

# “FOOD GLORIOUS FOOD”

(As sung by OLIVER in the Broadway musical OLIVER)

“What next is the question?”

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Something a little more serious today. I had a question about **Celiac Disease** and diet. Celiac disease is an immune reaction to eating gluten, a protein found in wheat, barley and rye. I can only add a bit of limited personal knowledge about Celiac.

We have a step-granddaughter who is celiac. She was diagnosed as a child and really has to watch it. Things changed in restaurant kitchens when celiac became a “fad” for dieting. Not as much care was taken and there was cross contamination. She has had a couple of scary episodes. My learning curve came when I put the Wheat Thins on the same plate with the rice crackers. Can’t do that! They never made it to her, whew!

She loves food...so that’s good. I’ve watched her “watch it” vigilantly. She is 29 so has been dealing with this for a long time.

## TIPS:

- Ask lots of questions in restaurants. There are always many acceptable things on the menu.
- Learn to shop around the sides of the grocery. Straight forward protein, fruits and vegetables will never get you in trouble.
- Groceries now have a nice selection of gluten free items. Udi’s bread and more is generally in the freezer section. Even Costco carries many items.
- Locally, we’ve found the best bakery! Epiphany Gluten Free Bakery at 1514 Immokalee Rd. has lots of delicious items. [Epiphanyglutenfree.com](http://Epiphanyglutenfree.com)
- I used to buy several ingredients to mix and bake for her when she was in college. Then I found King Arthur and Red Mill flour with all those strange things mixed in! There are a few more readily available.

## FGF-Gluten Free Lemon Cookies

Exported from MasterCook

### Recipe:

<u>Amount/Measure</u>	<u>Ingredient</u>
1 cup	gluten free baking flour (Red Mill)
¼ cup	sugar
3/4 teaspoon	baking powder
¼ teaspoon	salt
¼ cup	milk
2 tablespoons	olive oil
1 tablespoon	fresh lemon juice
1 tablespoon	lemon zest

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<u>Amount/Measure</u>	<u>Ingredient</u>
Frosting	
3 tablespoons	milk
1 tablespoon	fresh lemon juice
1 cup	powdered sugar

#### **Directions:**

1. Preheat oven to 350-degrees. Line a baking sheet with parchment and set aside.
2. In a medium bowl, whisk together flour, sugar, baking powder, and salt.
3. Add the milk, olive oil, lemon juice and lemon zest and stir to combine. A soft dough should form, but it shouldn't be sticky to the touch.
4. Pinch off about 1T of dough and roll into a ball. Dough will be soft , but it shouldn't be sticky. Place it on the prepared cookie sheet and slightly flatten.
5. Bake the cookies in the over for 12 minutes, the allow to cool completely before frosting.
6. Frosting: In a small bowl, beat together the milk, lemon juice, and powdered sugar until the frosting is creamy and firm.
7. Once cookies are cooled, frost the cookies with the lemon frosting and sprinkle with lemon zest for garnish.

Source: "The Fit Cookie"

**Nutrition Facts:** Per Serving (excluding unknown items): 978 Calories; 31g Fat (27.5% calories from fat); 4g Protein; 179g Carbohydrate; 1g Dietary Fiber; 15mg Cholesterol; 953mg Sodium. Exchanges: 0 Fruit; 1/2 Non-Fat Milk; 6 Fat; 11 1/2 Other Carbohydrates.