

Gluten

Gluten (from Latin gluten, "glue") is a protein composite found in wheat, barley and rye. Gluten gives elasticity to dough, helping it rise and keep its shape and often gives the final product a chewy texture.

Worldwide, gluten is a source of protein, both in foods prepared directly from sources containing it, and as an additive to foods otherwise low in protein.

In individuals with celiac disease, consumption of gluten causes adverse health issues ranging from abdominal bloating, gas, diarrhea and vomiting to migraine headaches and joint pain. Coeliac disease is an autoimmune disorder that affects the digestive process of the small intestine. In 2009 research showed between 0.5 and 1.0 percent of people in the US and UK are sensitive to gluten due to coeliac disease.

People can also experience adverse effects of wheat as result of a wheat allergy. As with most allergies, a wheat allergy causes the immune system to abnormally respond to a component of wheat that it treats as a threatening foreign body. This immune response is often time-limited and does not cause lasting harm to body tissues. Wheat allergy and coeliac disease are different disorders.

Sales of gluten-free products will exceed fifteen billion dollars by 2016, twice the amount of five years earlier. As with organic food the market is controlled increasingly by corporations.

Gluten Free Diet

The diet includes gluten-free food, such as meat, fish, nuts, legumes, fruit, vegetables, potatoes, pseudocereals (amaranth, buckwheat, chia seed, quinoa), and certain cereal grains (corn, rice, sorghum, and millet, arrowroot, and mesquite flour).

Since gluten-free bread may be less fluffy, additives are used to compensate, such as corn starch, eggs, xanthum gum, and guar gum.

Some cereal grains, although gluten-free in themselves, may contain gluten by cross-contamination during processing steps or transport; this includes oats.

Problems of Gluten Free Diet

Unless great care is taken, a gluten-free diet can lack the vitamins, minerals, and fiber which are found in wheat, barley, rye, and other gluten-containing whole grains and may be too high in fat and calories. Although this can be mitigated through the consumption of brown rice and quinoa, many practitioners of the diet do not consume the recommended number of grain servings per day. Many gluten-free products are not fortified or enriched by such nutrients as folate, iron, and fiber as traditional breads and cereals have been during the last century.

Allowed foods

Many healthy and delicious foods are naturally gluten-free:

- Beans, seeds and nuts in their natural, unprocessed form
- Fresh eggs
- Fresh meats, fish and poultry (not breaded, batter-coated or marinated)
- Fruits and vegetables
- Most dairy products

It's important to make sure that they are not processed or mixed with gluten-containing grains, additives or preservatives. Many grains and starches can be part of a gluten-free diet, such as:

- Amaranth
- Arrowroot
- Buckwheat
- Corn and cornmeal
- Flax
- Gluten-free flours (rice, soy, corn, potato, bean)
- Hominy (corn)
- Millet
- Quinoa
- Rice
- Sorghum
- Soy
- Tapioca

Avoid all food and drinks containing:

- Barley (malt, malt flavoring and malt vinegar are usually made from barley)
- Rye
- Triticale (a cross between wheat and rye)
- Wheat

Avoiding wheat can be challenging because wheat products go by numerous names. Consider the many types of wheat flour on supermarket shelves — bromated, enriched, phosphates, plain and self-rising.

Other wheat products to avoid: Durum flour, Farina, Graham flour, Semolina, and Spelt.

In general, avoid the following foods unless they're labeled as gluten-free or made with corn, rice, soy or other gluten-free grain:

- Beer
- Breads
- Cakes and pies
- Candies
- Cereals
- Communion wafers
- Cookies and crackers
- Croutons
- French fries
- Gravies
- Imitation meat or seafood
- Matzo
- Pastas
- Processed luncheon meats
- Salad dressings
- Sauces, including soy sauce
- Seasoned rice mixes
- Seasoned snack foods, such as potato and tortilla chips
- Self-basting poultry
- Soups and soup bases
- Vegetables in sauce

Conclusion

Unless an actual doctor has diagnosed you with celiac disease, gluten almost certainly is doing you no harm. If you should happen to be encountering it in foods that make you feel bad, that's probably because those foods have other bad content in them, like refined carbohydrates, chemicals, and so forth. If you remove those foods from your diet, your health will improve; whether you continue eating gluten likely will not make a difference.

Whole Grains Could Help You Live Longer

A new study from the Harvard School of Public Health reveals that, counter to what low-carb enthusiasts would have you believe, eating whole grains improves health and may even help you live longer.

According to the study, each daily serving of whole grains reduced risk of death by 5 percent, topping out at about 9 percent for a whole grain-rich diet.

"This study further endorses the current dietary guidelines that promote whole grains as one of the major healthful foods for prevention of major chronic diseases," Qi Sun, M.D., ScD, a senior author of the study said in a statement.

One component of whole grains, bran -- the hard, fibrous outer layer of cereal grain -- may play a particular role in reducing this harm: Researchers found that a diet rich in bran reduced overall death by 6 percent and reduced the risk of developing heart disease, which is the leading cause of death in the United States, by up to 20 percent. Germ, another component, didn't seem to improve mortality rates at all.

Sun and team used data from two famous long-term investigations, the Nurses' Health Study and the Health Professionals Follow-Up Study, to determine a whole grain-rich diet's role in longevity. The researchers looked at whole grain intake and mortality over a 25-year period, adjusting for things like overall diet (excluding grains), body mass index and smoking status to eliminate tertiary explanations.

Previous, well-established research has linked diets rich in whole grains to overall heart health and reduced risk of diabetes but hadn't looked specifically at longevity. The team also looked at deaths from cancer among the 74,000 women and 43,000 men who participated in the study, finding that whole grains played no role in cancer mortality, specifically.

A more targeted analysis found that swapping whole grains for red meat had a protective effect, reducing mortality by 20 percent -- 12 percentage points more than swapping whole grains for refined ones.

Something to keep in mind as your Paleo-loving friends eschew oatmeal for bacon

Baking Gluten Free (GF Flours and Starches)

The following are gluten-free flours and starches. Make sure you buy these only from a company that is certified gluten-free.

