

# Regina nutritionist international expert

Tastefully



Margo Embury

**S**helley Case, consulting dietitian and acclaimed North American nutrition authority on celiac disease, was recently a featured guest on the NBC *Today Show* speaking about North America's most under-diagnosed disease. (There was added drama to her New York interview as she was originally scheduled to appear the day of the blackout.)

A valued speaker at medical conferences and dietitians' workshops throughout Canada and the United States, Case has also given many presentations to other health professionals and celiac groups. In addition, she has written numerous articles on celiac disease and the gluten-free diet in professional manuals and journals and in celiac-focused magazines

Case's widely recognized best-seller, *Gluten-Free Diet: A Comprehensive Resource Guide*, provides invaluable detailed information for everyone facing the challenges of eating well, gluten-free and managing celiac disease effectively.

With over 1600 listings for gluten-free specialty foods, and a directory of more than 130 Canadian, American and international companies, Case's *Gluten-Free Diet* is being used by medical experts, dietitians and families with celiac concerns across the continent. *Gluten-Free Diet* also contains practical and creative ideas for meals and snacks, plus shopping guidelines, recipes and baking tips. Gluten-free resource listings include cookbooks,

books, magazines and Web sites.

"This is the book I have been waiting for, to recommend to ALL my patients with celiac disease. It is a MUST READ for everyone who needs a gluten-free diet." *Dr. Cynthia Rudert, MD, F.A.C.P., Gastroenterologist, Atlanta, Georgia*

"Shelley Case's *Gluten-Free Diet* book exceeds expectations. It provides very readable information that is valuable to any person with celiac disease. I advise all my celiac patients to use this book." *Dr. Peter H.R. Green, MD, Clinical Professor of Medicine, Columbia University, New York*

*Gluten-Free Diet: A Comprehensive Resource Guide* is \$21.95, 176 page, and is available at your favourite bookstore, gift or kitchen shop, or contact Centax Books at 359-7580 or [www.centaxbooks.com](http://www.centaxbooks.com).

## Carrot Pumpkin Muffins

*This recipe is moist and delicious. Using applesauce, pineapple and pumpkin reduces the fat and sugar content as compared to traditional carrot muffins or cake.*

- 1 3/4 cups sugar
- 3 egg whites
- 1 whole egg
- 1/2 cup vegetable oil
- 1 cup unsweetened applesauce
- 1 cup puréed pumpkin
- 1 tsp. vanilla
- 1 1/3 cups cooked puréed carrots OR 3/4 cup crushed pineapple
- 3 cups flour mix (rice - 3 parts, potato starch - 1 1/2 parts, tapioca starch - 1 part)
- 1 tsp. salt
- 1 tsp. baking soda
- 2 tsp. GF baking powder
- 2 tsp. xanthan gum
- 1 tsp. ground cinnamon

Combine sugar, eggs and oil, cream until light and fluffy. Add applesauce, pumpkin, vanilla, carrots and pineapple.

Sift dry ingredients together and slowly fold into batter. Spoon batter into paper-lined muffin pans, fill 2/3 full, or into cake pans. Bake at 350°F for 15-20 minutes (muffins) or 25-40 minutes for cake, depending on the size of the cake pans. Cool for 10 minutes. Remove cake from the pan and peel off the paper. **Makes 24-30 muffins or one, 9 x 13" or two, 9" round cakes.**

**NOTE:** Use muffin liners instead of greasing pans (also helps maintain moisture for storing muffins). Use parchment paper (available from kitchen stores and some grocery stores) as the lining on the bottom of cake pans to avoid greasing pans (remove as much fat as possible).

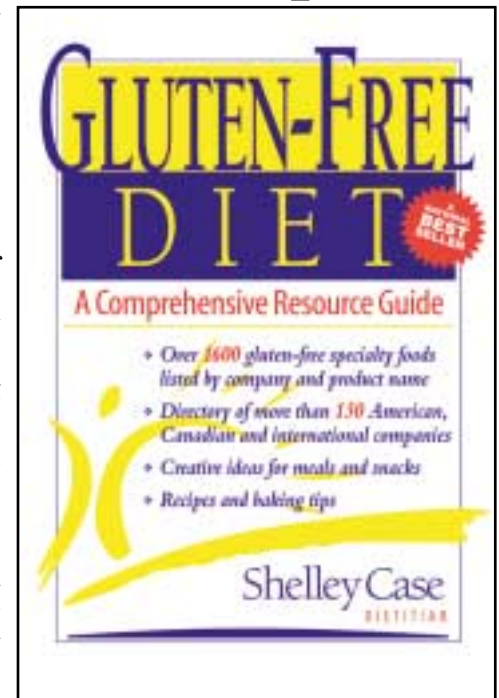
**Variation:** To make just carrot cake, eliminate the pumpkin and use all applesauce (total of 2 cups applesauce).

## Crunchy Granola

*Great for breakfast, as a snack, or it can be used to make granola bars or as a topping for yogurt, ice cream or frozen yogurt or a fruit crisp.*

- 1/2 cup shredded coconut
- 1/2 cup sunflower seeds
- 1/4 cup sesame seeds
- 1 cup chopped nuts
- 1/2 cup chopped dates
- 1/2 cup chopped dried apricots
- 1/2 cup raisins
- hot water
- 4 cups GF corn flakes
- 3 cups GF crisp rice cereal
- 3 tbsp. flax seed meal
- 1/4 cup oil
- 1/2 cup honey
- 1 tbsp. apple juice
- 1 tsp. vanilla
- 1/2 tsp. nutmeg
- 1/2 tsp. cinnamon

Preheat oven to 300°F. Toast coconut, sunflower and sesame seeds and nuts in a shallow pan under the broiler for a few minutes (watch carefully to prevent burning). Remove from the oven, stir and



return to the oven to finish toasting. Remove from oven and cool.

Soak dried fruit in hot water to clean and soften for 10 minutes. Drain. Chop the fruit into bite-sized pieces.

Mix cereals, flax, coconut, nuts and seeds. In a separate bowl, mix oil, honey, juice, vanilla, nutmeg and cinnamon together.

Place the cereal/nut mixture in a large roasting or broiler pan; pour the liquid ingredients over and mix well.

Bake for 1 hour, stirring every 10-15 minutes. Add the dried fruits and return to the oven for last 15 minutes.

Remove the granola from the oven and let it cool. Stir a few times as it cools.

Store in an air-tight container in a cool place (refrigerator or freezer).

**Recipes courtesy of Laurel Hutton, Laurel's Sweet Treats.**