

**MADISON AREA GLUTEN INTOLERANCE CHAPTER
M.A.G.I.C.**

<http://www.madison.com/communities/gluten-free/>

CSA/USA, INC. – Madison Area Chapter #41 – Affiliated 1993

**Next Gathering: Saturday, February 9, 2008
10a.m. – 12 p.m.
Prairie Park Apartments—6530 Schroeder Rd., Madison**

**No January Meeting
(due to officer's meeting)**

MAGIC Meeting Minutes

December 8, 2007

Attendance:

Kathy Beringer, Teresa Brausen, Tom Casey, Bob Coffin, Maggie Deal, Allison Doyle, Nancy Duerst, Philana Friede, Judy Haight, Steve & Peggy Madalinski, Mike Markin, Alex Pierschalla, Claire Poppe, Arnie, Julieanna, & Tony Riccidi (?), Sarah Rose, Mary Lee Rossmassler, Darlene Schulenberg, Joy Thompson, Kristine Vaughn

Barb called the meeting to order.

Reports:

Treasurer:

- Bank balance as of Friday, 7 December, is \$ 3,523.75. This does not include payment from three new members.
- All bills are paid, plus have paid for 20 more product guides from the Denver chapter of CSA.
- Currently have 132 members paid up through 2006 – 2007, vs 135 members at this time last year.
- 67 people have joined or renewed for the 2007-2008 year.

Bob suggested giving \$100 to Prairie Park Apartments for using their facilities. All agreed.

New member:

Allison Doyle, Steve & Penny Madalinski, and Maggie Deal

Door prizes:

Barb brought homemade rosette cookies and a Willy St. Co-op crumb cake as door prizes. The Yahara River Grocery Cooperative also brought boxes of cookies.

Sharing:

Bob Coffin reported on his and Penny's trip to Chile. They attended meetings of two different support groups there. One was an introductory group for new celiacs. It was a formal format at a large hospital. The group is poorly funded and lacking in leadership.

The other group focuses on advocacy and testing. They helped bring the first ELISA testing to Chile (before it was only available in Argentina). This group sponsors lectures with professionals eight times per year that are held at the local Italian club.

Bob and Penny found a GF bakery, but it was not in a safe neighborhood. Outside the capital, medical care and gluten-free opportunities are scarce.

Bob also mentioned his concern about GF eating becoming a fad. With a fad, you don't get hurt if you eat gluten, which jeopardizes those of us needing a GF diet for medical reasons.

Nancy Spencer brought a recent issue of *Gluten-free Living*. She shared a recent article about the sources of worrisome ingredients and the "new" labeling law that requires the 8 most common allergens (including wheat) to be identified.

- Modified food starch: wheat must be noted; barley and rye are rare
- Spices: are not "floured"
- Hydrolyzed vegetable protein: always mean hydrolyzed *soy* protein; hydrolyzed wheat protein must be labeled
- Maltodextrin: contains no gluten
- Envelope glue: contains no gluten (according to a VP of the envelope manufacturer's association)

Bob made the point that corn starch is used so frequently because it is the cheapest—it is government subsidized under the farm bill.

Judy Haight shared that Uno's has an allergen menu. She also said that the teff wraps she mentioned before are now available at other Copp's stores.

Judy brought the brochure for a delivery service from 9 food establishments on the west side that includes the Silly Yak Bakery. It is called Waiters Express (608-442-4455) <http://waitersexpressmadison.dtsc.net/default.aspx>

Bob found frozen Bunky's pizzas at the east side Woodman's.

Barb brought info about a new weekly online newsletter: Digestive Health SmartBrief created by the American College of Gastroenterology. This is offered through CSA. It is sponsored by advertisers, so be alert to those interests if you decide to look at this resource.

On Dec. 6, Claire Poppe and Ellen Fitzsimmons put on a gluten-free cooking class for students from the Dietetics and Nutrition Club at UW-Madison. The students are future dieticians, so Claire and Ellen attempted to present the positive side of the gluten-free diet rather than the "restriction." They baked bread and had the students cook polenta, an Asian noodle bowl, and a pumpkin dessert. The students learned a lot and had fun. Claire and Ellen are offering to do GF cooking classes for any new members who would be interested.