Whole-Grain Flours (40%)

- Brown rice flour
- Corn flour
- Mesquite flour
- Millet flour
- Oat flour (make certain it is certified gluten-free flour)
- Sorghum flour
- Teff flour

White Flours/Starches (60%)

- Arrowroot flour
- Cornstarch
- Potato flour
- Potato starch
- Sweet rice flour
- Tapioca flour
- White rice flour

Juicing

Juice is a great way to get a concentrated dose of fruits and veggies in a relatively small serving. For instance, it can take nearly a dozen carrots to make just one glass of juice. While juice entails removing a great deal of food mass, in the form of the fiber-rich pulp, nearly all the fruit or vegetables' calories and micronutrients are retained. Since most Americans don't eat nearly enough produce, juice can be an especially convenient way to remedy this situation.

Thanks primarily to a 1990s Odwalla outbreak, most bottled refrigerated juices sold today have been pasteurized. The industry uses "flash pasteurized" marketing-speak, but the end result remains that your juice gets altered by exposure to high heat.

Benefits of Juicing

- Virtually every health authority recommends getting 6-8 servings of vegetables and fruits per day, which very few people actually get.
- Juicing is an easy way to virtually guarantee that you will reach your daily target for vegetables.
- There are three main reasons why you will want to consider vegetable juicing: it 1) allows you to absorb all the nutrients from vegetables, 2) allows you to consume an optimal amount of vegetables in an efficient manner, and 3) you can add a variety of vegetables to your diet.

There are three main reasons why you will want to consider incorporating vegetable juicing into your optimal health program:

- Juicing helps you absorb all the nutrients from the vegetables. This is important because most of us have impaired digestion as a result of making less-than-optimal food choices over many years. This limits your body's ability to absorb all the nutrients from the vegetables. Juicing will help to "pre-digest" them for you, so you will receive most of the nutrition, rather than having it go down the toilet.
- Juicing allows you to consume an optimal amount of vegetables in an efficient manner. If you are a carb type, you should eat one pound of raw vegetables per 50 pounds of body weight per day. Some people may find eating that many vegetables difficult, but it can be easily accomplished with a quick glass of vegetable juice.
- You can add a wider variety of vegetables in your diet. Many people eat the same vegetable salads every day. This violates the principle of regular food rotation and increases your chance of developing an allergy to a certain food. But with juicing, you can juice a wide variety of vegetables that you may not normally enjoy eating whole.

<http://kriscarr.com/blog/the-benefits-of-juicing/>

<http://articles.mercola.com/sites/articles/archive/2011/11/13/benefits-of-juicing.aspx>

Juicer Machines

If you are new to juicing, I recommend a mid-priced juicer. The cheap centrifugal juicers (like the Juiceman) break easily and don't last long and produce low-quality juice.

Juicer Types	👍 Pros	👎 Cons
Centrifugal – Tends to be the most popular and incorporates high speeds to obtain juice from veggies	<ul style="list-style-type: none"> ✓ Among the least expensive juicers 	<ul style="list-style-type: none"> ✓ Noisy due to high speeds ✓ Can have a challenging time extracting juice out of veggies like wheatgrass, spinach, lettuce, and other greens ✓ Potential reliability issues with "cheaper" models
Triturating – Incorporates twin gears to operate at low speeds	<ul style="list-style-type: none"> ✓ Due to low speeds, generates less foam ✓ High-pressure squeezing helps break open tough veggie cell walls to efficiently yield juice 	<ul style="list-style-type: none"> ✓ Can be on the expensive side
Wheatgrass – Designed for juicing wheatgrass and other leafy greens	<ul style="list-style-type: none"> ✓ Does a great job extracting juice from wheatgrass and leafy greens, and is less expensive than others that juice all types of vegetables and fruits. 	<ul style="list-style-type: none"> ✓ Generally not designed to extract juice from non-leafy vegetables and most fruits
Masticating – Uses a single auger to chew up vegetables and fruits	<ul style="list-style-type: none"> ✓ By operating at low speeds, tends to be quieter, creates less foam, and generally has a long shelf life ✓ A high-quality unit can juice just about anything you might need ✓ Moderately priced 	<ul style="list-style-type: none"> ✓ Tends to cost more than cut-rate centrifugal juicers

- <http://products.mercola.com/juicer/>
- <http://kriscarr.com/blog-video/best-juicer-buying-guide/>
- <http://remanufactured.brevilleusa.com/>
- Breville - Juice Fountain Plus Electric Juicer (\$150, \$100 ref)
- Breville - Ikon 5-Speed Smart Juicer - Stainless-Steel (\$200, \$175 ref)



The Ultimate **crazysexy** Juicer SMACKDOWN

I've rated these juicers by type, yield, usability and clean-up so you can pay attention to the categories that mean the most to you!

MY CRAZY SEXY RATING SYSTEM





5 = Outstanding | 4 = Excellent | 3 = Good | 2 = Fair | 1 = Poor

xo, kris carr

Centrifugal Juicers

	YIELD	USABILITY	CLEAN-UP
 Breville Juice Fountain Multi-Speed (\$180–\$200)	3	5	4
 Breville Juice Fountain Compact (\$100)	2	4	5
 Omega 4000 Juicer (\$130–\$150)	2	3	2
 Jack Lalanne Power Juicer Pro (\$120–\$170)	2	2	1
 Black & Decker Fruit & Vegetable Juice Extractor (\$31–\$50)	1	1	1

Masticating Juicers

	YIELD	USABILITY	CLEAN-UP
 Breville Fountain Crush Masticating Slow Juicer (\$265)	4	4	4
 Hurom Masticating Slow Juicer (\$299 – \$399)	4	3	5
 Omega Nutrition Juicer (\$250 – \$300)	4	3	3
 Champion Household Juicer (\$265)	3	3	1

Twin Gear Juicers

	YIELD	USABILITY	CLEAN-UP
 Super Angel 5500 (\$1,389)	5	5	4
 Samson Green Power Twin Gear (\$449 – \$559)	5	5	3
 Green Star Elite Jumbo Twin Gear Juice Extractor (\$520 – \$630)	5	4	3

Hydraulic Press

	YIELD	USABILITY	CLEAN-UP
 Norwalk Hydraulic Press Juicer (\$2,495)	5	5	5

crazysexyjuice.com

The low-down on my juicer ratings: In addition to my experience with many of these juicers, I reviewed every unbiased juicer review blog or website I could find as well as the most "helpful" positive and negative Amazon reviews for each machine. Everyone's juicer experience is somewhat subjective, but I hope that these ratings and detailed juicer stats give you the tools you need to make an informed decision.

