

Homemade gifts they'll thank you for (and mean it)!

easy eats

GOOD TO BE GLUTEN FREE

November/December 2011

MORE THAN

43

ALL-NEW RECIPES
TO MAKE THE
SEASON BRIGHT



*The Holiday
Dinner You've
Dreamed of*

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STUFFING, COOKIES & CHEESECAKE
(NO GUILT, NO SETTLING, NO STRESS!)

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Click on the Recipe Index and tap any photo to go right to the recipe.



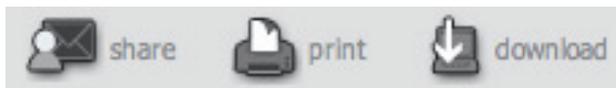
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 Stephen Scott Gross
 Food Styling by
 Kate McDermott

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Welcome to the *Easy Eats* December Gift Giveaway!

Visit EasyEats.com daily throughout December to enter for your chance to win gifts from your favorite gluten-free brands. Check out the calendar below for each day's prize.

Amazing Grass

25 gift baskets valued at \$50 each and filled with Amazing Meal packets and a Green SuperFood Protein Bar.



01

Anderson Seafoods

10 gift cards valued at \$50 each. Choose from a large selection of fresh, frozen and prepared entrées.



02

Applegate Farms

10 gift baskets valued at \$50 each and filled with cured meats, like salami, prosciutto and pepperoni.



03

Pestos with Panache

10 pesto gift boxes valued at \$25 each and 2 deluxe gift tins, including pesto, pasta and a pair of tongs.



04

Attune Foods

10 gift boxes valued at \$50 each and filled with Erewhon cereals and Attune Probiotic Chocolate Bars.



05

Canyon Bakehouse

10 gift boxes valued at \$50 each and filled with bread, including Cinnamon-Raisin and San Juan 7-Grain.



06

Crunchmaster

20 gift boxes valued at \$50 each and filled with a sampling of multi-grain crackers.



07

Frontier Soups

10 gift baskets valued at \$50 each and filled with hearty soups and dip mixes.



08

Bakery on Main

10 gift bags valued at \$56 each and filled with a sampling of granola bars and fruit-and-nut Truebars.



09

Organic Valley

10 gift cards valued at \$50 each. Choose from a large selection of organic products.



10

Pamela's Products

10 gift boxes valued up to \$70 each and filled with cake mixes, cookies, aprons, measuring cups and more.



11

Wholly Guacamole

25 Guac for a Year gift packages, valued at \$144 each.



12

The Real Deal All Natural Snacks

10 gift boxes valued at \$50 each and filled with snacks, including multi-grain tortilla and real veggie sriracha chips.



13

Riceworks

10 gift boxes valued at \$50 each and filled with chips in every flavor variety, including sea salt and sweet chili.



14

Purely Elizabeth

10 gift boxes valued at \$27 each and filled with Ancient Grain Granola Cereals.



15

San-J

10 totebags valued at \$50 each and filled with organic gluten-free tamari travel packs and Asian salad dressings.



16

Shiloh Farms

10 gift boxes valued at \$54 each and filled with items, including organic whole raw almonds and organic maple sugar.



17

Tillen Farms

10 gift boxes valued at \$50 each and filled with items, including maraschino cherries, spicy beans and spiced asparagus.



