

# TAMING OF THE SPRUE

Denver Metro • Chapter #17 of CSA/USA Inc. • Celiac Sprue Association/United States of America Inc. • [www.denverceliacs.org](http://www.denverceliacs.org)

BI-MONTHLY  
NEWSLETTER

Please be advised that the opinions of the authors whom contribute their articles to our newsletter are not necessarily the opinions of the Denver Metro CSA Chapter 17.

CELIAC AWARENESS MONTH

*Living without gluten is not a diet, it's a lifestyle.*

## WELCOME

.....

We are an educational, service and support organization for individuals living with celiac sprue or dermatitis herpetiformis and all other gluten-related disorders. Did you know that approximately three million people in the US have Celiac disease; unfortunately 97% are NOT yet diagnosed. Once they are diagnosed, as most of us know, it can be extremely challenging adjusting to a gluten free lifestyle. Becoming a member of Denver Metro Celiac Support Group makes adjusting a lot easier. It has many benefits including, social events to mingle with others living a gluten-free lifestyle, an annual Gluten-Free Picnic: family friendly with BBQ provided, plus children's activities, the annual Incredible, Edible, Gluten-Free Food Fair, annual Gluten-Free Gallop (walk to support Celiac charities), bi-monthly newsletter with current news, upcoming activities and members' recipes, access to dietitian and other professionals to help with dietary changes, neighborhood resource contacts in Denver/Boulder area who organize neighborhood group activities and support of others living and dealing with a gluten-free lifestyle.

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# TAKE ME OUT TO THE BALLGAME



## Rockies game with Pre-Game at Stem Ciders

**When: Sat, May 17, 3pm – 9pm**

**Where: Stem Ciders/Coor's Field**

### DETAILS

Following-up on our successful event from last year, we are planning on having another exciting evening of gluten-free food and drinks, followed by a Rockies home game vs. the San Diego Padres on the evening of Saturday, May 17. (the game begins at 6:10pm)

As a pre-game celebration, we will be at Stem Ciders from 3:00pm to 5:30pm. Stem Ciders is a new gluten free craft hard cidery that is located at 28th and Walnut, just north of Coors Field. We will have a chance to enjoy their wide selection of ciders, while enjoying a plethora of gluten free food. There is ample parking in the area of Stem Ciders, so we will plan on all walking together to Coors Field from Stem Ciders right before the start of the game. The pre-game celebration is FREE to attend and we also secured 40% off Rockies tickets through our exclusive link (please use the promo code: CELIAC):

[www.ticketmaster.com](http://www.ticketmaster.com)



**October Chapter Meeting with guest Dr. Rodney Ford** ([www.DrRodneyFord.com](http://www.DrRodneyFord.com))

**When: Wednesday, October 8th at 7:00pm**

**Where: First Plymouth Congregational Church  
(3501 S. Colorado Blvd, Englewood, CO 80113)**

### DETAILS

We have the extreme honor and pleasure of hosting the famous Dr. Rodney Ford for our October chapter meeting this year. Doctor Rodney Ford is a specialist medical doctor, a pediatrician with certification in allergy and gastroenterology.

Dr. Ford is called a "Gluten Expert" because throughout his medical career, studying food allergy and intolerances, he has made a special study of gluten-related disorders. He was first to use the term "Gluten Syndrome", which describes the wide-ranging illnesses that are associated with gluten, which especially affect the brain, gut and skin. These conditions are currently known as "gluten-related disorders". He is a prolific author and international speaker, and has written over a hundred scientific papers including many books. His series of books on gluten-related disorders include: "The Gluten Syndrome" ([www.glutensyndrome.com](http://www.glutensyndrome.com)), "Gluten Brains" ([www.glutenbrains.com](http://www.glutenbrains.com)), "Gluten: ZERO Global" ([www.glutenZEROGlobal.com](http://www.glutenZEROGlobal.com)) which puts the argument that "gluten is bad for us all" and tells everyone to go gluten-zero before it is too late!

His latest book "Gluten Related Disorder: Sick? Tired? Grumpy?" has been written to highlight the vast array of illness that can be provoked by gluten: a huge problem that needs urgent attention, which is currently being overlooked by the majority of medical services.

SAVE  
THE  
DATE

# GLUTEN FREE GALLOP 5K RUN/WALK & BBQ



**SATURDAY JUNE 21st**

**THE RUN/WALK BEGINS AT 9:30am**

Near shelters 5&6

**CLEMENT PARK IN LITTLETON, CO**

**REGISTRATION \$25**

Includes race t-shirt and goodies from our gluten free sponsors

The Denver Metro CSA Chapter is excited to announce our third annual 5k gluten-free run/walk to raise awareness of Celiac Disease and gluten intolerance. Come enjoy a family friendly beautiful June run/walk around Johnson Reservoir at Clement Park. Pet and stroller friendly 5k! This event has lots of family fun including a full gluten free BBQ with beer, a bouncy house for the kids, a face painter and lots more!