Beets

1. Lower Your Blood Pressure
2. Boost Your Stamina
3. Fight Inflammation
4. Anti-Cancer Properties
5. Rich in Valuable Nutrients (vitamin C, potassium, manganese, B vitamin folate) and Fiber
6. Detoxification Support

Spinach

1. Rich in niacin and zinc, as well as protein, fiber, vitamins A, C, E and K, thiamin, vitamin B6, folate, calcium, iron, magnesium, phosphorus, potassium, copper, and manganese.
2. Abundant flavonoids in spinach act as antioxidants to keep cholesterol from oxidizing and protect your body from free radicals, particularly in the colon.
3. The folate in spinach is good for your healthy cardiovascular system, and magnesium helps lower high blood pressure. Studies also have shown that spinach helps maintain your vigorous brain function, memory and mental clarity.

Carrots

1. The nutrients in carrots may provide protection against heart disease and cancer while helping to build strong bones and a healthy nervous system
2. Carrots contain falcarinol, a compound that stimulates cancer-fighting mechanisms
3. The consumption of carrots has also been associated with a lower risk of heart attacks in women
4. Vision- Eating foods rich in beta-carotene may restore vision.
5. Brain Health - Carrot extract has been found to be useful for the management of cognitive dysfunctions and may offer memory improvement
6. Liver Protection - Protects liver from the toxic effects of environmental chemicals.¹¹
7. Anti-Inflammatory Properties - Carrot extract also has anti-inflammatory properties and provided anti-inflammatory benefits that were significant even when compared to anti-inflammatory drugs like Aspirin and Ibuprofen.

Apples

1. Brain Health: Apples have been found to protect neuron cells against oxidative stress-induced neurotoxicity and may play an important role in reducing the risk of neurodegenerative disorders, such as Alzheimer's disease.⁶
2. Stroke: Eating apples is linked to a decreased risk of stroke.⁷
3. Diabetes: Three servings of apples (and other fruits, such as blueberries and grapes) is linked to a 7 percent lower risk of type 2 diabetes.
4. Cancer: Apples have a number of properties that may help reduce the risk of cancer, including antimutagenic activity, antioxidant activity, anti-inflammatory mechanisms, antiproliferative and apoptosis-inducing activity. Apple products have been shown to prevent skin, mammary and colon carcinogenesis in animal models. Epidemiological observations indicate that regular consumption of one or more apples a day may reduce the risk for lung and colon cancer.
5. Heart Disease: Eating apples is associated with a lower risk of death from heart disease, an association that's thought to be related to their content of antioxidant flavonoids.

Cabbage

1. Ulcer healing properties, helps in digestion
2. Rich in Vitamin K1. This is important because many of us run a deficiency in Vitamin K1. K1 blood clotting and bone metabolism, but it's also a known Alzheimer's disease preventive by helping to limit neuron damage in your brain.
3. Rich in B vitamins, including folate (which is better than the synthetic form known as folic acid found in many supplements), vitamin B6, vitamin B1, and vitamin B5. B vitamins are not only important for energy; they may also slow brain shrinkage by as much as seven-fold in brain regions specifically known to be most impacted by Alzheimer's disease.
4. Cancer – Rich in Antioxidants

Celery

1. Celery is a rich source of flavonoids, which studies have shown lowers inflammation as well as the risk of heart disease, enhances the immune system, and inhibits the growth of abnormal cancer-causing cells.
2. Contains a little of many vitamins and minerals. Celery requires rich, fertile soil and passes on that goodness
3. Suspends memory loss
4. Great source of natural sodium
5. Lots of water
6. In history, celery was known more as medicine than food!

Cucumber

1. Protect Your Brain (anti-inflammatory flavonol called fisetin) plays an important role in brain health. In addition to improving your memory and protecting your nerve cells from age-related decline, and prevents progressive memory and learning impairments
2. Cancer - Reduces risk breast, uterine, ovarian, and prostate cancers
3. Inflammation – Cools the inflammatory response in your body
4. Antioxidants - Numerous antioxidants, including the well-known vitamin C and beta-carotene.
5. Freshen Your Breath Rids your mouth of odor-causing bacteria
6. Manage Stress - Contains multiple B vitamins, including vitamin B1, vitamin B5, and vitamin B7 (biotin). B vitamins are known to help ease feelings of anxiety and buffer some of the damaging effects of stress.
7. Digestive Health - Rich in two of the most basic elements needed for healthy digestion: water and fiber.
8. Heart – Rich in potassium, a key to lowering blood pressure

Kale

1. Rich in vitamins and minerals - one cup of this relatively little-known veggie can trump a whole week's worth of other foods: 684% of the daily value of vitamin K, 206% of the suggested daily amount of vitamin A, and 134% of vitamin C
2. Cancer - Protects against prostate and colon cancers.
3. Eases lung congestion, and is beneficial to your stomach, liver, and immune system.
4. Contains lutein and zeaxanthin, which help protect your eyes from macular degeneration.
5. Contains iron, protein, and calcium.
6. Anti-inflammatory capabilities are unrivaled among leafy greens, especially relating to the prevention and even reversal of arthritis, heart disease, and several autoimmune diseases.
7. Source of Omega-fatty acids

Limes

1. Antioxidants, protection against bacteria, even cholera
2. Rich in Vitamin C
3. Kills parasites

Broccoli

1. Rich in vitamins, minerals, antioxidants, calcium. It has twice the vitamin C of an orange, almost as much calcium as whole milk (with a better rate of absorption).
2. Fights Cancer - Contains anti-cancer and anti-viral properties with its selenium content. Limits breast cancer stem cells.
3. Best when consumed raw, because cooking and processing destroys some of its antioxidants. Also, the bioavailability (ability to be absorbed into the system) of plant chemicals from fresh broccoli is approximately three times greater than that of cooked broccoli.
4. Protects against cells against DNA damage (Study of smokers).
5. Reversed diabetes damage.

