

## IGIST

Indiana Gluten Intolerant Support Team  
December 2021  
Merry Christmas and a Happy Healthy New Year

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It has been too long since we have had a meeting but it is because of covid I do not feel it is safe for us to meet as a group together in a room eating and talking together. I presume most of our members have had all 3 covid shots but I do not feel comfortable having everyone together yet. I am sorry.

In the last newsletter I sent out I asked you to respond letting me know you got the newsletter and or send me anything you might like to share with members through a newsletter. I received 4 responses, but I think we have more members than that. You can e-mail me at [n.linnemann@comcast.net](mailto:n.linnemann@comcast.net) or call 765-497-0665 and if there is no answer just leave a message. You can mail articles you would like in the newsletter too. My address is on this newsletter. There will of course be NO dues owed when we start meeting again. I hope we can meet in January or February.

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Firehouse Subs, on Creasy Lane near GiGi's cupcakes has gluten free ciabatta sub buns. I have been there twice and they are very careful not to contaminate the sandwich. It is wonderful!

Easy and delicious is Krusteaz cinnamon coffee cake to bake sold at Meijer and Payless and Walmart.

Also, Fresh Thyme has Aleia's gluten free stuffing.

A new product, Egglife wraps makes a great snack or dessert.

You can buy them in the refrigerated sections of all grocery stores in Lafayette. They are called Egglife eggwhite Wraps

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### **New Products:**

- Pepperidge Farm Farmhouse Cookies Thin and crispy chocolate chip
- Oro gluten free and Double Stuff
- Crunchions (like Funions but made by the company that makes the GF snap pea crisps)
- Hippeas organic chickpea tortilla chips
- Duncan Hines Keto Cake Mix (sugar free, made with almond flour and Stevia)

# Check label to see if wines are gluten free and vegan

**Phil Masturzo**

Akron Beacon Journal  
TRIBUNE NEWS SERVICE

Wine drinkers suffering from celiac disease, gluten sensitivity or wheat allergy can easily get caught in a sticky situation.

Gluten is the name of a protein found in grains such as wheat, barley and rye. Essentially, it is the glue that holds the dough together and helps it keep its shape. It is also what gives pizza dough its wonderful elasticity so you can roll it out and toss it into the air like a Flying Wallenda.

So what does this have to do with wine? I have been searching for an answer for quite a while at the behest of my friend Stacy, who works at the Market District wine department in Cuyahoga Falls. Our conversations led me to sit down with Cline Family Cellars winemaker Tom Gendall a few weeks ago at his winery in Sonoma, California.

Gendall has been making wine for Cline Cellars since 2016. We sampled some of his lovely wines while he talked about the winemaking process.

"The only form of wheat that can get in the wine is when coopers use wheat paste to seal the inside of the barrels," Gendall said.

Wooden barrels need to be sealed on the inside to prevent leaking.

"A lot of coopers are actually moving away from a wheat paste and using a gluten-free paste," he said.

Without the gluten-free indication on the label, consumers can't be 100% sure if wheat paste was used in the process.

Owner Fred Cline, who has seven children, has taken things a bit further. Most of the Cline labels read gluten free and vegan.

"We don't spray any Roundup or pesticides or anything like that," Gendall said.

Cline didn't want his children running around in the vineyards with all the chemicals.

"We got rid of the pesticides and her-

bicides in 2001," he said.

The winery uses a herd of sheep to manage the weeds and ground cover in the vineyards.

"We wanted biodiversity," Gendall said.

Cline wines are also vegan friendly.

"Egg whites, milk casing and fish bladders are the three forms of fining [filtering] people can use," Gendall said.

Small amounts of the three proteins are a tool used to filter out tannins, texture and flavors in the winemaking process.

Gendall added that Cline rarely uses egg whites. In those rare instances when it does, the vegan indicator is removed from the label, but it still remains gluten free.

"People wanted to know about it," he said. "We're lucky enough to make wines, put those things on the label and stand by that."

Wines from Cline Cellars are great tasting, high quality and very affordable.