Don't want to join us for the 5k? We still want to see you at the BBQ beginning at 10:30 a.m.

**RSVP at [www.denverceliacs.org/gfgallop.html](http://www.denverceliacs.org/gfgallop.html)**

**SPONSORS**







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THE INCREDIBLE, EDIBLE GLUTEN FREE  
**FOOD FAIR™**  
**AUGUST 17 SUNDAY 10AM-4PM**

**FREE TO THE PUBLIC - COME HUNGRY**  
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**Tons of Samples of Baked Goods, Breads, Beers, Snacks, Desserts  
and much, much more!**

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## STUFFED PIZZA WITH GOAT CHEESE, SPINACH & PINE NUT

### INGREDIENTS

Glutino Pizza Dough Mix  
 1 ¾ cup lukewarm water  
 1/3 cup olive oil  
 2 large eggs  
 1 tsp cider vinegar  
 1 tsp honey or sugar  
 1/2 cup grated Parmesan cheese  
 1 tsp Italian seasoning  
 1/2 tsp garlic salt  
 2 tbs olive oil  
 ½ medium onion, diced  
 1 medium red pepper, diced  
 3 cloves garlic, minced  
 2 tsp minced fresh oregano  
 2 tsp minced fresh parsley  
 16 ounces frozen chopped spinach,  
 drained and squeezed dry  
 4 ounces goat cheese, crumbled  
 ¼ cup pine nuts, toasted  
 1 cup grated Parmesan, divided in half  
 Additional olive oil for brushing

Pre heat oven to 450 degrees F

### DIRECTIONS

To prepare the pizza dough, pour the mix and yeast into a large bowl and stir to blend. In another medium bowl, whisk together the water, olive oil, eggs, vinegar, sugar, Parmesan cheese, Italian seasoning and garlic salt. Pour the liquids into the mix and combine. Using a heavy-duty mixer, beat on low speed for three minutes. Cover tightly, set in a warm place and let rise about 40 minutes, until the dough has doubled.

Set a large skillet over medium-high heat. Add the olive oil, onions and red pepper, reduce heat to medium and cook until the onions are transparent, about 3-4 minutes. Add garlic and cook for an additional minute or two. Stir in oregano, parsley, spinach and goat cheese.

Divide the dough in half. Lay a large piece of plastic wrap on the work surface, set half the dough on it and cover with a second piece of plastic. Roll out the dough to make a 14-inch circle. Peel off one piece of plastic and invert the dough over a 10-inch deep dish pie plate. Peel off the second piece of plastic.

Spoon the filling into the dough and sprinkle with pine nuts and half the Parmesan.

Roll the second piece of dough as you did the first and use it to top the pizza. Pinch the edges together firmly. Brush the top with olive oil and sprinkle with the remaining Parmesan.

Bake 30 minutes. Reduce heat to 350 degrees F and bake an additional 10 minutes, until deeply browned. Cut into wedges and serve.



[www.glutino.com/recipes](http://www.glutino.com/recipes)



**glutino**  
*always gluten free*

**the possibilities**  
*are endless*

Crunch into a bagel chip! Bite into a warm chocolate chip cookie! Gluten free pasta anyone? Morning, noon, night, or munch time — whatever you crave, Glutino delivers — including our delicious new line of entirely exceptional gluten free snacks. Live fully! And explore the possibilities with Glutino.



[www.glutino.com](http://www.glutino.com)

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## GF Watch Dog

### Product alert:

### Greens Plus bar contain malt yet labeled GF By Tricia Thompson News

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Product Alert: Greens Plus Whey Crisp Protein Bar:

Last week the National Foundation for Celiac Awareness (NFCA) alerted Gluten Free Watchdog that a variety of Greens Plus bar contains barley malt yet is labeled gluten-free. Barley malt is not allowed in gluten-free foods.

Note: While manufacturers labeling their foods gluten-free have until August, 2014 to comply with the FDA's gluten-free labeling rule, malt, malt extract, and malt syrup have long been considered ingredients that should NOT be included in gluten-free foods sold in the United States.

