

Banana Donuts!

Makes 18 to 20 mini donuts

1/4 cup rice flour
1/4 cup potato starch
1 tablespoon baking powder
2 tablespoons brown sugar
1/4 teaspoon xanthan gum
1/4 teaspoon salt
1/4 teaspoon cinnamon
1/4 cup ripe banana, mashed
2 to 4 tablespoons milk
1 egg, medium
1 tablespoon vegetable oil



Photograph by Benjamin Schranz

Mix all the dry ingredients well to incorporate. Make a slight indentation in the dry ingredients, add oil and egg, mix a bit, then add the milk in small additions, until a fairly thick batter is achieved.

Using an oiled/greased tablespoon, fill each donut hole with one tablespoon of the batter. Close the unit and lock into place.

Bake for 2-3 minutes. (Time will depend on appliance and recipe.) Remove donuts from the baker and repeat with the remaining batter. Put hot donuts on a wire rack to cool.

**We used an electric donut maker to bake our donuts.
If you do not have one, you can bake them as muffins!
Bake at 350° for 18–20 minutes.**



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Celiac
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MONTHLY

**Gluten-Free
YOU!**

JULY

Am I Weird?

What About the Family?

The Challenge
of Following a Gluten-Free Diet

Do I Need a Plan?

Am I Weird?

Eating food is a very social thing, you may feel like you are “different” when you cannot eat the same foods as everyone else. However, look around – some of your friends may choose to self-limit their diets because they don’t “like” certain foods. Others may have medical conditions which require diet modifications. It may take a while to get used to your new lifestyle, however, by planning ahead and using humor, you are a part of the group. Knowledge is key to asking the best questions that result in risk-free dining. Requiring a gluten-free diet is unique, not weird.

Celiac disease effects 1 in 141 people in the United States, with an estimated 80% yet to be diagnosed.

The prevalence of celiac disease in the United States. Rubio-Tapia A, Ludvigsson JF, Brantner TL, Murray JA, Everhart JE. Division of Gastroenterology and Hepatology, Mayo Clinic, Rochester, Minnesota 55905, USA. Am J Gastroenterology. 2012 Oct;107(10):1538-44.

What About the Family?

It takes time for you and your family to adjust and develop new habits. It is important that the family work together to create a climate that fosters compliance with the new diet.

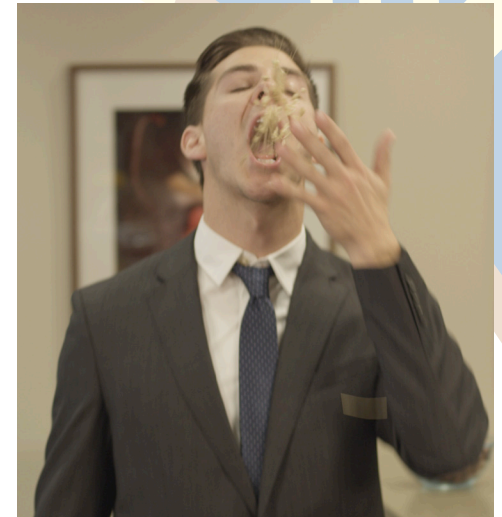
Most people find it simpler to cook for the whole family in the new diet/lifestyle. When everyone is eating the same foods, no one, particularly the children, feels

singled out. It's easier on the cook to prepare one meal for everyone, rather than cook certain foods for the family and special ones for those on a gluten-free diet. (Exceptions might be the commercially produced WBRO-free items and mixes such as pastas, breads, cookies and pastries, which may be more expensive.)

The Challenge of Following a Gluten-Free Diet

Grains are so prevalent in our modern culture, it is difficult to avoid them. They sneak into foods that seem to be completely harmless for those with gluten-related conditions. To ensure that you are not eating any of the offending grain products, become informed:

- » Read food labels
- » Read books and pamphlets
- » Check menus and question chefs and wait staff
- » Call food manufacturers when ingredient sources are unclear
- » Visit www.csaceliacs.org



See our promotional video at www.csaceliacs.org

Do I Need a Plan?

A self-management plan is the key to successful gluten-free living. It is important that you discover the level of **risk** you are willing to take. Zero risk is the most conservative interpretation of the WBRO-free diet. This choice avoids *all* items containing wheat, barley, rye, common oats, their crosses and derivatives in product, processing, and packaging. Products that are totally free of WBRO

from initial ingredients through processing and final products are the only risk free choices for optimal health. A growing number of products meet the strictest WBRO-free. For the newly diagnosed, zero risk is the best way for optimal healing. Then, one can take the time to develop a personal risk management program.

**You are in control.
It is up to you!**

“Happiness depends on ourselves.”

—Aristotle