18

SoyJoy

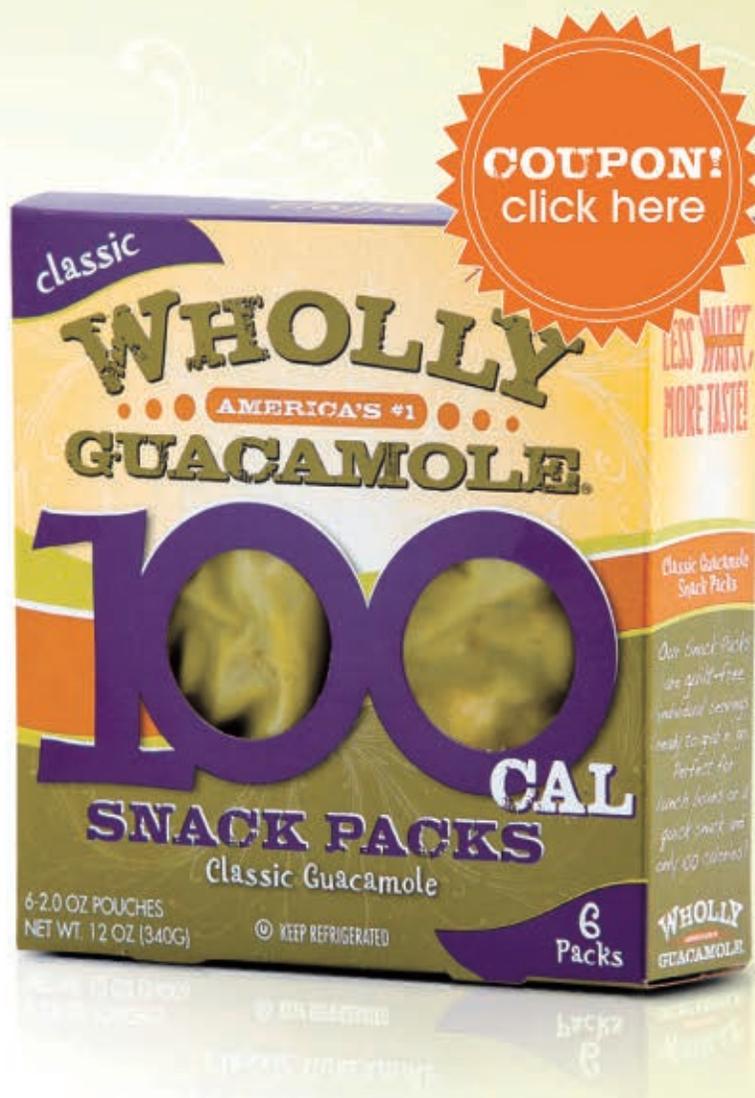
10 gift boxes valued at \$52 each and filled with every flavor variety of baked whole soy and fruit bars.



19

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GOOD TO BE GLUTEN FREE

EDITORIAL

Silvana Nardone

EDITOR-IN-CHIEF

@SilvanaNardone

Paperwhite Studio

DESIGN DIRECTION

@paperwhite_nyc

Stephen Scott Gross

PHOTOGRAPHY DIRECTOR

Barbara Hauley Kempe

COPY CHIEF

Betsy Butler

RESEARCH EDITOR

Lauren Bailey

FOOD STYLIST

Rose Seamens

PROP STYLIST

Amy Howard

EDITORIAL ASSISTANT

IN THIS ISSUE

Photography by

Stephen Scott Gross

(except where noted)

CONTRIBUTING WRITERS

Dan Ahern, Shauna James

Ahern, Jen Cafferty, Zoë

François, Amy Green, Jeff

Hertzberg, M.D., Kate

McDermott, Jeanne Sauvage,

Jen Turner

RECIPE TESTERS

Rachel Ballard, Samantha Blaszyński, Kirstin Boncher, Dawn Buckingham, Sharon Cicardo, Beth Drayer, Jen

Duncan, Tabitha Ellett, Rose Gullede, Lorena Hill, Victoria Hopcroft, Rachael Hutchings, Tighe Hutchins,

Juliet Kurth, Anna Labadie, Elaine Locke, Kate McMurry, Carrie Meszaros, Molly

Miller, Erin Morris, Nicole Morris, Valeria Necchio, Abby O'Keeffe, Amie Sue Oldfather, Adina Marguerite Pease,

Michelle Rossi, Cathi Russell, Carolyn Schaefer, Rachel Shaterian, Marla Simon, Kayci Sterzer, Betty Swanson, Betsy Templeton, Monica Weaver, Sheryll Ziemer

ADVISORY BOARD

Alice Bast

Founder and president, National Foundation for Celiac Awareness (NFCA)

Susan Blum, MD, MPH

Founder, Blum Center for Health; Assistant Clinical Professor in the Department of Preventive Medicine at the Mount Sinai School of Medicine

Alice Domar, PhD

Executive Director, Domar Center for Mind/Body Health; author, *Be Happy Without Being Perfect*

Keri Gans, MS, RD, CDN

Author, *The Small Change Diet*

Danna Korn

CEO, Sonic Boom Wellness, GlutenFreedom and R.O.C.K. (Raising Our Celiac Kids); author, *Living Gluten-Free for Dummies* (2nd edition)

Sarah Rivkin, MS, LAc

Chinese medicine practitioner and acupuncturist; integrative gynecology instructor at Pacific College of Oriental Medicine

Stephen Wangen

Chief Medical Officer, IBS Treatment Center; author, *Healthier Without Wheat*

Donielle Wilson

Executive Director, New York Association of Naturopathic Doctors (NYANP)

ADVERTISING & BUSINESS

Amie Valpone

PUBLISHER & MARKETING DIRECTOR

Joel Wooten

BUSINESS MANAGER

Ellen Spiller

HUMAN RESOURCES DIRECTOR

Frank Wooten

DATA & ANALYSIS

Adam Hegedus

WEB & TECHNOLOGY

Laura Rowett

INTERN, PUBLISHING

Have a question or comment?

