



gluten-free LIVING

Leading the way to a happy, healthy gluten-free life

SAY CHEESE!
IT'S USUALLY SAFE FOR CELIACS

**RECIPES
REINVENTED**
MAKING FOODS GE

DON'T BE
SNARED BY SPELT

FOLLOW-UP CARE
STEPS TO HEALTHY GLUTEN-FREE LIVING

Spring 2005

Gluten-Free Living \$7.95

5 1



8 98998 00011

Elvis goes eBay

A wacky way to promote celiac disease

Take a quirky, gluten-free company called Nutballz, combine it with the weird eBay auction of a cup once used by Elvis Presley, and you have a perfectly wacky way to spread the word about celiac disease.

The oddball connection was not lost on Kyla Duffy, the 27-year-old former snowboarder who calls herself the "head nut" of Nutballz Inc., a Colorado company that makes high-energy gluten-free cookies (go to www.nutballz.com).

Duffy says she was watching a news story about the cup auction when inspiration hit her. "Who the heck would be nutty enough to bid on an appearance by a Styrofoam cup Elvis supposedly drank out of?" she recalls thinking. "Wait, my company is the natural fit."



An Elvis look-alike standing next to the famous cup.

Kyla paid \$350 for the cup to appear at Nutballz Night Out, an Elvis-themed fund-raiser held in January for the Center for Celiac Research. From the moment Duffy won the eBay auction, she was besieged by press coverage. Her story ran everywhere from the *Rocky Mountain News* in Colorado to the *Manila Star* in the Philippines.

Elvis and celiac enthusiasts alike raised about \$400 for the celiac center by paying one dollar to have their picture taken with the cup. But Duffy says the true value of the event was the exposure it brought to a disease she thinks is still largely misunderstood. "We told more than 100,000 people what celiac disease is," she says. "I would call that a success."

Not bad, considering the ink on Duffy's three-month-old college degree in marketing might not even be dry yet.

Amy Ratner

It's in the bag

An end to take-along toasters

For celiacs who tote a toaster whenever they leave home, packing just got a little lighter.

That's thanks to "Toast It" bags – heat-resistant, food-grade bags that can be used right in the toaster. Although not made specifically for celiacs, they are a great way to make toast without worrying about cross-contamination from wheat bread crumbs.

You'll find the bags at www.solutionscatalog.com, which promotes them for making grilled-cheese sandwiches and French Toast in the toaster. Two holes at the top of each bag make it easy to remove from the toaster. The 6 x 7.5 inch bags can be re-used up to 10 times and are dishwasher safe. They come in packs of two, (Each bag can be used ten times) for \$5.75 plus shipping and handling.



Gluten free now a specialty

Chefs eager to enter the market

Danielle Fragala loves to cook. She attended the Culinary Institute of America and graduated with high honors. After serving as a chef at several establishments, she decided she wanted to cook on a more personal level. So she opened Your Culinary Experience, a personal chef service, and often specializes in gluten-free food.

Danielle will cater an affair and serve only GF food, and also give mini-cooking GF classes in homes. At a recent gluten-free luncheon, she served chili and corn muffins. The muffins were delicious and to everyone's amazement, they didn't fall apart! They were like potato chips – you couldn't eat just one.

Danielle is not the only chef catering to celiacs. Aaron Flores, who was featured in this magazine previously for his work with Disneyland, has now ventured out on his own. Aaron's mission is to help hotels and restaurants learn how to serve the gluten-free public as easily and safely as they do their other customers. If you'd like to contact Aaron, send a message to aefteb@spcglobal.net.

The number of chefs specializing in gluten-free cuisine seems to be growing. That's part of today's reality CD!

Danielle's Gluten Free Corn Muffins:

Yield: 2 dozen

- 2 c. four flour mix*
- 2 c. yellow cornmeal
- 1 tsp. xanthan gum
- 2 tsp. egg replacer
- 1 c. sugar
- 1 3/4 t baking soda
- 2 tsp. baking powder
- 1 1/2 tsp. salt

- 2 c. plain yogurt
- 4 eggs, beaten
- 4 tbs. butter, unsalted, melted
- 1/2 c. orange juice
- 1 (15.2 oz) canned corn

- 1 Preheat oven to 400°F.
- 2 Grease the muffin pan and paper tins with nonstick spray.
- 3 Whisk dry ingredients.
- 4 Blend wet ingredients.
- 5 Add wet to dry.
- 6 Bake 18 minutes or until a toothpick inserted into the center comes out dry.
- 7 Serve immediately or freeze until ready to use.

* A mix of garfava, sorghum, cornstarch, and tapioca flour. For more information visit www.yourculinaryexp.com

Pampered by Chefs

Since I travel frequently, I've had the good fortune to be pampered by several top notch chefs around the country. Each has risen to the occasion to ensure the food they prepare for me is safe as well as delicious.

I'm finding more and more chefs who are familiar with the gluten-free requirements of celiac disease. Those who are not

Continued