What Greens Plus Had To Say. Gluten Free Watchdog contacted Greens Plus and the Executive Vice President confirmed that the bar—Greens Plus Whey Crisp Protein Bar—is labeled gluten-free and that it does indeed contain barley malt. He also stated that as of June 1, 2014 Greens Plus will no longer be manufacturing any products containing barley malt. Gluten Free Watchdog recommended that the current formulation of this product either be removed from store shelves or have the gluten-free claim covered. Neither option appears likely to happen based on phone and email correspondence with the company.

Greens Plus believes this product to be gluten-free as currently manufactured despite the fact that it contains barley malt. In email correspondence the Executive Vice President of Greens Plus stated, "In 2012, our manufacturer Betty Lou's, Inc who is a certified facility by the Gluten Intolerance Group (GiG Certificate ID #3274) assumed the testing of finished products and certifies every production run at a level of <10ppm..." For those who are not familiar with these organizations, the Gluten Free Certification Organization (GFCO) is a program of GIG. While Greens Plus is NOT a certified-GFCO brand (according to GFCO's website) it is manufactured by Betty Lou's—a GFCO-certified

manufacturer and a GFCO certified gluten-free manufacturing facility (according to GFCO's website).

Malt, Malt Extract & Malt Syrup Are Not Allowed In Gluten-Free Foods. The company was provided with the webinar statement by FDA on malt extract. The Executive Vice President of Greens Plus responded, "...the additional verbiage concerning malt extract or malt syrup contained in the webinar you presented is unfortunately not contained in the original FDA rule." (Note: The webinar statement provided to Greens Plus was made by FDA staff not me). It is true that in the final gluten-free labeling rule, the FDA provides only one example of what the Agency considers to be an ingredient processed to remove gluten—wheat starch—and one example of what the Agency considers to be an ingredient not processed to remove gluten—wheat flour. However, just because an ingredient is not included among the examples of ingredients not processed to remove gluten does not mean it is allowed in gluten-free foods. Barley flour and rye flour are not included as examples but they certainly are not allowed. The FDA has clarified that malt and malt extract/malt syrup are considered ingredients not processed to remove gluten and therefore not allowed in gluten-free foods.

Just Because a Product Tests below 20 PPM Gluten Does Not Mean the Requirements for FDA Gluten-Free Labeling Have Been Met. It is very concerning that manufacturers of gluten-free foods continue to use malt/malt extract/malt syrup in their products. The last two manufacturers Gluten Free Watchdog has dealt with on this issue—Boulder Canyon and Greens Plus—believe their products are gluten-free because they test below 20 parts per million (ppm) of gluten. They appear to think that meeting a ppm amount for gluten is the only criterion that must be met to comply with the FDA's rule for gluten-free labeling. This is not true. Certain ingredients are simply not allowed in gluten-free foods regardless of how much gluten



the final food product contains. A manufacturer cannot add a little bit of barley flour and they can Cont.

not add a little bit of barley malt extract and still be compliant with the labeling criteria.

**It Is Very Difficult To Test Foods for Hydrolyzed Gluten.** In addition, it is very difficult to test foods for hydrolyzed gluten—gluten that has been broken apart. Greens Plus bars are being tested with a lateral flow device (similar to a home pregnancy test) called Gluten Tox Pro. Lateral flow devices are not considered the best available tests for detecting and quantifying hydrolyzed gluten (or intact gluten for that matter). The manufacturer of Gluten Tox Pro states the following on their website, “as with any qualitative or semi quantitative test, results should be periodically validated with a quantitative test performed in an outside laboratory.” It is unclear whether this is being done.

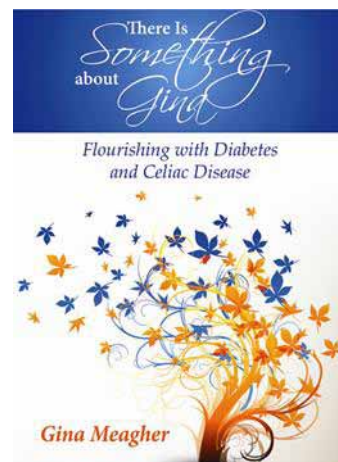
#### **Additional Issues of Concern**

- **Regardless of the fact that the Greens Plus bar is NOT GFCO-certified, why is a GFCO-certified manufacturer (ie, Betty Lou’s) and GFCO-certified facility (ie, Betty Lou’s) manufacturing a supposedly “gluten-free” bar that contains barley malt when this ingredient is NOT allowed in foods labeled gluten-free?** While Green’s Plus Whey Crisp Protein Bar is NOT a GFCO-certified gluten-free brand, according to the website of GFCO, the manufacturer of Greens Plus—Betty Lou’s—is a GFCO-certified manufacturer and a GFCO-certified gluten-free manufacturing facility. It is curious why Betty Lou’s is manufacturing a supposedly “gluten-free” product that contains barley malt when this ingredient is not allowed in foods labeled gluten-free. Is Betty Lou’s aware that barley malt should not be included in gluten-free foods?