Nancy says that dining at Fresco (top of the Overture Center) was great. One of the waitresses there is GF.

Mary Lee works at Meriter and wrote a letter to the new CEO about gluten-free dining—and her voice has been heard! The Meriter foodservice plans to increase the number of gluten-free and cardiac-prudent food selections they have available. They are also considering contracting with Bunky's.

As a new member, Steve was curious about the restaurant group and would like to learn about how to approach restaurants. Sarah Rose, a participant of the group that worked with the Food Fight restaurants, said that they went through the menu item-by-item to make sure that things were GF. Some restaurants are interested, some are not. Needless to say, there may be interest in resurrecting the group. Alex and Aaron have been thinking about going to Cancun for awhile, but haven't gotten around to it.

Tom suggested selling aprons with a GF slogan as a possible fundraiser.

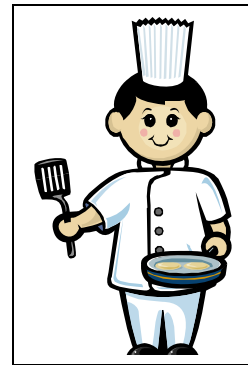
Sarah Rose is organizing another gluten-free cooking class with Linda Simon of Gluten Free Kitchen Therapy. The class will happen in January or February. The class will cover Grains or Yeast Breads, depending upon interest.

Grains (3 hours, \$25/person):

Kasha with caramelized onions and walnuts
Quinoa with mushrooms, spinach, and goat cheese
Wild rice, cranberry, and chicken salad
Introduction to GF grain flours

Yeast Bread (4 hours, \$30/person):

Dark "Rye" Bread
Sun-dried Tomato and Herb Focaccia
Deep-dish Pizza Crust
Bean or Pea Soup



In order for the class to take place, Sarah needs to have at least 10 people paid one week before the class. MAGIC is offering \$100 toward scholarships for part of the amount of the cooking class. Contact Sarah Rose if you are interested in either class or in a scholarship.

Yahara River Grocery Cooperative:

Mike Markin and Philana Friede came to talk about the Yahara River Grocery Cooperative opening this winter/next spring in Stoughton at 229 E. Main St.

General info: 5% off if member-owner, delivery to Stoughton, senior citizens get 5% off on Wednesday, working 3 hr/wk gets you an extra 5% off

They asked us to serve as a focus group for the co-op, as they are in the unique position to build the gluten-free section of the market from the ground-up. They will have 10 ft. devoted solely to GF products, as well as 24 ft. of bulk bins. They wanted us to provide them with the GF products we would like to see in the store. This is done most easily by providing them with the UPC from a package. They will be putting a list of the GF products they are trying to get in the store up on their website. Go to the website and check to see if your favorite products are there; if not, let them know! Also, if you have other suggestions or concerns (store layout, cross-contamination issues, etc.), they'd be glad to hear from you. (Philana is a celiac and MAGIC member.)

Contact info: www.yaharagrocery.coop
Mike Markin (msmarkin@sbcglobal.net, 608-877-0831)
Philana Friede (pfriede@fluno.com, 608-873-3332)

December 2007 M.A.G.I.C. Cookie Exchange Recipes:

Almond Quinoa Cookies

Barb Hennings

From Karen Robertson's *Cooking Gluten-Free*, (taste like oatmeal chocolate chip)

½ c. Earth Balance buttery sticks
½ c. white sugar
½ c. packed brown sugar
1 egg plus 1 yolk
½ tsp. vanilla extract
1 c. Wendy Wark's flour mixture
¼ tsp. xanthan gum
¾ c. finely ground almonds or pecans
½ c. quinoa flakes
¼ tsp. salt
1 tsp. baking powder
1 tsp. baking soda
1 c. Guittard chocolate chips

Cream butter and sugars in mixer on high speed until light. Add egg and vanilla, mixing well. Combine remaining ingredients except chocolate chips in a medium bowl. Add slowly to creamed butter until well incorporated. Add chocolate chips and mix well. Drop by rounded teaspoonfuls on a cookie sheet lined with parchment (I use a Silpat) and bake for 8-10 minutes at 375 degrees. Remove to cooling rack.

