

Natural Healing Express Weekly

Column Volume 96 Gluten Free Recipes

Gluten Intolerance and Celiac are topics that I have been asked to write about many times. It seems like Gluten intolerance is on the rise with more and more people trying to go “gluten free”. This is to help with health concerns such as fatigue, all sorts of digestive issues, compromised immune systems and even emotional troubles. It’s amazing what a little adjustment to the diet can do for your health.

For many folks who feel they are Gluten intolerant avoiding wheat is the key. However for the truly gluten intolerant which includes Celiacs, one has to avoid barley, rye and spelt as well. Consumption of any of these grains can produce painful and damaging effects on the body.

Obviously, if you feel you are gluten intolerant, the best thing to do is avoid the above mentioned grains. However, if you want to find out which specific grains to which you may have intolerance, then consider doing your own research and development. Eliminate all grains for two weeks and then slowly add each one back into your diet, giving at least 5-7 days in between adding a grain. You will know which ones your system can tolerate and which ones it cannot.

Once you know the limits of your Bio-Individuality, it is critical to read labels. Gluten is sometimes hidden under words on labels such as hydrolyzed vegetable protein (HVP), modified food starch, hydrolyzed plant protein (HPP), malt extract, malt flavoring and malt syrup. Some modified food starches, HVP and HPP can be gluten free – but only if you know for a fact they are not derived from wheat --- and this fact is hardly ever listed on the label, so, better to be safe than sorry.

Because it is still difficult to find superior gluten free products, I thought I would include a couple of recipes so you can try cooking gluten free in the comfort of your own kitchen. I am not a huge advocate of tons of carbs, so this is a one-time only recommendation.

Just a side note, here are a few ingredients that most gluten free chefs stock in their pantry: xanthan gum, brown rice flour and tapioca flour. Other gluten free flours include: bean flours, buckwheat flour, corn flour, nut flours, potato flour, potato starch flour, sorghum flour, soy flour, amaranth, quinoa and millet.

#### GLUTEN FREE RECIPE NUMBER 1 – Chicken Pot Pie

Batter: 2 Cups gluten free flour, 2 tsp. baking powder, 1 cup of dairy free milk, 1 egg, --blend all ingredients in small mixing bowl.

In a separate pan, boil desired amount of chicken, carrots, potatoes, onions, celery, using chicken broth or bouillon for more taste. (I always throw in a little herbs d’provence). Add peas if desired after cooking. Thicken with gluten free flour. Place in a 9 x 13 baking dish and put batter on top. Cook at 350 for 40 minutes.

#### GLUTEN FREE RECIPE NUMBER 2 – Corn Bread Muffins

2 eggs, beaten, ½ rice milk, 4 tbsp. olive oil, 1 cup cornmeal, ½ brown rice flour, ½ cup tapioca starch, 2 Tbsp. sugar, 4 tsp. baking powder, 1 tsp. sea salt. Mix all wet ingredients. Mix all dry ingredients then mix the two together. Bake in muffin pan (or mini muffin pans) at 375% until done.

I hope you enjoy these two recipes, but remember to eat your vegetables and your super foods along with these treats. Also, if you would like to come in for a nutrient analysis we are scheduling new appointments daily. Cost is \$35.00 and this will give you are fantastic overview of your own Bio-Individuality and an accounting of the body systems. Book yours today.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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