- **If a certified gluten-free facility is manufacturing a supposedly “gluten-free” food that contains barley malt, are other gluten-free foods manufactured in that facility at risk of contamination?** If barley malt is being used in a certified gluten-free manufacturing facility to make a supposedly “gluten-free” food

that contains barley malt this potentially puts all other gluten-free foods manufactured in that facility at risk of cross contact with a barley-based ingredient. The argument that the product is testing at less than 10 or 20 ppm gluten is not sufficient. While not perfect, the best available assay for assessing the presence of hydrolyzed gluten is the competitive R5 ELISA. Based on the test results sent to Gluten Free Watchdog by Greens Plus it does not appear that this assay is being used.

**A heartfelt plea to manufacturers:** If you are going to put a gluten-free label on a food please make sure that you know the criteria for gluten-free labeling. If you discover that you have made a mistake in your labeling (and even though you do not need to be in compliance with the FDA labeling rule until August) please put the consumer with celiac disease (a serious autoimmune disease) and non-celiac gluten sensitivity first. Remove the product from store shelves immediately and take corrective action in the formulation and labeling of your product. To do anything short of this is putting the health of people with gluten-related disorders at risk.



“By focusing on what’s before you today, you can make this day special. Tomorrow, you can do the same thing. Put a few days together and you’ve got a week and the weeks roll into months and the next thing you know, you’re not living with a chronic condition, you’re flourishing.”

*~Excerpt from There Is Something about Gina*

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[www.somethingaboutgina.com](http://www.somethingaboutgina.com)  
[info@somethingaboutgina.com](mailto:info@somethingaboutgina.com)

Now available at The Tattered Cover Bookstore!





## Tips for Baking Better Gluten Free Cookies

*Submitted by The Last Crumb Bakery*

Not all cookies are created equal and I am not talking about the quality of the recipe here. I am referring to the odd things people do while baking. I often feel sorry for the poor little cookies that get blamed for being bad when really the fault lies with haphazard technique. I know, you are thinking a recipe, is a recipe, is a recipe. And, the recipe is either good or bad independent of you the baker. Absolutely Not True! Permit me to ask a few questions:

1. How long have you used the same cookie recipe?
2. Does it always turn out the same?
3. Have you ever passed along that recipe to a friend?
4. Are their cookies different from yours even though you using the same recipe?

So, presuming everyone is measuring accurately, it all comes down to technique. There are all sorts of incremental steps that people do improperly that add up to pitiful cookies. So, here is the proper technique for making a cookie using the creaming method. This applies to any cookie recipe that begins with "Cream the butter and sugar together."

Tip 1: Be the Goldilocks of baking and make sure the temperature is just right.

Cookie batters made with "room temperature" ingredients are smooth and evenly incorporated. Let's face it, cold ingredients don't blend easily or evenly potentially resulting in dense, undesirable cookies. When you are making creamed cookies, you have to be mindful of the temperature of two main ingredients.

Butter: Most cookbooks suggest using "room temperature" butter which is an annoyingly vague concept especially by picky pastry chef standards. Room temperature to who, where and what time of year? And in most cases, actual room temperature butter, 70 degrees or warmer, is too soft, greasy and not up to the task of creaming. I prefer butter between 60-65 degrees. At this temperature, the butter should give

slightly when pressed with a fingertip and be cool to the touch but warm enough to be pliable.

One of the things that distinguishes "room temperature" butter from liquid fats, like oil or melted butter, is the ability to hold air. This is why you beat fat and sugar "until light and fluffy." This creates microscopic air bubbles. If your butter is too cold, though, the fat and sugar won't mix, resulting in fewer bubbles. Butter that is too warm won't support the incorporation of air.

Eggs: Yes, your eggs needs to be the correct temperature as well, although this is not nearly as precise at the temperature of butter. At room temperature, eggs and butter form an emulsion that maintains the air you developed during creaming. During baking, the air expands, producing light, airy, perfectly textured baked treats. Adding cold eggs could re-harden the fat, making the batter appear curdled or lumpy. This affects the final texture of the baked cookie.

Tip 2: Don't cheat or check-out.

What this really means is pay attention and do the proper mixing method, the same way, every time. It cannot come as a surprise that if you do, your cookies will always turn out the same way, batch after batch. What's even better is all creamed cookies get mixed together using exactly the same technique. This is good news for you because if you can make one creamed cookie well, you can make them all! I have highlighted the proper steps below. There is more detail to some of these steps than would be reasonable for this post. So, as I needed to elaborate, digress or ramble, I have linked to the appropriate blog.