Note: If using a standard GF flour blend add ¼ tsp. more xanthan gum.

Peanut Butter Blossoms – Claire Poppe

1 c. sugar
1 large egg
1 tsp. baking soda
1 c. peanut butter
1 lb. Hershey kisses

Mix together. Roll into 1" balls, then roll in sugar. Bake at 350 degrees on ungreased cookie sheet for 8 minutes. Then push kisses in and bake for an additional 1-2 minutes.

Haystacks – Sarah Rose

1 c. chocolate chips
1 c. GF butterscotch chips (Hershey's)
1 c. cashews
1 c. Terra veggie sticks (or shoe string potatoes)

Cover a large baking pan with wax paper. Place both kinds of chips in a medium glass bowl; microwave 45 seconds on HIGH. Stir and microwave an additional 45 seconds or until almost melted. Take care not to burn. Stir until smooth. Add cashews and veggie sticks; stir quickly to coat well. Drop by spoonfuls onto prepared baking sheet. Try to keep small. Chill 1 hour or until firm. Store in airtight container in cool place.

No Flour Cookies #1 – Teresa Brausen

1 c. chunky peanut butter
1 c. sugar
1 c. peanuts
6 oz. chocolate chips
½ c. coconut
1 egg

Mix and bake 12 minutes at 350 degrees.

No Flour Cookies #2 – Teresa Brausen

2 egg whites
½ c. sugar
1 tsp. vanilla
1 c. nuts
6 oz. chocolate chips

Beat egg whites until stiff. Beat in sugar. Beat in vanilla. Stir in nuts and chips by hand. Line cookie sheet with brown paper. Heat oven to 400 degrees. When cookies have been dropped onto the brown paper by tablespoonfuls, put them in the oven and immediately turn oven off. Keep in oven all night and do not open door until morning.

Rosettes – Barb Hennings

1 egg, slightly beaten
2 tsp. sugar
½ c. Wendy Wark's flour mixture
Pinch of xanthan gum
½ c. milk (I use almond milk)
½ tsp. lemon flavoring
½ tsp. salt

Mix sugar with egg in a small straight-sided bowl. Add milk and lemon flavoring. In another small bowl, mix flour, xanthan gum and salt. Slowly add dry ingredients to egg mixture and stir or whisk until smooth. Heat 3 inches of oil to 375 degrees in a small saucepan. Heat rosette iron in oil. Remove and tap off excess fat on paper towel. Dip iron into batter until 2/3 covered (you don't want batter to completely cover the iron). Immerse in hot oil. Fry until brown. Remove from oil, draining. Use a sharp fork to push rosette off the iron. Cool cookies either side up. When cool, sprinkle with confectioner's sugar. Store in a wax paper-lined box. Best eaten within a day or two.

Barb's Version of Wendy Wark's Gluten-Free Flour Mix

2 c. Bob's Red Mill brown rice flour
Teff and quinoa flours equal to ¼ c.
¼ c. potato starch flour (not potato flour)
1/3 c. tapioca starch flour
1/3 c. Expandex
¾ c. sweet rice flour
1/3 c. cornstarch
2 tsp. xanthan gum

Optional:
1 T Montina flour
1 T ground flax seed

This mixture may be substituted for wheat flour in cookies and muffins. I use this mixture in my family Christmas cookie recipes and add about ¼ tsp. xanthan gum.

Chocolate Chip Bars – Kathy Beringer

Preheat oven to 350 degrees. Lightly oil (or line with oiled foil or parchment) a 9x13" baking pan.

In a mixing bowl, beat together:
3 large eggs
½ c. vegetable oil
1 tsp. vanilla extract

Add in and beat:
1 c. firmly packed light brown sugar

Add in and beat:
2 c. Pamela's Baking and Pancake Mix

Stir in:
¾ to 1 c. sweetened flaked coconut
1½ c. semi-sweet chocolate chips, plus more for the top

Spread the dough evenly in the baking pan. Add extra chips to the top and lightly press into the batter. Bake on a center rack until the bars are set and golden brown—about 21 to 25 minutes, depending upon your oven and altitude. Do not over-bake—you want them a bit chewy. Allow the bars to cool on a wire rack before cutting.