Please contact us at

info@easyeats.com.

The information in *Easy Eats* is for entertainment purposes only and is not meant to be a substitute for medical advice and care. Please consult a qualified health-care professional if you have any medical questions or concerns.



HOLIDAY WISHES

Nearly five years ago, the holiday season was right around the corner when my son Isaiah was diagnosed with intolerances to gluten and dairy. As the cook (and baker) in the family, I was overwhelmed with pressure that I put on myself to make the perfect meal and to have a beautiful table bursting with all of Isaiah's favorite dishes and desserts. I did my best, as any parent would.

Looking back, I wouldn't wish that stress on anyone. So let's say goodbye to that escapable pressure and hello to the holidays once again. Together, we can change our own expectations starting right now.

This year, you and your family will eat whatever you crave — double-crusting pies, decorated cut-out cookies, loaves of bread, mounds of stuffing and flaky biscuits. And everything will look—and taste — incredible. So much so, people will ask you where you put your gluten-free dish. That's because no one will be able to tell the difference. And neither will you.

From our family to yours, we wish you the happiest of holidays!

Silvana Nardone
Editor-in-Chief

Send me questions and comments at silvana@easyeats.com

The *Easy Eats* Gift Giveaway!

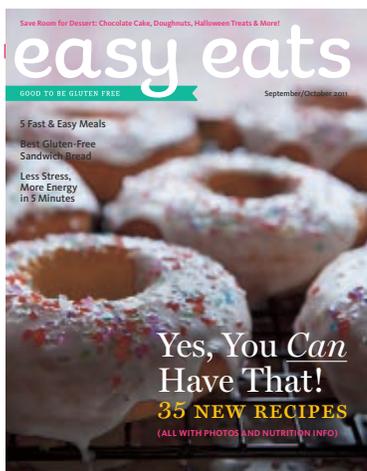
We're giving away 230 gifts starting Dec. 1. Come back to EasyEats.com for your chance to win free gifts all season long!

SAY ANYTHING

EMAIL

I love, love, love *Easy Eats*! I've been waiting for something like this for years. The best part? I didn't feel like I was reading a gluten-free magazine. The recipes are wonderful, and the photography is outstanding! I can make the recipes at home without special ingredients or making substitutions — and the recipes are from all of my favorite food bloggers, which was such a treat. I didn't have to surf through a bunch of different websites to find great recipes. The release of *Easy Eats* made my day. I can't wait to start cooking tonight!

—April Mastroluca



I just subscribed for the free issue and tried to read some of it. I started with the doughnuts as I miss the occasional doughnut in my life. I read the recipe, but it called for Silvana's Gluten-Free All-Purpose Flour Blend and yet there was no recipe that I could

see. Perhaps being able to click on the words "flour blend" might have been helpful. I offer this feedback only because I thought it might be helpful. Good luck to you!

—Judy Shaper

Hi, Judy,

Thanks for writing. All you need to do is click on the interactive button to get the recipe. You can also find every recipe from all of our issues in our Recipe Vault.

This is a great digital magazine! Having a young daughter who not only suffers from celiac disease, but Type 1 diabetes, I really liked the recipes in the magazine. However, the nutritional info should be better. For example, the Sloppy Joe Pie on page 70 says 15 carbs per serving. But there's no indication of what the serving size is. Can you please fix this? —Trevor Trachsel

Hi, Trevor,

You're right. We're sorry for any confusion, and we want our readers to know exactly what they're eating in every bite. We will definitely be more thorough in future issues.

I took a peek at the magazine this morning and it looks amazing. Please let Silvana know that she has made a huge difference in the life of our family and we are so very grateful. Wishing you all the greatest success and joy with this new magazine! —Karla Rizzuto

Can I substitute an equal amount of gluten-free flour blend for the quantity of flour required in my "pre-celiac" cake and muffin recipes? They usually ask for 1 to 1 ½ cups of flour. Thanks for your help. —Leah Schreiner

Hi, Leah,

Most gluten-free flour blends can replace gluten-full flour 1 to 1. Just read labels carefully. You can also use Silvana's Gluten-Free All-Purpose Flour Blend, which does what you're looking for.