Ginger

1. Improves, relieves Asthma symptoms.
2. Rich in vitamin C, minerals (magnesium, manganese, potassium, copper).
3. Helps with intestinal track issues.
4. Natural pain reliever eases vomiting, nausea.
5. Cancer – Considered a treatment for breast cancer.
6. A historical medicine.

Turmeric

1. Similar to Ginger, same list of vitamins and minerals
2. Improves ability to digest fats, reducing gas and bloating, decreased congestion
3. Improves skin conditions such as eczema, psoriasis, and acne.
4. Powerful anti-inflammatory.
5. Relief from arthritis and joint pain, joint swelling.
6. Treatment for Inflammatory Bowel Disease.
7. Lowers cholesterol.
8. Improves liver function.
9. A historical medicine.

Recipes

Jack's Taco Salad (Jack)

- 1 Large Can (30oz) La Preferida Vegetarian Refried Beans
- 1/4 cup red enchilada sauce
- 2 cups (approx.) Fage Greek Fat Free Yogurt (I use three or four large ladle servings)
- Romaine Lettuce (1 head), finely chopped
- 1 Pound Mexican blend cheese (cheddar + Monterey Jack)
- 3 Plum tomatoes, diced
- Fritos (1, 9 oz. bag) of Fritos or GF corn chip

Directions

1. Combine enchilada sauce and refried beans over moderate heat. Add 1/4 cup of cheese. Heat for 3 to 5 minutes.
2. Place bean mixture at bottom of glass bowl or a deep casserole. Allow to cool.
3. Spread yogurt over beans.
4. Spread lettuce over yogurt.
5. Spread thin layer of cheese over lettuce.
6. Spread tomatoes over cheese
7. Spread remaining cheese over tomatoes
8. Spread 3/4s bag of the corn chips over top just prior to serving.
9. Serve with yogurt, corn chips, and salsa on the side

Additional items: Green chilies, onion, black olives, green/red salsa, avocados, guacamole may all be added on top, or in the layers. For presentation, I use a deep, wide-bottomed glass bowl.

Session Tested!

Jack's Cheese Enchiladas (Jack)

Makes 24

- 24 El Milagro brand (White Package) Corn Tortillas (do not use Aztec or “American” type tortillas)
- 28 oz. can Red Enchilada sauce
- 1 to 2 cups vegetable oil
- 1 yellow or sweet onion, finely diced
- Diced chilies (optional), diced
- 1 pound Mexican combo cheese (cheddar + Monterey Jack) or an authentic Mexican style melting cheese
- Black Olives (optional), diced

Directions

1. Lightly grease two 9x13 pans. Place 1/2 cup of enchilada sauce in round cake pan.
2. Heat approx. 1 cup oil over moderate heat in small skillet pan (9” diameter or so). Heat the oil to almost frying temp.
3. Place several thicknesses (sheets) of paper towel on counter.
4. One at a time, cook a tortilla in the oil for approx. 10-15 seconds. Do not fry to the point of being crisp; they need to be soft to roll. With tongs, remove the tortilla and drain loose oil into pan.
5. Place the tortilla on the paper towels and repeat. (You may need to add more oil after the first dozen tortillas.)
6. Meanwhile, after you have “heated or cooked” several tortillas, place one at a time (one side only) in the cake pan to lightly cover tortilla with sauce.
7. Place tortilla (flat) in baking pan. Place a small amount of cheese, onion, and chilies to one side of the tortilla, and wrap tightly. Place rolled tortilla in baking pan, seam side down. Repeat. Note: do not overfill enchilada; a little mixture goes a long way.
8. When finished, sprinkle remaining sauce over the enchiladas, but do not soak, just a light covering. Then sprinkle with cheese, lightly. The idea is not saturate the enchiladas in sauce and cheese. Then, if using sprinkle with diced olives.
9. Cover pans with aluminum foil and bake at 350F until bubbly, about 20 minutes.
10. Serve with plain Greek yogurt or sour cream on the side.

This sounds laborious, but it actually goes very quickly.

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Baking Gluten Free (GF Flours and Starches)

The following are gluten-free flours and starches. Purchase from a company that is certified gluten-free.

Whole-Grain Flours (40%)

- Brown rice flour
- Corn flour
- Mesquite flour
- Millet flour
- Oat flour (make certain it is certified gluten-free flour)
- Sorghum flour
- Teff flour

White Flours/Starches (60%)

- Arrowroot flour
- Cornstarch
- Potato flour
- Potato starch
- Sweet rice flour
- Tapioca flour
- White rice flour

Gluten Free All-Purpose Flour Mix - Professional Baking Web Site (Jack)

- 400 grams millet flour
- 300 grams sweet rice flour
- 300 grams potato starch

Directions

Pour all the flours into a large container. (Restaurant supply stores sell large plastic containers that fit this purpose well. You could also use a large glass jar.) Shake and shake and shake harder until all the flours have become one color.

Whenever you want to bake, measure out the grams you will need for your recipe. You can also use this flour mix for any of your favorite recipes that use all-purpose bleached white wheat flour. Simply use 140 grams of this mix for every 1 cup of all-purpose flour.

This mix is a template for the flour mix you can make in your own home. You can make your own flour mix — based on the ratio of 40 percent whole-grain flours to 60 percent white starches — with the flours you can afford and can eat.

You can also use this flour mix for any of your favorite recipes that use all-purpose bleached white wheat flour. Simply use 140 grams of this mix for every 1 cup of all-purpose bleached white wheat flour called for.

American Test Kitchen (ATK) Gluten-Free Flour Blend (Debbie)

Yields 9 cups

- 24 ounces (4-1/2 cups plus 1/3 cup) white rice flour
- 7-1/2 ounces (1-2/3 cups) brown rice flour
- 7 ounces (1-1/3 cups) potato starch
- 3 ounces (3/4 cup) tapioca starch
- 3/4 ounce (3 Tbsp.) nonfat milk powder

Directions

Whisk all ingredients together in large bowl until well combined. Transfer to airtight container and refrigerate for up to 3 months.