Pavlova – Kathy Borner

2 egg whites at room temp.
1/3 c. granulated sugar
2 T cornstarch
¼ tsp. white vinegar
½ tsp. vanilla or almond extract

Preheat oven to 250 degrees. Beat egg whites and vinegar with a mixer until fluffy. Slowly beat in sugar until the meringue is stiff and forming stiff peaks. Add in cornstarch and vanilla whisk a little more, being careful not to over-mix. Place meringue into piping bag and pipe kisses onto parchment paper on a baking sheet (or spoon onto cookie sheet). *Don't use insulated cookie sheets.* Place in oven for 35-40 minutes and then turn the heat off. Leave the kisses in the oven for another hour, or until completely cool.

(Note: I piped little star kisses using Wilton decorating tip 2D.)

**Honey Peanut Squares –
Mary Lee Rossmassler**

4 c. honey roasted peanuts, divided
1 can (14 oz.) sweetened condensed milk
1 pkg (10-½ oz.) miniature marshmallows
1 pkg (10 oz.) peanut butter chips
½ c. butter or margarine
½ c. peanut butter

Line a 13x9x2" pan with foil and coat with nonstick cooking spray. Sprinkle 2 cups of peanuts in the pan. In a saucepan, combine the milk, marshmallows, peanut butter chips, butter, and peanut butter. Cook and stir until smooth. Pour over peanuts; spread evenly. Sprinkle with remaining peanuts; press down. Cover and refrigerate for at least 45 minutes. Lift foil out of pan; cut into squares. Store in airtight container in refrigerator.

Yield: about 4 dozen

**GF Chocolate-Covered Balls
Allison Doyle**

2 c. Health Valley Rice Bran Graham Crackers, crumbled in food processor
2 c. powdered sugar
2 c. chunky peanut butter
½ c. melted butter
1½ bags Ghirardelli chocolate chips

Mix first 4 ingredients together using beaters. Shape into small balls. Chill 2-4 hours or freeze 10 minutes. In the meantime, melt chocolate in double boiler or microwave. Dip balls into chocolate and set on buttered wax paper. Freeze on tray for at least 1 hour, then put in plastic bags to store in freezer.

**Oatmeal Chocolate Peanut Butter
Drops – Darlene Schulenberg**

½ c. sugar
½ c. brown sugar
½ c. natural peanut butter
½ tsp. vanilla
¼ c. shortening
¼ c. butter
1 egg

½ tsp. baking soda
¼ tsp. salt
1¼ c. oatmeal
¼ tsp. baking powder
1 c. GF flour
Chocolate chips and nuts (optional)

Cream together the first 6 ingredients. Stir in remaining ingredients. Drop by teaspoonful onto parchment paper. Bake at 350 degrees for 9-12 minutes.

**Pumpkin Chocolate Chip Cookies
Darlene Schulenberg**

1 c. pumpkin
1 c. sugar
½ c. oil
1 egg
2 c. GF flour
2 tsp. baking powder
1 tsp. cinnamon
½ tsp. salt
1 tsp. baking soda dissolved in 1 tsp. milk
1 tsp. vanilla
1 c. chocolate chips

Combine pumpkin, sugar, oil, and egg. Stir together ingredients and add to mixture. Add soda and milk; mix well. Add remaining ingredients. Drop onto parchment paper and bake 10-13 minutes at 375 degrees.

**Foolproof Chocolate Fudge
Nancy Duerst**

3 c. (18 oz.) semi-sweet chocolate chips
1 (14 oz.) can sweetened condensed milk
Dash of salt
½ to 1 c. chopped nuts
1½ tsp. vanilla extract

In heavy saucepan over low heat, melt chocolate chips with condensed milk and salt. Remove from heat; stir in nuts and vanilla. Spread evenly in a wax paper-lined 9" square pan. Chill 2 hours or until firm. Turn fudge onto cutting board, peel off paper, and cut into squares. Store leftovers covered in refrigerator.

Peanut Clusters **Nancy Duerst**

1 pkg. semi-sweet chocolate chips
1 pkg. butterscotch chips
16 oz. salted Spanish peanuts (not raw Spanish peanuts)

Melt the chips in a double boiler. Add peanuts and drop by the tablespoonful onto wax paper. Chill until firm.

