

2005 Ripon Cookie Daze

**Gluten Free
Ranger Cookie**



1/2 cup of butter flavored Crisco
3/4 cup of brown sugar - packed
1 extra large egg
1 tsp of gluten free (GF) vanilla (McCormick brand)
1/4 tsp xanthan gum¹
1 cup + 1 tablespoon of Featherlite flour mix²
3 tbs of soy flour
1/2 tsp of GF baking power (Calumet brand)
1/2 tsp of baking soda
1/2 tsp of salt
1 cup Barbara's Brown Rice Crisps³
1 cup of shredded coconut
2/3 cup of raisins
1/2 cup of Nestles Mini Chocolate Chips

**Peggy
Klapperich**

Cream Crisco and brown sugar together. Blend in egg & GF vanilla. Blend dry ingredients: baking soda, GF baking powder, salt, xanthan gum, & GF flours. Mix dry ingredients into creamed mixture. Stir in the brown rice crisps, coconut, raisins, chocolate chips.

Shape dough into 3/4" inch balls and place on an ungreased cookie sheet.

Bake at 350 for 10-13 minutes. Allow to cool slightly and remove from pan.

Makes 4-5 dozen.

¹Xanthan Gum is added because gluten has been removed. This provides a means of holding the mixture together. Without xanthan gum the cookie would fall apart.

² Featherlite mix is a mix of GF flours created by renowned GF cookbook author Bette Hagman. Her mix consists of 3 cups rice flour, 3 cups tapioca flour, 3 cups cornstarch, 3 tbs potato flour (not potato starch!). The rice flour used here is an Asian rice flour because it has a finer grind. The finer grind removes much of the grittiness. Asian flour can be found in Asian markets or Woodman's in the ethnic food section. Mix these ingredients together into a container so you have it at hand.

³This a GF replacement for Rice Krispies. Rice Krispies (and most mainstream cereals) are not GF because they contain malt.

All of the above ingredients can be found either in health food stores or larger grocery stores with a health food section. Pick n Save, Woodman's, Copps, Village Market (FDL), The Free Market (Appleton).

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Basic Celiac Disease & Gluten Sensitivity Information

What is gluten? - It is a protein that is found in grains (wheat, barley, rye & possibly oats).

Why would I want to be gluten free? - If you experience Diarrhea, Constipation, Abdominal pain, Excessive gas, Reflux, Chronic fatigue, Weakness, Weight loss, Mental fuzziness, Difficulty in concentration, Abnormal or impaired skin sensation (paresthesia) Including burning, prickling, itching or tingling, Peripheral Neuropathy (tingling in fingers and toes), Ataxia, Seizures or any number of 250 symptoms...your body may be reacting to the gluten that has been ingested. Before starting any diet - consult with your Doctor.

Is there a name for such a problem? - Yes, it's called celiac disease. A life long multi system disorder found in people that are genetically susceptible. Damage occurs to the small intestine caused by an immunological response to the gluten. This does not allow food to be properly absorbed. Studies are also showing that a Non-Celiac Gluten Sensitivity may cause many of the same symptoms.

So does this mean I have to give up gluten forever? - Yes. A gluten free diet is a zero tolerance diet. Even the smallest amount (>0.0001 oz) of gluten could cause a reaction. But do not fear, there are usually replacement foods. You can find gluten free breads, pizzas, pastas, and yes cookies. Even beer!

I don't have any symptoms, so can I eat all the gluten I want? - In a prevalence study, investigators found that 60% of children & 41% of adults diagnosed were without symptoms. Which means that you could be incurring damage and not know it or you may incur damage later in life. Continued gluten intake could lead to other auto-immune diseases. *Source: Archive of Internal Medicine Feb. 2003*

Is this what people call a wheat allergy? - No, celiac disease is not a food allergy; rather it is an autoimmune disease. Food allergies, including wheat allergy, are conditions that people can grow out of. This is not the case with celiac disease. Many people who were diagnosed with a wheat allergy actually have celiac disease.

Is this disease rare? - No. 1 in 133 of average healthy people. 1 in 56 with related symptoms. *Source: Archive of Internal Medicine Feb. 2003*

How can I be tested? - A set of simple blood tests called a Celiac Panel. Stool samples & Genetic testing are also possibilities. However the current gold standard is the intestinal biopsy to check for villi damage.

Internet information:

www.braintalk.org Scroll to the Gluten Sensitivity/Celiac Disease discussion board.

www.celiacforums.com - Discussion board.

www.celiac.com

www.gluten.net

www.google.com Search for *Gluten*

If you have any questions you can email Al & Peggy Klapperich at: aklap@charter.net

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