Step 1. Cream the fat and sugar(s) until light and fluffy.

This is the first step in many cookie recipes, but is rarely ever explained well. Most people don't know what it is, why it matters and how to do it correctly. So do not be embarrassed if you need little extra creaming 101. You can read more in the [How to Cream Properly](#) blog, but the quick tip is do not skimp on time!

Step 2. Add the room temperature eggs one at a time, on low speed, scraping between each addition. After creaming the butter and sugar together, the next ingredient to add is the room temperature eggs. They should be added one at a time, each egg being thoroughly mixed in before the next one is added. It will take a bit of time, but resist the urge to just crank up the speed on the mixer. The goal here is to get the eggs completely emulsified into the creamed mixture while maintaining the air bubbles and without aerating the eggs.

*Continued on page 11*





## OMISSION BEER *Submitted by Bonnie Atherton (CSA Product List Manager)*



Many of you are familiar with Omission Gluten-Removed Beer, which is available in Colorado. It has been controversial because one of the ingredients contains gluten - the malted barley. Recently we received information from the company about their brewing process, which breaks down the gluten protein, using an enzyme, into small fragments. For more information about this process and the testing procedures they are using to verify that the beer tests <20 ppm, please see this link on our

website: <http://denverceliacs.org/alcohol.html>. On the other hand, some researchers still have concerns about their process. For more information about these concerns with Gluten - Removed Beers, their labeling requirements and the types of testing available to assess their gluten content, check out this article by Tricia Thompson, MS, RD. [www.glutenfreewatchdog.org/blog](http://www.glutenfreewatchdog.org/blog), scroll down to "Can Individuals with Celiac Disease Drink Barley-Based "Gluten-Removed" Beers such as Omission?"

See a full list of local Breweries and Cider Houses at <http://denverceliacs.org.alcohol.html>



## GLUTEN FREE PRODUCT LIST UPDATE



*Submitted by Debbie Knapp (Natural Grocers by Vitamin Cottage)*

Ancient Harvest organic GF multigrain pilaf mixes will be coming out in May.

Annie's Homegrown multipack boxes of GF granola bars for kids come in Oatmeal Cookie and Double Chocolate Chip.

Bob's Red Mill GF granolas are Apple Blueberry and Honey Oat.

Evol GF frozen entrees include Chicken Quesadilla and Fire Grilled Steak. Their "Meals for 2" come in a larger size.

Glutino GF breads have been reformulated and the two that were called Genius will no longer have that name. It will be the same product but is now called Glutino.

Hail Merry has 2 new macaroon flavors – Chocolate Chip Cookie Dough and Lemon.

Hodgson Mill Xanthan gum comes in a small red package - .32 oz, a good size and price if you don't bake very often.

KIND has more granolas, called Healthy Grain Clusters, some new bar flavors and a line of savory flavor bars called Strong and Kind.

Two Moms in the Raw has a grain-free granola cereal that works great as a snack too.

Udi's Ancient Grain Crisps are GF Crisps/ Crackers in Aged Cheddar, Jalapeno Cheddar and Sea Salt.

Viviana is a local Denver line of packaged GF pasta that is GF, dairy free, nut and soy free, with some unusual varieties like sweet potato orzo.

Way Better Snacks chips are all GF with new flavors Spicy Sriracha and Tangy Mustard & Onion.



NOTE: All Wrigley products are now GF. Packaging will soon change on the small box of Altoids, as it will no longer contain wheat maltodextrin. *Submitted by Bonnie Atherton of CSA*



Cel-Kids Network provides children and youth opportunities to meet and share experiences with others of their age-group who are also living with celiac disease and/or dermatitis herpetiformis. Being a part of CSA's Cel-Kids Network allows youth to meet others who know how they feel. Along with get-togethers, they learn important things about staying healthy and living confidently everyday. It's nice to know that they are not alone in the world with this weird-sounding disease and can't eat the same foods as their friends. **Upcoming Events** a Baseball Game, May 17th at 6:10pm, Gluten-Free Picnic and Gallop June 21, 2014, Camping Trip July, 2014 with the date to be determined and the Gluten-Free Food Fair August 17, 2014.

### CEL-TWEENS



Cel-Tweens provides kids in the age range from 10-12 to meet, share and have fun with other kiddos who are also living with celiac disease. At this age kids are starting to become more independent and making daily decisions about what foods they can eat. We want this group to be a place where they can be educated about staying healthy while having fun and understanding that they are not alone

in this! The goal is to plan events to do to teach them about their gluten-free lifestyle, while allowing them to meet other kids their age and have fun.

