

At Grandma's Pantry, we have many customers asking about gluten-free products. Maybe you or someone you know has this very same need. Studies show that wheat allergies, gluten intolerance, and celiac disease are very common in the United States. It is estimated that about 2 million people have celiac disease – that's about 1 out of 133 people. A gluten-free diet means not eating foods that contain wheat, rye and barley. The gluten-free diet requires a new approach to eating and can be very challenging.

Not long ago, I had the opportunity to visit with friends who have a young adult son with celiac disease. This mother has done much research and has accumulated a large range of recipes that are gluten-free, yet allow for many varieties of "normal" tasty foods. Each meal that we shared together was "gluten-free". Had I not been told, I never would have realized that I was eating gluten-free all weekend.

Because the need is so great, Grandma's Pantry stocks a wide variety of pre-packaged gluten-free foods as well as alternative flours for gluten-free recipes. We also carry snack foods that are gluten-free.

Here are two recipes that Grandma's Pantry would like to share for those who must eat gluten-free. The first recipe is an alternative flour recipe that can be substituted in some recipes where regular flour is required (not all recipes will work, sometimes it takes some trial and error). The second recipe is from my friend and it is her favorite for pizza crust.

Wheat-Free Flour

- 6 cups rice flour
- 2 cups potato starch
- 1 cup tapioca starch/flour

Pizza Crust (12 inch)

- 1 tablespoon active dry yeast
- 2/3 cup brown rice flour
- 1/3 cup tapioca starch/flour
- 2 tablespoons dry milk powder
- 1 teaspoon xanthan gum
- 1 teaspoon guar gum
- 1/2 teaspoon salt
- 1 teaspoon unflavored gelatin
- 1 teaspoon Italian seasoning
- 2/3 cup warm water (110 degrees)
- 1/2 teaspoon sugar
- 1 teaspoon olive oil
- 1 teaspoon cider vinegar

Preheat oven to 425 degrees. Spray a 12 inch non-stick pan with cooking spray. In a medium bowl, using a mixer with regular beaters, blend the yeast, flour, dry milk powder, xanthan and guar gums, salt, gelatin, and Italian seasonings on low speed. Add the water, sugar, oil, and vinegar. Beat on high speed for 1 minute. The dough should be soft. (Add water if necessary, 1 tablespoon at a time.)

Place the dough on the prepared pizza pan. Liberally sprinkle the dough with rice flour, then press the dough into the pan with your hands. Make the edge thicker to contain the toppings.

Bake the crust for 10 minutes. Remove from the oven. Spread the crust with sauce and toppings. Bake 20-25 minutes longer, or until the top is nicely browned.

This recipe is from the book Wheat-free Recipes & Menus, written by Carol Fenster, Ph.D.

All of the necessary ingredients for making these recipes are available at Grandma's Pantry. We also stock a number of pre-packaged gluten-free products from Bob's Red Mill such as bread mix, cookie mix, biscuit mix, pizza dough mix and hot cereals, as well as different types of flours.



Blue Diamond Nut crackers made from almonds, hazelnut and pecans are also available as well as vegetable chips for a gluten-free snack.



For those who want to expand their creativity with other gluten-free recipes, we have Can Gluten-Free Be Tasteful, compiled by Eunice Martin. You can find these products and many more in our store and at our website - www.GrandmasPantryVa.com.

Our desire is to help those who have special dietary needs and restrictions. We will do what we can to fulfill your gluten-free shopping needs. At Grandma's Pantry, we are committed to you, our customer.

“So, whatever you eat or drink, or whatever you do, do all to the glory of God.” (I Cor. 10:31)