FACEBOOK

We are drooling! I keep calling the kids over: "Look at the doughnuts!" "Look at the chocolate cake!" "Mommy, make it. Make it NOW!" Thank you, *Easy Eats* :-)

—Trish Nicolas

Easy Eats is a wonderful resource for anyone living gluten-free, but the positive, joyful outlook really makes it stand out from the field. Congrats! —A Baking Life





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I'm so happy for all of you as you launch your magazine and look forward to the next two years of my subscription! I've thoroughly enjoyed your first issue — the photography is breathtaking!
—Lee Miller

Loving my first issue! Chocolate Cake with Salted Caramel Sauce is going to be my birthday cake this year!
—Anne Marie Freitas

So far, I've made the Chocolate Devil's Food Cupcakes, Roasted Vegetable Pasta and Fried Chicken Potpie Poppers and I've loved ALL of them! My daughter loved them, too. YAY!
—Jeni Mosel

Even if you don't worry about being gluten-free, your recipes are delicious!!!!!! I love the idea of getting this magazine digitally. What a great concept!
—Kelly Heavener

TWITTER

Almost 10 years #glutenfree and I'm FINALLY ready to try from-scratch gf baking, thanks to [@easyeatsmag](#). Wish me luck! —[@gfbird](#)

Yay! more gr8 #Gfree info! RT [@TheHealthyApple](#): Check out [@easyeatsmag](#) Just launched 1st issue of our online #glutenfree magazine! Enjoy —[@JulesGlutenFree](#)

[@easyeatsmag](#) This is now my favorite gluten-free magazine. The best one I have read to this day!
—[@ahealthfullife](#)

we made ur #glutenfree donuts from [@easyeatsmag](#) YUM!
—[@HealthyJasmine](#)

#GF #glutenfree Chicken Poppers by [@SilvanaNardone](#) from [@easyeatsmag](#) for dinner tonight
—[@kevaatwood](#)

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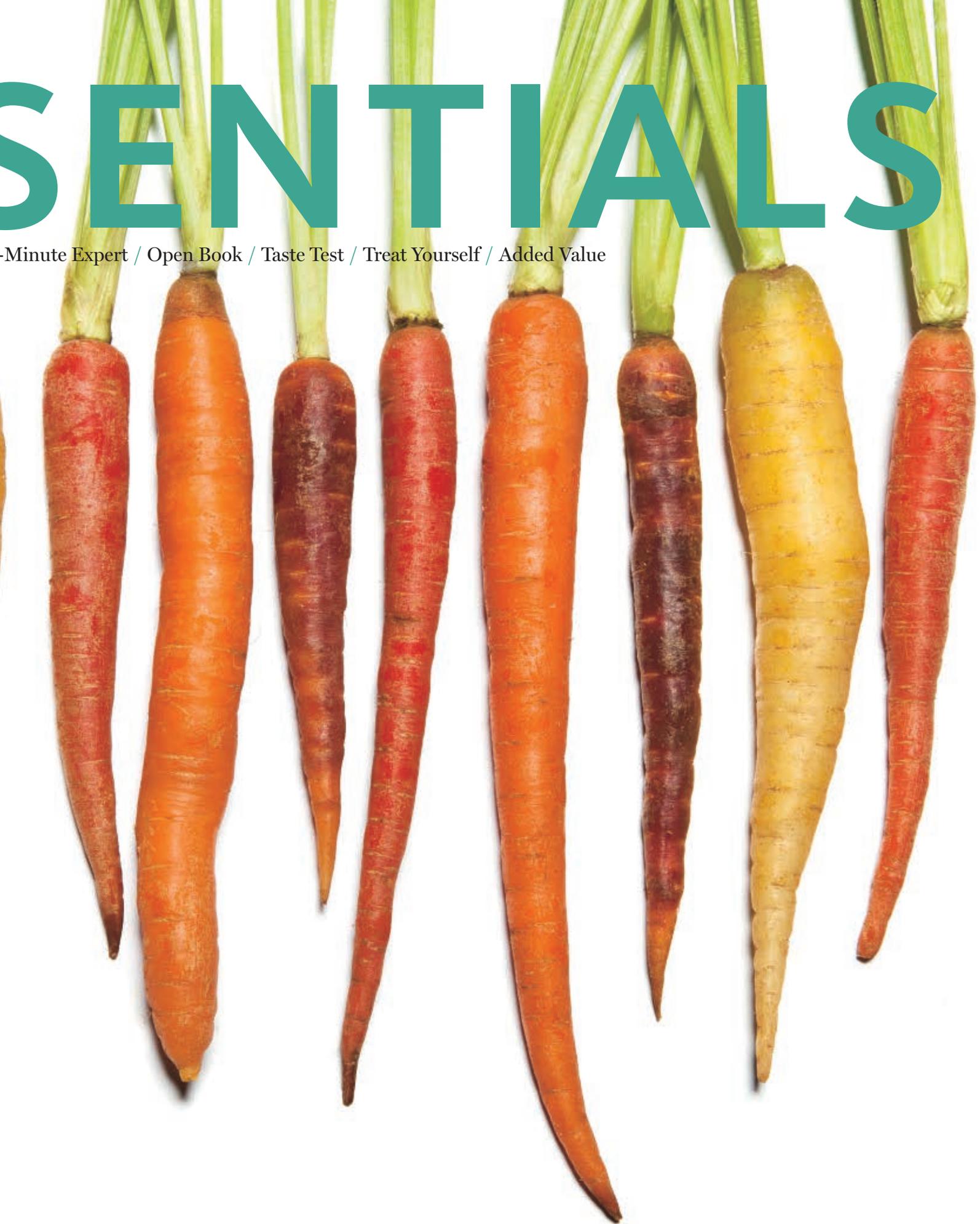
WHAT'S NEW IN FOOD, HEALTH AND HOME