**Cel-Teens** is a group where kids from the ages 13-18 can get together at fun events without having to worry about the stress of gluten contamination. A place where there is no judgment, discrimination and not having to feel different because everyone understands what its like to have Celiac Disease. Some of you may have been diagnosed as young children and some of you may have been recently diagnosed. Either way it can be an adjustment. Cel-Teens is the way to discuss the likes, dislikes and general frustrations of having Celiac Disease as well as having a little bit of fun, which I think is the best part!

## GET INVOLVED

Thank you to all that joined in March for the Cel-Kids/Cel-Tweens event at Pizza Doodle. We all had a great time making pizza, hunting for Easter eggs and making crafts. This was a great time for the kids to have fun together while enjoying great gluten free food. We are planning a cupcake decorating event for this summer (hopefully June). Keep checking your email for more information.

**Save the date** for the 3rd annual gluten-free gallop (run/walk to raise awareness of Celiac Disease and gluten intolerance). This year the run will be combined with the picnic at Clement Park in Littleton, CO. The event will be held on June 21st. For more information go to [denverceliacs.org](http://denverceliacs.org). We hope to have many Cel-Tweens participating in this wonderful event!



## Neighborhood Nosh

**RECENTLY VOTED BEST  
GLUTEN FREE RESTAURANT  
IN BOULDER COUNTY!**

Join us for a laid-back and "worry free" Neighborhood Nosh in Boulder. We would like to invite you and your family to meet us in Boulder for a few hours of great 100% gluten free food at Shine Restaurant and Gathering Place. The food at Shine is made from the heart and is good for the heart! Come out to make some new friends or meet up with some old friends and try out a restaurant that is sure to become your gluten free favorite. Families and children are welcome. The Denver Celiac group will have a private room in the back of the restaurant.

**Neighborhood Nosh (located in Boulder, but all are Welcome)**  
**Shine Restaurant and Gathering Place**  
2027 13th St, Boulder, CO 80302  
<http://www.shineboulder.com>  
**Date: Saturday, June 7th**  
**Time: 1 - 3 PM**



I know, I know, what is an emulsion? In simple terms, it is when two unlike things, like fat and liquid, decide to get along. So, by adding eggs one at a time, you help ensure that the eggs mix with the butter, rather than just mixing with each other. You will know if you did it wrong if the butter looks curdled, broken or grainy.

Step 3. Thoroughly mix the dry ingredients together before adding to the butter mixture.

This may seem like a silly step and you may be thinking the mixer will take care of that. You would be wrong. If you do not mix the dry ingredients first, you can be left with large pockets of things like baking soda, salt or xanthan gum. Nobody wants that bite!

Step 4. Mix in the dry ingredients in several additions, scraping often.

While it may seem like more work then just dumping everything in the bowl, batters come together more quickly, are smoother and more evenly mixed when the dry ingredients are added in a couple of additions.

Tip 3: Add-ins are stirred in...by hand.

I always like to stir in things like chocolate chips, dried fruit and toasted nuts by hand. I find the machine a little too violent and it tends to beat up these tasty morsels. I can also get them more evenly mixed, faster. There is some phenomenon that occurs where all the bits fall right to the bottom or sit right on top without effectively being mixed into to the dough.

Tip 4: Practice practically perfect portions.

I absolutely hate the instructions "Drop the cookie dough by rounded spoonfuls..." Whatever does this mean? How do you know what size that is supposed to be? And is it really any wonder that baking times are almost never correct? We recommend using a small ice cream scoop, or better yet, a scale so that all of your cookies are the same size. Even size, even baking.

If you have any tips you use in your kitchen, please share them with us. Happy Baking!  
[www.lastcrummbakery.com/blog/tip-baking-better-gluten-free-cookies](http://www.lastcrummbakery.com/blog/tip-baking-better-gluten-free-cookies)

## HOW TO REACH THE GLUTEN FREE COLORADO MARKET

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**The Denver CSA Chapter 17 has  
a number of events in which you/  
your business can participate as a  
vendor or sponsor...or both!**

### **Upcoming 2014 EVENTS:**

**Take Me Out to the Ball Game - May  
Annual Family Potluck Picnic –  
June**

**The Gluten Free Gallop - June  
The Incredible Edible Gluten Free  
Food Fair - Aug**

**The Annual Holiday Cookie  
Exchange - December**

**Advertising is always available in  
our monthly newsletter, which is  
mailed and emailed to our members  
six times a year.**

**[newsletter@denverceliacs.org](mailto:newsletter@denverceliacs.org)**

**For more information about the  
Denver CSA Chapter 17 please visit  
our website at  
[www.denverceliacs.org](http://www.denverceliacs.org).**





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## EDUCATIONAL PRESENTATIONS AVAILABLE CELIAC DISEASE/GLUTEN- RELATED DISORDERS

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The Denver Metro  
Chapter of the Celiac  
Sprue Association offers  
presentations about Celiac  
Disease & Gluten-Related  
Disorders and the gluten-  
free diet. Presentations  
can be tailored to any  
audience: health care  
providers, community  
groups, students, food-  
service facilities and others.