For this article, I had a glass of the \$12.99 Cashmere red blend with a gluten-free mushroom and sausage pizza from Pavona's Pizza Joint in Akron, Ohio. It was my first gluten-free pie.

It was thin, crispy and delicious, even when reheated the next day.

I also opened a jar of Doma peppers stuffed with vegan cheese.

Cashmere is a tasty blend of 65% Mourvèdre, 18% Grenache and 17% Syrah. It's a smooth, easy drinker with flavors of red berries and plum.

A glass of the \$12.99 Cline Pinot Gris is a great way to start the evening. It's very food friendly. It is perfect with a few fresh figs stuffed with candied pecans, some feta-stuffed olives, Doma peppers, as well as my baked salmon dinner.

This is such an easy drinking white wine. I picked out flavors of tangerine and honey. It's the perfect glass of wine to have while sitting on the porch and watching a neighbor mow the lawn.

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# WHITE CHRISTMAS FUDGE

Recipe by Annacia

The year I made this I made 3 batches and served it to company on a deep red platter surrounded by holly sprigs. It looked like something from a magazine. I might add that I made them separately to insure that the fudge came out right. I cut into 2 inch squares so that is the yield I listed.

READY IN: 13mins

SERVES: 16

UNITS: US

## INGREDIENTS

- 2 ½ cups **confectioners' sugar**
- ¾ cup **milk**
- ¼ cup **butter**
- 12 ounces **white chocolate** (coarsely chopped)
- ½ teaspoon almond extract
- ¾ 3/4 cup **dried cranberries** or 3/4 cup dried apricot, coarsely chopped
- ¾ cup toasted sliced almonds

## DIRECTIONS

Line an 8 inch square pan with foil, grease foil.

Mix sugar and milk in a 3 quart saucepan over medium heat, add butter and stirring constantly, bring to a boil. Without stirring, boil for 5 minutes.

Over low heat, add chocolate and almond extract. Stir, then whisk until chocolate melts and mixture is smooth.

Stir in dried cherries and toasted almonds.

Pour mixture into pan. Refrigerate 2 hours until firm.

Invert pan, peel off foil and cut in 1 inch squares.

Tip: To toast almonds, spread in single layer on cookie sheet. Bake in 350 oven for 5-10 minutes, shaking pan occasionally until they begin to brown.

Very tasty and pretty.

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# Food

## GLUTEN FREE CHOCOLATE CAKE ROLL

Recipe by Chef #1177968

No one would guess this is gluten free. This light and fluffy cake roll is much like a wedding cake roll.

READY IN: 35mins      SERVES: 8

UNITS: US

### INGREDIENTS

- 5 extra large eggs, separated
- 3 tablespoons cocoa powder
- 1 cup powdered sugar, sifted
- ¼ teaspoon salt
- 1½ teaspoons vanilla, or
- 1½ teaspoons almond extract

### DIRECTIONS

Beat egg whites until stiff, not dry. In separate bowl, beat yolks until thick and lemon colored. Sift cocoa, sugar and salt. Gradually beat dry mixture into yolks. Add vanilla or almond extract. Fold yolk mixture into beaten egg whites.

Line jelly roll pan with Reynolds Release foil. Spray foil with PAM. Pour batter into pan.

Bake at 325 for 15 minutes.

Allow cake to cook. Spread Cool Whip or softened ice cream on cake. Use the foil to roll the cake. Peel foil from cake as you roll. Cake may then be refrigerated or frozen.

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# Food

## RICE PUDDING

Recipe by Cheryl E

My husband's favorite!

READY IN: 1hr

SERVES: 2-6

UNITS: US

### INGREDIENTS

- $\frac{3}{4}$  cup **medium grain rice** or  $\frac{3}{4}$  cup **long grain rice**
- $1\frac{1}{2}$  cups **water**
- $\frac{1}{4}$  teaspoon **salt** (heaping)
- 4 cups whole milk (I use 2%)
- $\frac{1}{2}$  cup **sugar**
- $\frac{1}{2}$  teaspoon **vanilla**
- cinnamon**

### DIRECTIONS

Bring rice, water and salt to a boil over med-high heat.