Credit: The Basics of Gluten-Free Cooking, American Test Kitchen

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GF Chocolate Chip Cookies – American Test Kitchen (Debbie)

Makes 24

- 8 ounces(1-3/4) cups American Test Kitchen Gluten-Free Flour Blend
- 1 tsp baking soda
- 3/4 tsp xanthan gum
- 1/2 tsp sat
- 8 Tbsp. unsalted butter, melted
- 5-1/4 ounces (3/4 cups packed) light brown sugar
- 2-1/3 ounces (1/3 cup) granulated white sugar
- 1 large egg
- 2 Tbsp. Milk
- 1 Tbsp. vanilla extract
- 7-1/2 ounces (1-1/4 cups) chocolate chips

Directions

1. Whisk flour blend, baking soda, xanthan gum, and salt together in medium bowl; set aside. Whisk melted butter, brown sugar, and granulated sugar together in large bowl until well combined and smooth. Whisk in egg, milk, and vanilla and continue to whisk until smooth. Stir in flour mixture with rubber spatula and mix until soft, homogeneous dough forms. Fold in chocolate chips. Cover bowl with plastic wrap and let dough rest for 30 minutes. (Dough will be sticky and soft.)
2. Adjust oven rack to middle position and heat oven to 350 degrees. Line 2 baking sheets with parchment paper. Using 2 soup spoons and working with about 1 1/2 tablespoons of dough at a time, portion dough and space 2 inches apart on prepared sheets. Bake cookies, 1 sheet at a time, until golden brown and edges have begun to set but centers are still soft, 11 to 13 minutes, rotating sheet halfway through baking.
3. Let cookies cool on sheet for 5 minutes, then transfer to wire rack. Serve warm or at room temperature. (Cookies are best eaten on day they are baked, but they can be cooled and placed immediately in airtight container and stored at room temperature for up to 1 day.)

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Gluten-Free Flour Substitution

- King Arthur Gluten-Free Multi-Purpose Flour: 8 ounces = 3/4 cup plus 2/3 cup
- Bob's Red Mill All-Purpose GF Baking Flour: 8 ounces = 1 1/2 cups plus 2 tablespoons

Note that cookies made with King Arthur will spread more and be more delicate, while cookies made with Bob's Red Mill will spread more and have a distinct bean flavor.

GF Belgian Waffles – American Test Kitchen

Makes five 7-inch Belgian waffles

- 12 ounces (2 2/3 cups) ATK Gluten-Free Flour Blend
- 2 Tbsp. sugar
- 1/2 tsp salt
- 1/2 tsp baking soda
- 1 3/4 cups buttermilk (or mix 1/2 cup milk with 1 1/4 cups plain yogurt)
- 3 large eggs
- 4 Tbsp. unsalted butter, melted and cooled

Directions

1. Heat waffle iron according to manufacturer's instructions.
2. Whisk flour blend, sugar, salt, and baking soda together in medium bowl. In separate bowl, whisk buttermilk, eggs, and melted butter until combined. Whisk buttermilk mixture into flour mixture thoroughly until batter has thickened and no lumps remain, about 1 minute (batter will be thick).
3. Bake waffles according to manufacturer's instructions (use about 1/3 cup batter for 7-inch round iron and generous 3/4 cup for Belgian waffle iron). Repeat with remaining batter. Serve immediately.

Gluten-Free Flour Substitution

- King Arthur Gluten-Free Multi-Purpose Flour: 12 ounces = 1 2/3 cups plus 1/2 cup
- Bob's Red Mill GF All-Purpose Baking Flour: 12 ounces = 2 1/4 cups plus 2 tablespoons

Note that waffles made with Bob's Red Mill will be somewhat darker and have a slight bean flavor.

For additional ATK GF recipes check out: <http://howcanitbeglutenfree.com/gluten-free-recipes>

Gluten Free Bread (Jack)

Whisk together the dry ingredients and set aside:

- 1 1/2 cups sorghum flour
- 1 cup tapioca starch or potato starch (not potato flour!)
- 1/2 cup GF millet flour or GF oat flour
- 2 teaspoons xanthan gum
- 1/ 1/4 teaspoons fine sea salt
- 1 packet rapid dry yeast (2 1/4 teaspoons)

Place liquid ingredients in mixing bowl:

- 1-1/4 cups warm water (at 110 to 115°F)
- 3 tablespoons extra virgin olive oil
- 1 tablespoon honey- or raw agave nectar to keep it vegan
- 1/2 teaspoon mild rice vinegar or lemon juice
- 2 eggs, beaten or 1 tablespoon Ener-G Egg Replacer whisked with 4 tablespoons warm water till frothy

Directions

1. Pour the mixed dry ingredients on top of the liquid.
2. Mix and knead. Check the dough after a few minutes of kneading- it should be closer to a muffin batter than bread dough, soft, but not cake batter wet. Adjust dry to wet ratio with a tablespoon of flour or warm liquid, as needed. Humidity influences the dough. As does temperature (your bread will rise higher on a hot day).
3. Place in greased bread pan and allow to rise.
4. Bake at 350F for 45 minutes until light brown and sounds hollow when thumped.

Note: If using normal active dry (not instant) yeast, proof the yeast in 1 cup warm water (110 to 115°F) and a teaspoon of honey or sugar (add the yeast to the water and honey stir). Wait until it gets foamy. Add the proofed yeast to the dry ingredients; add the olive oil, remaining honey/agave, cider vinegar and mixed egg replacer (or eggs); beat until a smooth batter forms. Gluten-free bread dough is more like smooth sticky muffin batter than wheat based bread dough, but not thin as cake batter. Add up to 1/4 cup more water if needed.

Gluten Free Bread (Jack)

Whisk together the dry ingredients and set aside:

- 3 cups all-purpose GF flour
- 1/ 1/4 teaspoons fine sea salt
- 1 packet rapid dry yeast (2 1/4 teaspoons)

Place liquid ingredients in mixing bowl:

- 1-1/4 cups warm water (at 110 to 115°F)
- 3 tablespoons extra virgin olive oil
- 1 tablespoon honey- or raw agave nectar to keep it vegan
- 1/2 teaspoon mild rice vinegar or lemon juice
- 2 eggs, beaten or 1 tablespoon Ener-G Egg Replacer whisked with 4 tablespoons warm water till frothy

Directions

5. Pour the mixed dry ingredients on top of the liquid.
6. Mix and knead. Check the dough after a few minutes of kneading- it should be closer to a muffin batter than bread dough, soft, but not cake batter wet. Adjust dry to wet ratio with a tablespoon of flour or warm liquid, as needed. Humidity influences the dough. As does temperature (your bread will rise higher on a hot day).
7. Place in greased bread pan and allow to rise.
8. Bake at 350F for 45 minutes until light brown and sounds hollow when thumped.