Toffee

1 c. sugar
2 sticks salted butter, softened
3 T water
1 tsp. vanilla extract
4 plain Hershey bars
Chopped nuts (optional)

Combine all ingredients in non-stick medium saucepan. Cook in med/high heat on stovetop until brown (caramel colored), approximately 10-20 minutes. Pour into glass dish (11x7"). Place Hershey bars on top. Wait 30-60 seconds and spread melted chocolate over surface of toffee. Top with chopped nuts if desired. Allow approximately 24 hours for toffee and chocolate to set. Break out pieces of toffee with butter knife.

Spiced Pecans

1 egg white
1 tsp. cold water
½ c. sugar
½ tsp. cinnamon
½ tsp. salt
1 lb. pecan halves

Beat egg white and cold water until frothy. In separate bowl combine sugar, cinnamon, and salt. Coat nuts in egg white and then sugar mixture. Bake in preheated 225 degree oven for 1 hour, stirring every 15 minutes.

Peanut Butter Cookies

1 slightly beaten egg or egg replacer equivalent to 1 egg
1 c. granulated sugar OR ½ c. brown sugar + ½ c. granulated sugar
1 c. peanut butter
½ tsp. vanilla
1/3 c. rice flour
1 T water

Blend egg and sugars; add peanut butter and vanilla. Add rice flour (dough will be stiff). Mix in the water (add more if necessary, but one teaspoon at a time). Roll into 1" ball and place on an ungreased cookie sheet. Using a fork, press each one with a criss-cross. Bake in 350 degree oven for about 10-12 minutes. Let cool before removing from cookie sheet. Makes 2 to 2-½ dozen.

Christmas Meringue Cookies

(adapted from sparkpeople.com)

2 egg whites
½ c. sugar
½ tsp. vanilla extract

Preheat oven to 350 degrees. Beat eggs until very stiff. Gradually add sugar. Fold in vanilla. Cover cookie sheets with aluminum foil. Drop rounded teaspoons of mixture, spaced slightly apart. Put in oven and TURN OFF heat. Leave in closed oven at least 2 hours or overnight to dry up the cookies.

No Flour PB Cookies

1 c. peanut butter
1 egg
1 c. sugar
1 tsp. vanilla

Mix ingredients together. Roll into 2" balls. Put on parchment paper. Press down with fork to make criss-cross. Bake at 350 degrees for 9-10 minutes. Sprinkle with sugar. Let cool and remove.

Chocolate Chip Cookies

1/3 c. oil
1/3 c. butter or margarine, softened
1/2 c. granulated sugar
1/2 c. brown sugar
1 egg or egg replacer equal to 1 egg
1 tsp. vanilla
1 1/2 c. rice flour
1/4 c. tapioca starch (potato starch or arrowroot is fine too)
1 tsp. xanthan gum
1/2 tsp. baking soda
1/2 tsp. salt
1 c. chocolate chips
1/2 c. nuts (if desired)

Preheat oven to 350 degrees. Mix oil, butter, sugar, egg, and vanilla thoroughly. Stir in remaining ingredients. Drop dough by rounded teaspoonfuls 2 inches apart onto ungreased cookie sheet. Bake 12-15 minutes or until slightly brown. Cool about 1 minutes before removing from cookie sheet. Make approximated 3 to 3-1/2 doz cookies.

Coconut Macaroons

3 c. shredded coconut
1 1/2 T cornstarch
3/4 c. sugar
3 egg whites
1/2 tsp. vanilla extract
4 oz. bittersweet chocolate, broken up

Heat oven to 350 degrees. Mix coconut, cornstarch, sugar, egg whites, and vanilla in heat-proof bowl. Set bowl over a pot of boiling water (or use a double boiler). Heat, stirring until the mixture thickens, about 4 minutes. Remove from heat and set aside. Spoon out macaroons, about a scant tablespoonful each, and place on ungreased baking sheet. Bake at 350 for 10-15 minutes or until lightly golden but still soft and chewy. Remove to a wire rack to cool. Place chocolate in a small microwave-safe bowl and heat on HIGH power for 1 minute. Stir until smooth, microwaving more if needed. Dip bottoms of cookies in chocolate, allowing excess to drip back into bowl. Place on a waxed paper-lined baking sheet in refrigerator to set.

