



My Gluten Free NJ

www.myglutenfreenj.com

VOLUME 1, ISSUE 1

SEPTEMBER 2009

PIZZA PLACES:

- ▽ **Morgano's
Pizza in
Middletown**
- ▽ **Carlo's
Gourmet in
Marlboro**
- ▽ **Edison
Pizza
Restaurant**
- ▽ **Giuseppe's
Pizza &
Restaurant
in Cedar
Grove**
- ▽ **Neils
Pizzeria in
Wayne**

For more places to find great Gluten Free Pizza check out the website!



Finding Everything Gluten Free in NJ

**Welcome to
My Gluten Free New Jersey.
www.myglutenfreenj.com**

This site was developed by a Nutritionist with Celiac Disease and someone who shares the life of a Celiac. Both know the importance of maintaining a Gluten free diet for good health and wanted to make the gluten free lifestyle easier for others.

On MyGlutenFreeNJ you'll find links to Restaurants, Support Groups, and more. There's an interactive map where you can just click and go!

There's even a special section on the best Gluten Free pizza in every county in New Jersey.

If you love to cook check out our recipe section for great dinner and dessert ideas. We'd love to post your recipe, too. Just email us and we'll get it up on the site as quick as possible.

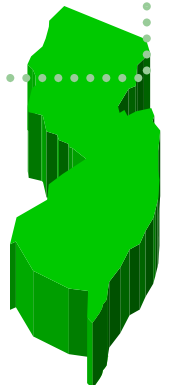
Planning a party? We'll tell you who caters a Gluten Free menu. There's even a section on Gluten Free Alcohol.

Come on in, take a look around and find the best things Gluten free in New Jersey.



What's an Interactive Map???

On our main page you'll find a link to "**Map of GF Restaurants**". Click the link and you'll find a map of New Jersey with little icons of forks and knives. When you click on one of the icons the name and address of the restaurant in that location will pop up. It's easy to find your Gluten Free way around the New Jersey with such a great interactive map!



Handling Parties...

Most times an invitation to a party is a great thing, but Celiacs have to worry about what to eat. Here's some tips that make it easier.

1. Eat before you go. It's easier to face a room full of food if you're not hungry.
2. Pack a meal and take it with you. Make it something really good so you don't feel deprived.
3. Offer to bring a dish to the party. Then you know there's at least one dish you can eat safely. (Make sure you serve yourself first to avoid cross contamination.)
4. If the party is at a restaurant call ahead to see if they have a Gluten Free menu. **But remember eating out is always risky.**



Free to be ~
Gluten free

FACTOID:

Most **WINE**

COOLERS

are just

flavored beer.

Read the

label!

Recipe Corner...

SHANNON'S CHOCOLATE CHIP COOKIES

1 cup Butter (to cut the fat substitute apple sauce!)

1/2 cup White Sugar

1 cup Packed Brown Sugar

1 tsp Vanilla Extract

2 Eggs

2 1/2 cups GF All purpose Flour

1 tsp Baking Soda

1 tsp Salt

2 cups Semi-Sweet Chocolate chips.

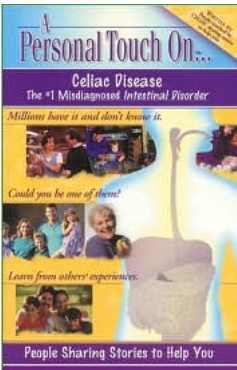


1. Preheat oven to 375 degrees F
2. In a large bowl, cream together butter and sugar until smooth.
3. Beat in vanilla and eggs one at a time.
4. Combine Flour, baking soda and salt in a separate bowl. Stir into sugar mixture.
5. Mix in Chocolate Chips.
6. Drop by tablespoons onto ungreased cookie sheet.
7. Bake for 8 to 10 minutes or until edges are golden brown.
8. Remove from baking sheets and cool on wire racks.

Check out more recipes at~
Www.myglutenfreeNJ.com

***Book Review Corner ***

A PERSONAL TOUCH ON CELIAC DISEASE



People sharing stories to help each other.

Although this book came out in 2004 it's still a favorite. Inside the you'll find real people who tell their story of how they searched for answers to various symptoms and how it led them to a diagnosis of Celiac Disease. These stories are familiar, informative and inspiring . A great read for both experienced Celiacs and those who are new to the lifestyle. There are lots of tips and tricks for day to day living with Celiac Disease. It let's you know you are not alone. There are millions out there living with the same issues you have had to deal with in your search for answers. You can find this book on Amazon or Barnes and Noble or various other booksellers on the net.

Happy Reading!

NATURAL AWAKENINGS MAGAZINE

Looking for the best in living natural? Check out Natural Awakening's Magazine. This magazine targets living a healthy, well rounded life by supplying you with a variety of articles covering things like Green living, Fitness, Healing and Healthy kids.

The September issue includes articles on Yoga, Motivation and how Color effects us. There's also a special conversation with inspirational speaker, Wayne Dyer.

CHECK IT OUT TODAY!

Find the latest issue on news stands now or check out their website at <http://www.naturalawakeningsmag.com/>



GO FREE!



Soy free, Dairy free, Vegan and best of all GLUTEN FREE! A wholesome, delicious snack bar that's fairly new to the market. I found mine at Shop Rite near the health/protein bars. Cost of about \$1.59 or so, it was sold in singles. 170 calories, 5g fat, 27 total carbohydrates, and 9g protein.

This bar is very chocolaty and a good thing to reach for when you have the crunchie munchies. Allergen information states it's also made in a plant that uses tree nuts and peanuts.

Although probably not a great choice for weight lifters because there's only 9 grams of protein this is still a great tasting snack to curb hunger between meals.

On Weight Watchers it's 3 points.



Kid's Corner

One of the hardest things I learned when going Gluten Free was that Play doh was had Gluten in it. I loved Play doh! It was so unfair!

But never fear! The Celiac community has stepped up and given us some recipes for Gluten Free Play-dough. Here's one of the more simple ones.

All you need is a few simple ingredients and a couple of kids to help with the mixing.

The most important thing is to have some fun!

Ingredients:

1 pound box Baking Soda

1 cup Cornstarch

1 1/4 cups Cold Water

Directions:

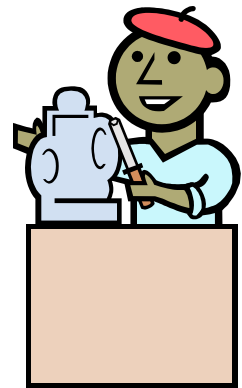
Mix the Baking Soda and Corn Starch.

Add water and cook (Cooking for Adults only!) over medium heat

10-15 minutes. (You want the texture like Mashed Potatoes.)

Put on a plate and cover with a damp cloth until cool.

Hint: Unsweetened Cool Aid can be added for color.



Great Gluten Free Fall Snack ideas:

1. Macintosh Apples! Always best during the fall. These can be included in the lunch box with a small container of peanut butter, pancake syrup or yogurt for dipping.
2. Cut strips of GF lunch meat and cheese with Gluten free crackers.
3. Slices of cheese with Gluten free pizza sauce.
4. Small container of Gluten Free cereal.
5. Fresh strawberries or blueberries in a plastic container.

Remember to check all brands used to make sure they are Gluten Free.