Note: If using normal active dry (not instant) yeast, proof the yeast in 1 cup warm water (110 to 115°F) and a teaspoon of honey or sugar (add the yeast to the water and honey stir). Wait until it gets foamy. Add the proofed yeast to the dry ingredients; add the olive oil, remaining honey/agave, cider vinegar and mixed egg replacer (or eggs); beat until a smooth batter forms. Gluten-free bread dough is more like smooth sticky muffin batter than wheat based bread dough, but not thin as cake batter. Add up to 1/4 cup more water if needed.

Blueberry White Streusel Coffee Cake (Jack)

Coffee Cake:

- 1 package Krusteaz Gluten Free Blueberry Muffin Mix
- 1/2 cup water
- 1/3 cup oil
- 3 eggs
- 1 can blueberries, drained and rinsed (enclosed)
- 1/2 cup fresh blueberries

Topping:

- 3/4 cup white sugar
- 3/4 cup all-purpose gluten free flour
- 3/4 cup butter, softened
- 1 teaspoon vanilla

Directions

Preheat oven to 350°F.

For Coffee Cake: In medium bowl, blend together muffin mix, water, oil, and eggs. Fold in blueberries. Spoon batter into lightly greased 13x9x2-inch baking dish.

For Topping: In small bowl, mix together sugar and gluten free flour. Cut in butter and vanilla with fork or pastry blender until mixture resembles size of small peas. Sprinkle topping over batter. Bake 35-40 minutes or until tooth pick inserted in center comes out clean.

Gluten Free Breakfast Berry Cobbler (Jack)

- 1 package Krusteaz Gluten Free Blueberry Muffin Mix
- 1 can blueberries (enclosed), drained and rinsed
- 5 cups mixed berries, frozen or fresh
- 1 cup butter, melted
- 1 cup gluten free oatmeal
- 1 cup sliced almonds

Instructions

Preheat oven to 350°F. Lightly grease 13x9x2-inch pan.

Place drained blueberries and mixed berries into prepared pan. In medium bowl, stir together muffin mix, oatmeal and almonds. Sprinkle oatmeal mixture over fruit; pour melted butter evenly over the top. Bake 55-60 minutes or until golden brown. Serve warm with vanilla yogurt, if desired.

Morning Yogurt Cakes (Jack)

- 1 package Krusteaz Gluten Free Blueberry Muffin Mix
- 1/4 cup water
- 1/3 cup sour cream or vanilla yogurt
- 3 eggs
- 1 can blueberries (enclosed), drained and rinsed
- 2 tablespoons finely grated lemon zest

Glaze:

- 1 cup sour cream or vanilla yogurt
- 1/3 cup powdered sugar
- 2 tablespoons finely grated lemon zest

Instructions

Preheat oven to 350°F. Thoroughly grease a 6-section mini fluted tube pan.

For Cake: In medium bowl, combine muffin mix, water, sour cream or yogurt, and eggs; stir until well blended. Fold in blueberries and lemon zest. Divide batter evenly into each section of prepared pan. Bake 25-30 minutes or until toothpick inserted in center of cake comes out clean. Let cakes cool 10 minutes before removing from pan. Cool cakes thoroughly.

For Glaze: Place all glaze ingredients in small bowl. Whisk until smooth. Spoon glaze over cooled cakes.



Gluten Free Chocolate Chunk Cookies (Jack)

- 1/4 cup butter, softened
- 1/4 cup shortening
- 1/2 cup sugar
- 1/4 cup packed brown sugar
- 1 tsp vanilla
- 1 egg
- 1-1/4 cups Krusteaz gluten free all-purpose flour
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 cup chocolate chips

Directions

1. Preheat oven to 350F.
2. In mixing bowl, mix butter, sugar, shortening, brown sugar, and vanilla until light and creamy.
3. While mixing, in second bowl, sift flour, baking soda, and salt.
4. Add egg to mixing bowl butter mixture and blend.
5. Combine dry ingredients to butter/sugar mixture.
6. Add chocolate chips.
7. Drop by rounded tablespoons onto cookie sheet.
8. Bake 10 – 14 minutes until light brown.
9. Cool on pan for 3-5 minutes.

Makes 12.

Notes: I (Jack) use this recipe to make various cookies, substituting chips for cranberries, white chocolate, or just plain sugar cookies. See the following white chocolate cranberry cookie recipe.

Session Tested!

White Chocolate Cranberry Cookies (Jack)

- 1/2 cup unsalted butter, softened
- 1/2 cup packed light brown sugar
- 1/2 cup granulated sugar
- 1 tablespoon vanilla extract
- 1 large egg
- 1 1/2 cups gluten free all-purpose flour
- 1 1/2 teaspoons baking soda
- 1 cup dried cranberries, chopped
- 3/4 cup white chocolate chips
- 3/4 cup macadamia nuts, chopped

Directions

1. Preheat the oven to 350F. Line 2 baking sheet with parchment paper.
2. With an electric mixer, cream the butter and both sugars together until smooth. Add the vanilla and egg, mixing well.
3. Sift together the flour and baking soda. Spoon the flour mixture gradually into the creamed sugar mixture. Stir in the cranberries, white chocolate chips and macadamia nuts.
4. Drop by heaping spoonfuls, about 2 tablespoons, onto the prepared baking sheets, 2 inches apart.
5. Bake one sheet at a time until lightly golden on top and the edges are set, 12 to 15 minutes.
6. Cool on the sheet for 5 minutes, and then transfer to a wire rack to cool completely.

