

Here are some sources of gluten free food. I have picked the most tasty gluten free food that I have found. At the bottom of this sheet are some suggestions to make your own gluten free food.

1. **Costco**:
 - a. Gluten free crackers by Crunchmaster and Mary's.
 - b. Gluten free smokies and hot dogs.

2. **Community Health**:
 - a. Rice Wraps by Food for Life, Rice bread, Rice/Almond bread by Food for Life are the best prices and the best tasting I think. There are other types of Gluten Free Bread that are more expensive.
 - b. Sprouted Organic Corn Tortilla Taco shells.
(Corn that is not organic is usually genetically modified and will often contain gluten, plus you have the risk of eating genetically modified foods.)
 - c. Wheat free Oats (Regular oats are processed in mills that also process other gluten containing grains.)
 - d. Bob's Red Mill products have very good mixes...try the Pizza Crust mix! Most of their mixes are made from whole grains unlike Kinnikinnik which uses quite a bit of "white" rice flour which is not good for your blood sugars.
 - e. Rice pasta. Two kinds; Tinkyada which is more expensive, but not near as starchy. I like this one. Rizo is the other one, yellow package, it is still good, but more starchy. Note: USE OIL IN THE WATER OF ALL RICE PASTA AND RINSE IN HOT WATER TO STOP FROM STICKING TOGETHER, PLUS DO NOT OVER COOK!
 - f. Variety of baked goods that are gluten free.
Better to make your own, see below for a gluten free flour recipe.
 - g. Frozen pizza crust and other frozen gluten free goods like pies, cakes etc. (The Bob's Red Mill gluten free pizza crust is way better.)

h. Gluten free sauces and dip mixes. Ie. Gluten free Teriyaki sauce, Tamari soya sauce etc.

“Mayacamas” makes great gluten free alfredo sauce mix as well as pesto sauce mix and gravy mixes. Check their soups to see if they are gluten free as well.

3. Local grocery stores like Sobeys, Co-op, Safeway: and your local neighborhood stores will have gluten free sections...look for the bread in the freezer.

4. Lakeview Bakery: “Against the Grain” bread is very tasty. Plus their cheese bread is also good for those who can eat dairy products. You can buy directly from them or at Community Health and other health food stores.

5. Resources:

The following bread recipe is from this website: <http://www.glutenfreecookingschool.com>

Really Good Gluten Free Sandwich Bread (For a large loaf pan.)

1 Tbsp. bread machine yeast

1 Tbsp. sugar

1 ½ c. water (105 degrees or a little less than hot)

3 ½ cups of my gluten free flour mix (The flour mix I use is 2 cups Brown Rice Flour, 2/3 cups Potato Starch and 1/3 Tapioca Starch.)

3 tsp. xanthan gum or guar gum

1tsp. salt

4 eggs (or 9 Tbsp. water and 3 Tbsp. ground flax seed)

1 ½ Tbsp. oil (I like to use sunflower oil.)

1 tsp. cider vinegar

1. Start by combining the yeast and sugar in a small bowl (I use the smallest in my set of three nested mixing bowls). Add the water while gently stirring the yeast and sugar. Let this mixture sit while you mix the rest of the ingredients – bubbles and foam should form if the yeast is happy.
2. Combine the flour mix, xanthan gum and salt in the largest mixing bowl and stir well.
3. In a third bowl, whisk the eggs, oil and vinegar until the eggs are a bit frothy.
4. By this point the yeast mixture should be foamy, so you can pour the two liquid mixtures into the flour mixture. Blend the dough with a mixer for 4 minutes.

Bread Machine Directions:

Scoop your dough into the bread machine and smooth the top of the dough. I bake my bread using an 80 minute setting that allows for 20 minutes of kneading, 18 minutes of rise, and 42 minutes of baking. However, since I don't use the paddle in my bread machine, I'm effectively doing a 38 minute rise and a 42 minute bake. (The advantage of not using the paddle is that you don't end up with a hole in the bottom of your bread.)

Conventional Oven Directions:

Scoop the dough into a greased loaf pan, oil your hands with butter or olive oil and/or use some gluten free flour to powder the outside of the dough so it doesn't stick to your hands when you scoop the dough from the bowl. Allow the dough to rise in a warm area until it is about 1 inch from the top of the pan. Then bake at 375 degrees for 50 – 60 minutes.

Other Notes:

- Try adding flax seeds or chia seeds or sunflower seeds to each batch of bread, about 1 to 2 tbsp per loaf should be sufficient. It will give extra fiber and extra taste!
- The masa harina in the flour mix for this recipe is usually available in the Hispanic sections of most grocery stores. Due to the way it is processed, masa harina is very absorbent and you cannot substitute corn meal or corn

flour. You can purchase masa harina on Amazon.com if it is not available locally.

- If you are allergic to corn I've developed a corn free version of this recipe that uses tapioca starch, almond flour, and guar gum. The recipe is currently available as part of the [Gluten Free Bread 101 class](#)
- If you are allergic to soy, then you can substitute any of the following flours for the soy flour in the flour mix: sorghum flour, garfava flour, or quinoa flour.
- If you are on a dairy-free diet, then you may use soy milk or rice milk. Just make sure that they are gluten free. Water is also a good option.
- If you are allergic to eggs, use the flax substitute listed in the recipe, or follow the instructions on your favorite egg replacement powder. When I use the flax eggs, the bread is usually slightly wetter than otherwise.

Here is another link:

<http://glutenfreegoddess.blogspot.com>

and another:

<http://glutenfree.wordpress.com>

5. [Chocolate Cake...the best recipe I have made!!](#)

Moist Chocolate Cake - gluten free

(This recipe is kid-friendly, gluten-free, and vegetarian)

2/3 cup (160 ml) white or golden quinoa

1 1/3 cups (325) ml) water

1/3 cup (75 ml) milk

4 large eggs

1 tsp (5 ml) pure vanilla extract

3/4 (175 ml) butter, melted and cooled

1 1/2 cups (375 ml) white or cane sugar

1 cup (250 ml) unsweetened cocoa powder

1 1/2 tsp (7 ml) baking powder

1/2 (2 ml) baking soda

1/2 tsp (2 ml) salt

Bring the quinoa and water to a boil in a medium saucepan. Cover, reduce to a simmer and cook for 10 minutes. Turn off the heat and leave the covered saucepan on the burner for another 10 minutes. Fluff with a fork and allow the quinoa to cool

Preheat the oven to 350oF (180C). Lightly grease 2, 8-inch (20-centimetre) round or square cake pans. Line the bottoms of the pans with parchment paper.

Combine the milk, eggs and vanilla in a blender or food processor. Add 2 cups (500 ml) of cooked quinoa and the butter and continue to blend until smooth.

Whisk together the sugar, cocoa, baking powder, baking soda and salt in a medium bowl. Add the contents of the blender and mix well. Divide the batter evenly between the 2 pans and bake on the centre oven rack for 40 to 45 minutes or until a knife inserted in the centre comes out clean. Remove the cake from the oven and cool completely in the pan before serving. Frost if desired. Serves 8 to 16.

Store in a sealed container in the refrigerator for up to 1 week or freeze for up to 1 month.

Frosting: 1/2 cup whipping cream & 6 semi-sweet squares of baking chocolate.

Heat whipping cream & chocolate, stir until chocolate is melted, cool until spreading consistency and pour over cake.