**For further information,  
contact:  
Diane Moyer, M.S.R.D.,  
(Chair, Medical  
Education Committee,  
Denver CSA) at:  
dietitian@denverceliac.  
org  
or 720-560-3734**

**BOARD POSITION OPEN Treasurer- Make deposits, QuickBooks entry, money transfers, reimburse and pay invoices, balance checking/ savings accounts, prepare reports for Board meetings, receipt, deposit and reports filing, yearly budget, year end report for National, close books using QuickBooks. Attend bi-monthly Board meetings.**



[www.facebook.com/DenverCeliacs](https://www.facebook.com/DenverCeliacs)

# NEIGHBORHOOD RESOURCE CONTACTS

Below are the resource contacts in neighborhood areas in the Denver Metro area. If you have questions or are not sure which area corresponds with your neighborhood, please email [vpmembership@denverceliacs.org](mailto:vpmembership@denverceliacs.org).

## **Denver City and County**

Laura Determan  
(303) 757-3982  
[lddet@msn.com](mailto:lddet@msn.com)

## **Westminster, Commerce City, Brighton, Northglenn, Thornton**

Janelle Hahn  
(303) 513-0831  
[janellehahn@hotmail.com](mailto:janellehahn@hotmail.com)

## **Centennial, Greenwood Village, Englewood**

Janis Dodson  
(303) 905-9450  
[JanisDodson@yahoo.com](mailto:JanisDodson@yahoo.com)  
&  
Jean Duane  
(303) 221-0771  
[info@alternativecook.com](mailto:info@alternativecook.com)

## **Lakewood**

Maryann Jordan  
(303) 989-2050  
[majordan9@msn.com](mailto:majordan9@msn.com)

## **Golden, Evergreen, Morrison**

Donna DeVisser  
(303) 973-4613  
[donnadevisser@msn.com](mailto:donnadevisser@msn.com)

## **Arvada, Wheat Ridge**

Melissa McLean Jory  
(303) 868-7790  
[Melissa@glutenfreeforgood.com](mailto:Melissa@glutenfreeforgood.com)

## **Aurora**

Maria Brotherston  
(303) 752-0958  
[maria@brotherston.us](mailto:maria@brotherston.us)  
&  
Heidi Lyster  
(303) 503-6166  
[blueeyes\\_80110@yahoo.com](mailto:blueeyes_80110@yahoo.com)

## **Highlands Ranch, Lone Tree, Castle Rock, Parker, Elizabeth, Franktown**

Jerrine Hicks  
[jerrine.hicks@gmail.com](mailto:jerrine.hicks@gmail.com)

## **Littleton, Ken Caryl, Roxborough**

Joan Van Loozenoord  
(303) 908-8746  
[jkvanlooz@gmail.com](mailto:jkvanlooz@gmail.com)  
&  
Nancy Lindsey  
(303) 973-1279  
[n-lindsey@comcast.net](mailto:n-lindsey@comcast.net)

## **Boulder County**

Tracy Ashmore  
(720) 244-6249  
[gfpamperedchef@gmail.com](mailto:gfpamperedchef@gmail.com)  
&  
Barbara Sanford  
(303) 499-7259  
[barbarasanford@comcast.net](mailto:barbarasanford@comcast.net)



# MEMBER DISCOUNTS

Denver CSA Membership Cards have been mailed. Have you received yours? Membership cards were mailed on February 25th. Remember, we are providing just one card per family. You're welcome to contact us at [database@denverceliacs.org](mailto:database@denverceliacs.org) or by mail to Denver CSA, 2307 Willow Creek Dr., Golden CO 80401 with questions or if your card fails to arrive. Hopefully you have given us your current address! Remember to check retailer hours before you go to shop with a specific business because not all are open every day. An added feature of these cards is that they remind you the month in which your membership expires. It's an excellent idea to renew early in the month to ensure your payment is received and processed before we go to print with the next Taming of the Sprue. Some members have missed valuable information in our publications because they failed to renew on a timely basis. We trust you find these membership cards beneficial and helpful in your gluten-free lifestyle.