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Gluten Free Blueberry Muffins (Jack)

- 5 Tbsp. butter, softened
- 1/2 cup sugar
- 1 egg
- 1-1/2 cups Krusteaz gluten free all-purpose flour
- 3/4 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 3/4 cup plain yogurt
- 2 tsp lemon zest, finely grated
- 1 cup blueberries
- 3 Tbsp. raw sugar

Directions

1. Preheat oven to 375F. Line muffin pan with paper liners.
2. In medium bowl, combine butter, sugar, and egg. Add flour, baking powder, baking soda, salt, yogurt, and lemon zest; stir until well blended.
3. Gently fold in blueberries. Batter will be thick.
4. Fill muffin cups 2/3 full. Sprinkle tops with raw sugar.
5. Bake 20 to 25 minutes or until light brown.

Makes 10.

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GF Flax Seed Apple Muffins (Jack)

Yields 12.

- 1/2 cup Milled Flax Seed (JL: I use Hodson Mill brand)
- 1-1/4 cup Krusteaz Gluten-Free All-Purpose flour
- 1/2 cup sugar (JL: white or brown, I use brown)
- 1 tsp. Cinnamon
- 1/2 tsp. Nutmeg
- 2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1 egg, beaten
- 3 Tbsp. vegetable oil (JL: May substitute fat free yogurt or unsweetened applesauce)
- 1/2 cup milk (JL: I use dry non-fat milk, reconstituted: 1/2 cup powder + 1/2 cup warm water)
- 1-1/2 cups finely diced apple
- 2 Tbsp. Honey (JL: optional, I like the flavor and it helps the batter consistency)
- 1/2 cup chopped nuts (JL: Optional, I do not use)



Directions

1. Preheat oven to 375F. Line muffin pan cups with paper liners. Spray liners with PAM.
2. In large bowl, combine all dry ingredients.
3. In second bowl, combine egg, oil, and milk.
4. Add liquid mixture to dry ingredient mixture. Stir until blended.
5. Fold in apples and nuts. Batter will be thick.
6. Bake for 16-18 minutes, until light brown or until top springs back to light touch.

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Mocha Macaroons (Alina)

- 2 egg whites
- 2 cups shredded unsweetened coconut
- 1 cup all-purpose baking mix (see next page)
- Sweetener equivalent to 1 cup sugar (Alina uses 3/4 cup Xylitol)
- 1/4 cup + 2 tablespoons unsweetened cocoa powder
- 2 teaspoons instant coffee granules
- 1/4 teaspoon sea salt
- 1/2 cup canned coconut milk

Directions

1. Preheat oven to 350°F. Line two baking sheets with parchment paper.
2. In large bowl, with an electric mixer on high speed, beat the egg whites until stiff peaks form.
3. Fold in coconut, baking mix, sweetener, cocoa, coffee granules, and salt. Stir in the coconut milk until evenly distributed.
4. Use a cookie scoop or tablespoon to scoop mixture into mounds on the baking sheet. Bake for 15 minutes or until slightly firm to the touch.

Session Tested! (2014)

Chia Gel as an Egg Substitute

If you have an egg allergy, are vegan, or simply don't want to use egg whites...chia gel is an ideal substitute for eggs. To replace one large egg, combine one tablespoon of chia seeds with three tablespoons of water. Whisk and let sit until the gel forms, about fifteen minutes. Jack's note: I use Ener-G egg replacer for similar recipes. It is well known and easy to use egg substitute for baking.



All-Purpose Baking Mix (Alina)

Makes 5 cups

- 4 cups almond meal/flour
- 1 cup ground golden flaxseed
- 1/2 cup coconut flour
- 2 teaspoons baking soda
- 1 teaspoon ground psyllium seed (optional)

Directions

In a large bowl, whisk together the almond meal/flour, flaxseed, coconut flour, baking soda, and psyllium seed. Store the mixture in an airtight container, in refrigerator.

Gluten Free (GF) Flour Mixes For Pie Crust – Art of the Pie (Jack)

Art of the Pie: Kate's Gluten Free Flour Mix #1 (Makes about 6 cups)

- 2 -1/4 cups brown rice flour
- 1 cup gluten-free oat flour
- 1 cup millet flour
- 3/4 cup Mochiko sweet mochi rice flour
- 2/3 cup tapioca flour
- 1/3 cup cornstarch
- 1/4 cup potato starch

Art of the Pie: Kate's Gluten Free Flour Mix #2 (Makes 7 cups)

Kate uses this GF mix the most!

- 2 cups tapioca starch
- 2 cups cornstarch
- 1 cup potato starch flour
- 2 cups Mochiko sweet mochi rice flour or Bob's Red Mill sweet white rice flour

Directions

Measure all flours and starches into a bowl, mix well, and store in a jar or a plastic bag. It makes about 7 cups which is enough for about just about 3 pies. You can double or triple it in order to have some on hand. Once made, store it in my freezer in a dated bag that I clearly mark as GF.

GF Pie Crust

- 2-1/2 cups Gluten Free Flour Mix #2
- ½ teaspoon salt
- 1 tablespoon sugar
- 8 tablespoons butter (Kate uses Kerrygold Irish butter) cut into tablespoon size pieces
- 8 tablespoons leaf lard (Jack uses Crisco Vegetable Shortening, or all butter; see notes below)
- 1 fork beaten egg
- 1 tablespoon apple cider vinegar (Bragg's or another artisan apple cider vinegar)
- ¼ cup ice water + a few tablespoons more if needed

Procedure

1. Put flour, salt, sugar, butter and lard in the work bowl of a food processor and pulse to break up the pieces of fat incompletely.
2. Add the egg, vinegar and ¼ cup ice water and pulse again until it starts to look like cheese curds. If it needs more water, add it now and pulse again until the dough just starts to come together without forming a complete ball. The dough will feel kind of squishy...sort of like a well-known "Dough Boy"!
3. Remove from work bowl, place on a sheet of plastic wrap, and with another sheet of plastic wrap between you and the dough, divide the ball of dough in half to form two chubby disks roughly the size of hockey pucks.
4. Wrap each disk separately in plastic and place them in the fridge to chill the fats back up.
5. When chilled, unwrap one disk out and place on a large sheet of plastic wrap that has been dusted with sweet white rice flour. Sprinkle another teaspoon of sweet white rice flour on the top of the dough and cover it with another sheet of plastic wrap.
6. Begin to roll with a light touch until the dough is about 9-10 inches in diameter and ¼ inch thick.
7. With plastic on BOTH sides, drape the dough over the rolling pin and carefully peel off the outer layer closest to you. There will be one layer touching the pin (see photo).
8. Carefully place the dough in the middle of the pie pan.
9. With your hands on the cut edge of the sheet of plastic, lift the plastic and help to carry the folded top half of the dough to meet the open edge of the pie pan keeping the plastic on.
10. With the plastic still on, use your hands to smooth out and piece and places that need adjustment. With the plastic STILL on, place the pie pan with dough into the fridge for a few minutes if the dough and fats have started to warm up.
11. When cool, and with the plastic wrap STILL on the dough, pinch off the extra dough around the edge.
12. Carefully peel the plastic off.
13. Fill pie pan with already prepared filling.
14. Roll out top crust, place on top of filling. With plastic still in place, use your fingers to adjust any spots that need it, pinch off extra dough, make fluted edge and then carefully remove plastic wrap.
15. OR Dust the edges with a bit of sweet rice flour and crimp edges with a fork.
16. Cut some vents.
17. Chill if needed.