Cherry Chocolate Chip Cookies

From *Living Without* magazine (Summer 2007, pg. 49)—modified to include cherries and walnuts

1 1/4 c. gluten-free flour blend
2 T golden flax meal
1 tsp. baking powder
1/4 tsp. baking soda
1/2 c. butter
3/4 c. packed brown sugar
2 T white sugar
1 tsp. vanilla
1 1/2 tsp. Fearn liquid lecithin or tapioca syrup
1/4 to 1/3 c. water
1/2 c. semi-sweet chocolate chips
1/2 c. chopped raw walnuts
1/2 c. chopped dried cherries

Preheat oven to 350 degrees. Lightly grease a cookie sheet.

In a bowl, mix together flour blend, flax meal, baking powder, and baking soda. In your mixer, beat together butter and sugars. Add flour mixture and combine. Then mix in vanilla, lecithin and water until dough comes together. Stir in chocolate chips, nuts, and cherries.

Drop small dough balls by spoonful about 2 inches apart onto prepared cookie sheet. (Cookies flatten and spread during baking.) Bake 15 minutes or until browned. Cool slightly before transferring onto cooling rack. Store in an airtight container.

Gluten-free Flour Blend:

2 c. super-fine brown rice flour
1 1/2 c. sweet rice flour
2 c. cornstarch
1 c. chickpea or garfava flour
1 c. tapioca starch (or Expandex)
2 c. sorghum flour

Mix together and store in refrigerator.

**Additional recipes from Living Without
(Spring & Summer 2007) and the
Ancient Harvest Quinoa box**

Sugar Cookies

Makes about 3 dozen

2 c. GF flour blend
¼ c. coconut flour
½ tsp. xanthan gum
1/8 tsp. salt
1 c. unsalted butter or soy margarine
1 c. sugar
2 egg yolks
2 tsp. vanilla

Preheat oven to 350 degrees. Lightly grease a cookie sheet and line with parchment paper. Mix GF flour blend, coconut flour, xanthan gum, and salt. In separate bowl, cream butter until white. Add sugar and continue creaming for 5 minutes. Add egg yolks one at a time and then vanilla. Continue beating until creamy. Reduce speed. Add dry ingredients. Cover and refrigerate 1 hour. Roll out dough on a lightly floured surface. Cut with a 2-1/2 inch cookie cutter. Place 1 inch apart on prepared cookie sheet. Bake 8-12 minutes or until edges are lightly browned. Cool on cookie sheet for 2 minutes. Remove to cooling racks to cool completely. Decorate with your favorite cookie icing and special toppings.

For a crisp cookie, roll out dough to ¼-inch thickness. For a shortbread-like cookie, roll out to a 1/3 to ½-inch thickness.

For a subtle citrus taste, add 2 tsp. grated lemon, lime, or orange rind when adding the egg yolks.

Sunbutter Blossoms

Makes 2-3 dozen

1 ¾ c. GF flour blend
¼ c. coconut flour
½ tsp. xanthan gum
½ tsp. baking soda
1/8 tsp. salt
1 stick soy margarine
½ c. light brown sugar
½ c. honey
1 c. sunbutter

1 tsp. vanilla
Granulated sugar
24-36 chocolate kisses, unwrapped*

Preheat oven to 350 degrees. Lightly grease a cookie sheet and line with parchment paper. Mix GF flour blend, coconut flour, xanthan gum, baking soda and salt. In separate bowl, cream margarine until white. Add sugar and honey and continue beating until light and fluffy. Mix sunbutter and vanilla into sugar mixture. Then slowly mix in dry ingredients. Cover and let dough sit for 1 hour. Using a spoon, scoop out about 2 tablespoons of cookie dough, shape into a ball and roll in granulated sugar. Place on prepared cookie sheet. Bake for 8-10 minutes or until tops of cookies begin to crack. Remove cookies from oven and gently press a chocolate kiss in the center of each cookie. Cool on cooling rack.