**10% off each visit**  
@ The Steel Yards  
2500 30th Street #101  
Boulder, Colorado  
303-955-7988



**25% off any (1) item**  
10125 W. San Juan Way, #130  
Littleton, CO 80127  
303 862-5210



**15% off any food item, not to exceed \$15, not valid with any other offers**  
All participating locations



**20% off all orders, \$25 or more**  
11651 W 64th Ave #6  
Arvada, CO 80004  
303 668-1663



**20% off of first online order placed**  
720-273-3727  
[www.eatingprimal.com](http://www.eatingprimal.com)

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lunch



on-the-go



dinner



dessert



late night snack

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The #1 selling GF brand offers shoppers great tasting products that span all eating occasions.



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[www.udisglutenfree.com](http://www.udisglutenfree.com)



### Benefits of CSA Membership

- Social events to mingle with others living a gluten-free lifestyle
- Annual Gluten-Free Picnic: family friendly with BBQ provided, plus children's activities
- The annual Incredible, Edible, Gluten-Free Food Fair
- Annual Gluten-Free Gallop (walk to support Celiac charities)
- Bi-monthly newsletter with current news, upcoming activities and members' recipes
- Access to dietitian and other professionals to help with dietary changes
- Neighborhood resource contacts in Denver/Boulder area who organize neighborhood group activities
- Support of others living and dealing with a gluten-free lifestyle

### MEMBERSHIP ENROLLMENT/RENEWAL FORM

The Denver Metro Chapter is your best local resource for celiac information, support, and gluten-free socializing. You do not have to have been diagnosed with celiac disease to join our organization. Only one membership required per household. Denver CSA keeps all information confidential and never shares or sells to any outside individual or organization.

#### New & Renewing Members:

If you are a new member, have you received a new member info packet? Yes/No

Organization: \_\_\_\_\_ (if signing up as a Business Member)

Name \_\_\_\_\_ Phone \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

E-mail address \_\_\_\_\_

\_\_\_\_\_ I agree to 'go green' and receive my newsletter via e-mail

\_\_\_\_\_ I prefer to receive a paper newsletter via the postal system

Do you have children in the household with Celiac Disease? Yes/No

How did you learn about us? \_\_\_\_\_

Would you be willing/able to volunteer? Yes/No

Gift Membership given by: \_\_\_\_\_

(provide recipient info in New Member section above)

Annual dues are \$15/year. You may pay for more than one year at a time using the same annual \$15 rate.

To join/renew, send your check made payable to "Denver Metro Chapter #17 CSA/USA" along with this completed form to Denver CSA, 2307 Willow Creek Drive, Golden CO 80401. Or you can go to <http://denverceliacs.org/membership.html> and pay electronically. Please make sure your PayPal account reflects your current address & phone.

A little something to consider: According to the national chapter of CSA, people who belong to a support group are much more likely to be successful in their GF diet than those who attempt to 'go it alone'.

How can the chapter best help you with your gluten-free lifestyle? \_\_\_\_\_

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CELIAC SPRUE ASSOCIATION/UNITED STATES OF AMERICA  
DENVER METRO CHAPTER #17  
2307 WILLOW CREEK DRIVE  
GOLDEN, CO 80401



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Since 1973*

## WHEAT FREE Wednesdays!

Free Trip to the Salad Bar when you  
purchase either a Gluten Free Sandwich  
or Gluten Free Pizza entree!

(restrictions apply)

Beau Jo's is now proudly serving  
Udi's Gluten-Free Pizza Crust  
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ALSO SERVING  
GLUTEN FREE PIZZA  
CHICKEN NUGGETS  
SANDWICHES  
DAIRY FREE CHEESE



### Participating Locations

Arvada  
303.420.8376

Denver  
303.758.1519

Ft. Collins  
970.498.8898

Boulder  
303.554.5312

Evergreen  
303.670.2744

Idaho Springs  
303.567.4376

[www.beaujos.com](http://www.beaujos.com)



\*We do our best and take every possible care to serve our valued customers with gluten-free foods. Our gluten free pizza shells and sandwich hoagies are supplied by a gluten-free bakery. They arrive, are baked and delivered to your table. Our toppings have been thoroughly researched and confirmed gluten-free and every effort is made to keep these ingredients free of contamination. However, Beau Jo's is not a gluten-free environment. We mix pizza dough throughout the day and at any given time, particles of flour are present in the kitchen and dining areas. Furthermore, we can not warranty that the foods we serve are actually gluten-free due to changes in brand or supplier and/or cross-contamination caused from human error. Neither Beau Jo's nor the Gluten Detectives at On The Menu, LLC assume any liability for the foods offered.