Simmer covered until water has been absorbed (approximately 15 minutes).

Stir in milk and sugar and cook uncovered over medium heat for 30-40 minutes, stirring frequently--especially towards the end of cooking.

The pudding is done when the rice and milk have amalgamated into a thick porridge-like consistency.

DO NOT OVERCOOK or the pudding will be solid instead of creamy once cooled.

Remove from heat and stir in vanilla.

Turn into a bowl or cups.

You can sprinkle cinnamon on the top if you like.

COVER with plastic wrap directly on surface "IF" you don't want a skin.

COOL.

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# Food

## CHOCOLATE CHRISTMAS MICE (OR ANYTIME MICE)

Recipe by Sayster

My mom taught my little brother and me how to make these little mice. They are so fun! I'm guessing about the quantities and yield.

**READY IN:** 30mins

**YIELD:** 2 pounds of mice

**UNITS:** US

### INGREDIENTS

- 1 lb cherries, with stems
- 1 lb Hershey chocolate kiss
- semi-sweet chocolate chips, for melting
- sliced almonds
- icing (optional) or red-hot candies (optional)

### DIRECTIONS

Melt the chocolate chips in a double boiler and dip a cherry into the chocolate, holding by the stem ("tail").

Set cherry on its side on waxed paper. This is the mouse's body and tail.

While chocolate is still gooey, "glue" on a Hershey's kiss to the mouse's body, with the bottom of the kiss touching the cherry and the pointy part pointing out, the opposite direction that the tail is pointing.

Add sliced almonds in the seam for ears.

Decorate with icing or red hots for eyes and nose.

Repeat with the rest of the cherries, etc.

## Egglife pumpkin pie wraps

### INGREDIENTS

recipe and photo by Naomi Sharani @lowcarb\_eats\_and\_sf\_treats

2 original egglife® wraps

4 tbsp softened whipped cream cheese

2 tbsp canned pumpkin

1 tsp pumpkin spice

1/2 tbsp sugar substitute or sugar

### DIRECTIONS

STEP 1

Warm original egglife® wraps for 30 to 40 seconds in the microwave.

STEP 2

In a bowl, combined 4 tbsp softened whipped cream cheese with 2 tbsp of canned pumpkin, 1 tsp pumpkin spice and 1/2 tbsp sugar substitute. Spread half of the mixture over each wrap.

STEP 3

Roll and cut into mini pinwheels. Spray with olive oil or any spray and sprinkle on pumpkin spice and sugar substitute to your liking.

Serve and enjoy this pumpkin deliciousness!

## Egglife hazelnut strawberry wrap

### INGREDIENTS

Recipe and Photo by Melissa Baswell Williams @bubbyandbean

4 original egglife® egg white wraps

½ cup hazelnut spread

1 cup mixed berries (sliced strawberries, raspberries, blueberries)

powdered sugar

### DIRECTIONS

**STEP 1**  
Heat a skillet to medium/high. Warm each egglife egg white wrap for 15-30 seconds per side.

**STEP 2**  
Spread 2 tablespoons of hazelnut spread over each wrap. Add strawberry slices. Fold into triangles.

**STEP 3**  
Top with mixed berries and powdered sugar and enjoy!





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## Egglife wrap peaches + cream

### INGREDIENTS

- 2 Original egglife® wraps
- ¼ cup sour cream
- 2 tsp powdered sugar
- ¼ tsp vanilla extract
- 2 tbsp butter
- 1 tbsp brown sugar
- 2 peaches, peeled and sliced (fresh or frozen)
- ¼ tsp nutmeg

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### DIRECTIONS

\*Make the cream filling: Mix sour cream with powdered sugar and vanilla until well combined. Set aside.

Warm 2 tablespoons of butter in a sauté pan over medium heat. When butter is melted, stir in brown sugar, and when sugar has melted, add the peaches and nutmeg. Cook until peaches are soft and have formed a nice syrup.

To make the dessert, use ½ of the sour cream mixture as filling for each wrap, and top with half the peaches. Fold wrap. Serve with additional peaches on top or powdered sugar if desired.