Pecan Delights

From Cooking with Coconut Flour cookbook by Bruce Fife, N.D. (p. 77)

½ butter
1 c. sucanat or brown sugar
4 eggs
½ teaspoon vanilla
1/8 tsp. salt
1½ c. grated or flaked coconut
¾ c. pecans, chopped
1 c. sifted coconut flour
2-3 dozen pecan halves (optional)

Preheat oven to 375 degrees.
In your mixer, beat together butter and sugar. Mix in eggs, vanilla, salt, shredded coconut and chopped pecans. Stir in coconut flour. Drop batter in spoon-size balls onto greased cookie sheet. If desired, lightly press a pecan half into top of each rounded cookie. (Cookies maintain their shape during baking.) Bake at 375 degrees for 15-16 minutes or until lightly browned. Cool slightly and remove from cookie sheet. Makes 2-3 dozen cookies.

Reduced sugar version: Use 1/3 c. sugar + ¼ tsp. liquid or powdered stevia.

Chocolate Coffee Cake

1 $\frac{3}{4}$ c. GF flour blend
1 tsp. baking soda
1 T unsweetened cocoa powder
1 tsp. xanthan gum
 $\frac{1}{4}$ tsp. salt
1 $\frac{3}{4}$ c. boiling water
2 c. quinoa flakes
1 c. packed brown sugar
1 c. white sugar
 $\frac{1}{2}$ c. unsalted butter or margarine
2 eggs, lightly beaten
1 c. dark chocolate chips

Preheat oven to 350 degrees. Lightly grease and flour a 9x13" baking pan. Blend together flour, baking soda, cocoa powder, xanthan gum and salt. Sift to remove lumps. In separate bowl, mix water and quinoa flakes together. Let sit for 10 minutes. Mix sugars, butter, and eggs. Stir in dry ingredients. Blend. Pour batter into prepared baking pan. Top with chips. Bake in preheated oven on middle rack for 20 minutes or until done.

GF Flour Blend:

1 $\frac{1}{2}$ c. fine white rice flour
1 $\frac{1}{2}$ c. fine brown rice flour
2 $\frac{3}{4}$ c. sweet rice flour
2 $\frac{1}{4}$ c. cornstarch
2 $\frac{1}{4}$ c. garbanzo bean flour
2 c. tapioca starch
1 $\frac{3}{4}$ c. white sorghum flour

Sande Smith's Florentine Cookies

Makes 4 dozen

$\frac{2}{3}$ c. melted butter
1 c. brown sugar
 $\frac{2}{3}$ c. white rice flour
 $\frac{1}{4}$ c. corn syrup
 $\frac{1}{4}$ c. milk
1 tsp. vanilla
1 $\frac{1}{4}$ tsp. salt
2 c. gluten-free crispy rice cereal

Preheat oven to 375 degrees. Line two cookie sheets with parchment paper. Make two extra sheets of parchments to alternate between batches. Pour cereal into a large bowl and break into little pieces with your hands. Add all other ingredients and stir until mixture is completely wet. Drop heaping teaspoons of dough onto prepared cookie sheets, giving each cookie room to spread. Bake 6-8 min. or until cookie edges turn slightly brown. Carefully lift parchment and cookies from cookie sheet and set aside to cool. Place a new parchment on the cookie sheet for baking a new batch. When cookies cool, gently pull parchment away and place cookies on a plate.

Crispy Quinoa Cookies

$\frac{1}{2}$ c. honey
 $\frac{1}{3}$ c. brown sugar
 $\frac{1}{2}$ c. margarine
 $\frac{1}{2}$ c. peanut butter
 $\frac{1}{2}$ tsp. vanilla
1 c. rice flour
 $\frac{3}{4}$ c. quinoa flakes
1 tsp. baking soda
 $\frac{1}{4}$ tsp. salt (optional)
 $\frac{1}{2}$ c. nuts (optional)

Heat oven to 350 degrees. Beat honey, brown sugar, margarine, peanut butter, and vanilla in medium bowl until creamy. Combine rice flour, quinoa flakes, baking soda and salt in small bowl. Add to mixture and beat until well blended. If desired add nuts. Drop by rounded teaspoonfuls about 2 inches apart onto ungreased cookie sheet. Bake 12-15 minutes or until light golden brown. Cool 1 minutes before removing from cookie sheet. Yields ~3 doz cookies.