18. Just before baking, "paint" the pie with some egg white wash (1 egg white + 1-2 tablespoons water fork beaten) and sprinkle with sugar.
19. Bake as usual.

Notes

- This recipe will make one double-crust pie or two single-crust pies for 9" pie pans.
- If you prefer an all-butter crust, use about 14 Tablespoons of Kerrygold or other salted or unsalted butter for your total fat. It will take about 5-7 minutes to put the dough together. Chill time for 20 minutes but 1-2 hours is fine and you can chill this dough overnight and rolled out with good results. Roll with a very light touch, between layers of plastic wrap. In fact, try not to touch the dough directly, but always with a layer of plastic between you and your dough.

<http://artofthepie.com/best-gluten-free-pie-dough/>

Juicing Notes

Adults need 1 pound of vegetables and fruits per 50 pounds of weight each and every day. Juicing and smoothies are one way to consume a portion of that requirement. But we still need to eat them as well to get the fiber, maintain digestive enzymes, etc. So, we recommend a combination of juicing and eating!!!!

Also, make sure you cycle through the week; for example, spinach one day and kale another. Try to cycle through at least three types of greens, fruits, and vegetables each week. Squash, cauliflower, broccoli, peppers, celery, cucumbers, greens of all types, tomatoes, potatoes, green beans, etc., should be part of our weekly meal plan...The more color and the more variety the better!

Ginger and turmeric are key additives to juices. You can always substitute turmeric for ginger, and vice versa. Start with a small slice and taste the juice.

You can also substitute one fruit for another. Use the fruit you have in home (pears, apples, pineapple, oranges, etc.).

Fruit is great for you but all fruit contains sugar. So, try to follow the 3 to 1 rule, 3 vegetables to 1 fruit by weight. We use fruit mostly to make the juice palatable.

We use a lot of limes because they cut the bitterness of the leafy vegetables and broccoli, they are packed with vitamin C, and they are low sugar. We use a lot of apples because they are inexpensive and are fantastic for health. To reduce sugar content, consider green apples since they contain less sugar than red. Luzimar recommends Granny Smith (Green) and Fuji (Red). But of course, any apple will work.

We do not recommend juicing soft fruits like bananas. We do not recommend juicing berries, just eat them! Berries work great in smoothies, but juicing is not the most cost-effective way to consume them!

Luzimar Juice 1 (Purple)

- 1 large beet or 2 small beets (we purchase fresh “bulk” beets)
- Purple Cabbage (1/4 to 1/2 of the head of cabbage)
- 1 small cucumber or 1/2 large cucumber
- 1 small slice of ginger root (do not use powder)
- 1 small limes (we remove skin)
- 2 small apples or 1 large apple (green apples like Granny Smith have less sugar, Luzimar recommends Fuji for liquid and sugar balance), cut into quarters, no stem or seeds

Directions

1. Try to stick with the 3 vegetables to 1 fruit ratio (weight). The less the sugar the better!
2. Process through machine in any order.

Optional: Broccoli stems, pear instead of apple, etc.

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Luzimar Juice 2 (Green)

- 4 to 8 cups Greens (spinach, kale, Swiss chard, romaine lettuce, etc.)
- Broccoli stems (1 or 2 stems)
- 1 small cucumber (1/2 large)
- 2 to 4 stalks of celery
- 2 small Limes
- 1 to 2 cups Pineapple (no skin!)
- 1 Apple (in quarters, no seed, no stem)
- Ginger root, 1 slice (no powder!)

Directions

1. Try to stick with the 3 vegetables to 1 fruit ratio (weight). The less the sugar the better!
2. To maximize juice quantify and potency:
 - a. Process greens between harder items like cucumber and apple to ensure the greens are processed efficiently.
 - b. Process large leaf greens whole, but rolled tightly.
 - c. Compress spinach leaves together in hand and process between apple quarters, etc.

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Luzimar Juice 3 (Orange)

- 4 to 6 Carrots, lightly skinned
- Turmeric root, small slice (not powder!)
- 1 Apple, quartered
- 1 Orange, peeled, no seeds
- 1 Cucumber
- 2 to 4 stalks Celery


Directions

1. Try to stick with the 3 vegetables to 1 fruit ratio (weight). The less the sugar the better!
2. Process through machine in any order.
3. You may add greens as well.

Notes: You may substitute pineapple for apple.

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The *crazysexy* Green Juice Formula

Base {  **CELERY, CUCUMBER**


+

Green leafies {  **CHOICE OF ONE OR MORE OF THE FOLLOWING:
ROMAINE, SPINACH, KALE, COLLARDS, CABBAGE, DANDELION**

+

Fruit {  **CHOICE OF ONE OR MORE OF THE FOLLOWING:
GREEN APPLE, GREEN PEAR, LEMON, LIME, GRAPEFRUIT**

+

Other optional goodies {  **BROCCOLI STEMS, SPROUTS, GINGER ROOT,
CAYENNE PEPPER, WHEATGRASS SHOT, E3 LIVE**



How-to make Crazy Sexy Green Juice:

Grab your favorite juicer and ingredients: cucumber and celery, 1-2 leafies, 1-2 fruits and other goodies (if desired). Wash, juice and serve! And remember, choose organic vegetables and fruits whenever possible.

Crazysexyjuice.com

