Bake for 40-45 minutes, until a toothpick comes out clean or with moist crumbs. Let cool before slicing. Enjoy!

Notes

GLUTEN FREE ALTERNATIVE: Substitute 2/3 cup brown rice flour, 1/4 cup tapioca starch, 1/4 cup potato starch, and 1/2 teaspoon xanthan gum for the all-purpose flour listed in the recipe.

Blueberry Coffee Cake {traditional and gluten free recipes} <https://barefeetinthekitchen.com/blueberry-coffee-cake-recipe/>

Gluten-Free Honey Nut-Vanilla Parfait

 1 Serving

Start your day right with this easy and flavorful honey nut and vanilla parfait.

Ingredient List

- ✓ 1 container (5.3 oz) vanilla Greek yogurt
- ✓ 1/4 cup Honey Nut Chex™ cereal
- ✓ 1 tablespoon gluten-free honey-roasted peanuts
- ✓ 2 teaspoons chopped dried apricots
- ✓ 1 teaspoon dried cranberries

Nutrition

Serving Size: Calories 260 (Calories from Fat 60); Total Fat 6g (Saturated Fat 2g, Trans Fat 0g); Cholesterol 10mg; Sodium 150mg; Total Carbohydrate 35g (Dietary Fiber 2g, Sugars 27g); **Protein 14g**

% Daily Value*: Vitamin A 10%; Vitamin C 10%; Calcium 15%; Iron 10%

Exchanges: 1 Other Carbohydrate; 0 Vegetable; 0 High-Fat Meat; 2 Carbohydrate Choice

MyPyramid Servings: 0 tsp Fats & Oils; 0 oz-eq Grains; 1 oz-eq Meat & Beans *% Daily Values are based on a 2,000 calorie diet.

Preparation

1. Place half of the yogurt (about 1/3 cup) in bottom of 8-oz glass or small canning jar. Mix cereal and peanuts. Sprinkle half of cereal mixture over yogurt in glass.
2. Mix apricots and cranberries. Sprinkle half of fruit mixture over cereal mixture in glass.
3. Top with remaining yogurt, cereal mixture and fruit mixture.

Tips

Presentation/Garnish: For extra indulgence, drizzle parfait with honey.

Variation: Use fresh fruit, such as blueberries or raspberries, in place of dried fruit, if desired.

Healthy: Always read labels to make sure each recipe ingredient is gluten free. Products and ingredient sources can change.

<https://www.chex.com/recipes/gluten-free-honey-nut-vanilla-parfait-2/>



Gluten-Free Spinach Quiche

Total: 60 mins

Prep: 30 mins

Cook: 30 mins

Yield: 6 Slices (6 Servings)

7 RATINGS

Savory Gluten-Free Spinach Quiche is made with a delicious savory gluten-free shortcrust recipe, adapted from a recipe by Master Baker Avner Laskin. This is a terrific and, believe it or not, easy gluten-free recipe for special occasion brunches.

Ingredients

- 1 recipe prebaked gluten-free savory shortcrust
- 3 large eggs
- 1 1/4 cups heavy cream
- 1 teaspoon salt
- 1/2 teaspoon ground nutmeg
- 8 ounces washed, rinsed and dried fresh spinach leaves
- 6 ounces grated Swiss or Emmenthal cheese

Steps to Make It

- 01 Preheat oven to 375 F/190 C.
- 02 In a medium mixing bowl, whisk eggs, cream, salt, and nutmeg.
- 03 Sprinkle half of the cheese in the bottom of the prebaked crust shell.
- 04 Scatter half of the spinach leaves over the cheese. Pour about 3/4 of the egg mixture over the spinach.
- 05 Sprinkle the remaining cheese and spinach into the crushed shell and top with the remaining egg mixture.
- 06 Place the quiche pan on a large baking sheet to prevent dripping and bake in preheated oven for 30 minutes or until the filling is set and the top is golden. Serve warm.

Gluten Free Bacon

Armour
Applegate
Bob Evans
Boars head
Butterball Turkey bacon
Dietz and Watson
Farmland
Jones Dairy Farm
Oscar Meyer
Smithfield
Wright

Gluten Free Sausage

Applegate farms
Armor
Bob Evans
Hebrew National
Jimmy Dean
Jones Dairy Farm
Smithfield
Tennessee Pride
Wellshire Farms

These are some of the gluten free bacons and gluten free sausage available in Lafayette, IN August 2019

pecan oven french toast

Crunchy pecans and a brown sugar caramel topping make this French toast an everyday or special occasion treat. You can use walnuts, almonds, macadamias, or your favorite nut in place of the pecans.

SERVES 6 TO 8

Nonstick cooking spray, for the pan
6 tablespoons (¾ stick) unsalted butter,
cut into pieces
1 cup firmly packed dark brown sugar
2 tablespoons light corn syrup
½ teaspoon pure almond extract
¼ cups chopped pecans
Eight to ten 1-inch-thick slices day-old
gluten-free bread
4 large eggs
¾ cups whole milk
1 teaspoon pure vanilla extract
Maple syrup, for serving (optional)
Mixed diced fresh fruit, for serving
(optional)

1. Grease a 13 x 9 x 2-inch baking pan with nonstick cooking spray. Set aside.
2. In a small saucepan, over low heat, melt the butter. Add the brown sugar and corn syrup and heat, stirring constantly, until the mixture is smooth. Remove the pan from the heat and stir in the almond extract. Immediately pour the hot sugar mixture into the prepared baking pan and spread evenly. Sprinkle the pecans evenly over the top of the sugar mixture.
3. Arrange the bread slices in a single layer on top of the pecans. Set aside.
4. In a large bowl, using a wire whisk, beat the eggs until foamy. Gradually whisk in the milk until well blended, then stir in the vanilla extract. Pour the custard evenly over the top of the bread slices, making sure each slice is well saturated. Cover the pan with plastic wrap and refrigerate overnight.
5. Remove the pan from the refrigerator and let stand at room temperature for 30 minutes. Meanwhile, position a rack in the middle of the oven and heat the oven to 375°F.
6. Bake the French toast casserole, uncovered, until the top is puffed and golden brown, 35 to 40 minutes. Remove the pan from the oven and immediately invert it onto a large heatproof serving platter or rimmed baking sheet. Carefully remove the pan. Be cautious when inverting and handling the pan as the topping will be very hot. Let sit for 5 minutes for the caramel to set. Serve hot with your favorite topping, if desired.

This recipe is from the cookbook

Gluten-free

BREAKFAST, BRUNCH & BEYOND

By Linda J. Amndt