Fresh Start / Natural Beauty / 5-



SENTENTIALS

Minute Expert / Open Book / Taste Test / Treat Yourself / Added Value



FRESH START

Carrot-Potato Latkes

Carrot Top

We all know the crunchy, orange standby is great for holiday crudites or for tossing into soup, but this versatile veggie can do so much more. So, why not count on the humble carrot to lighten up your latkes?

—AMY HOWARD



BUY Peak season for carrots may be late fall, but since they're grown worldwide, you'll find them year-round. Look for carrots that are firm, smooth and bright in color. If you get carrots with green tops attached, make sure they're brightly colored, feathery and unwilted.

STORE Keep carrots in a plastic bag or wrap them in paper towels in the coolest part of the fridge. Carrots should keep for up to two weeks.

GOOD TO KNOW Carrots have more beta carotene than any other vegetable.

WHERE IN THE WORLD?

The carrot is a root vegetable originating in Afghanistan more than 2,000 years ago. They were historically purple, red, white and yellow.

BEST FOR SNACKING

Traditionally, baby carrots were a variety bred to mature when small. These days, the "baby" carrots you find in supermarkets are actually regular carrots that have been cut down to size. Enjoy plain or with your favorite dip.

FUN FACT The world's longest carrot ever recorded was nearly 19 feet long, while the world's heaviest carrot weighed in at more than 18 pounds, according to the World Carrot Museum.



Instant Gratification

10 ways to enjoy carrots now:

1. Stir shredded carrots and orange wedges into Jell-O before it sets. Serve with whipped cream.
2. Toss shredded carrots, raisins and walnuts with a dressing of orange juice, olive oil, cumin, cilantro and salt.
3. Add shredded carrots and raisins to your favorite oatmeal cookie dough.
4. Sauté sliced carrot rounds for 5 minutes, then stir in equal amounts of butter and brown sugar until melted.
5. Add chopped carrot greens to soups or salads.
6. Make carrot chips: Peel and cut carrots into thin rounds, toss in olive oil and sprinkle with sea salt. Roast at 350° until crispy, about 30 minutes.
7. Add shredded carrots to tuna, chicken or potato salad.
8. Stir mashed, roasted carrots into hummus.
9. Wrap shredded raw carrots and zucchini, cooked chicken and gluten-free Thai Peanut Sauce in a lettuce leaf.
10. Stir shredded carrots into potato pancakes before frying (see opposite page).

Nature's Pharmacy

The season's produce isn't just delicious — experts believe it can make you feel better, too.



Butternut Squash

This popular veggie is low in saturated fat and sodium, and rich in complex carbohydrates.



Cauliflower

Cauliflower has about the same amount of potassium as a banana with just a quarter of the calories.



Cranberries

These berries contain bacteria-blocking compounds that can help prevent UTIs, ulcers and gum disease.



Endive

This white-leafed vegetable can help fight depression and contains the amino acids tyrosine and phenylalanine, which help fight food cravings.



Kumquats

Unlike its citrus family, this fruit is eaten peel and all. It contains vitamin B-complex, which metabolizes fats, carbs and proteins.



Pumpkin

Not just for Halloween, pumpkins are high in fiber: Just one half-cup serving contains 5 grams of fiber.



Sweet Potato

This edible root can help your skin stay young, thanks to the powerful combination of beta-carotene, Vitamin C and storage proteins.



Grapefruit

Grapefruits can help you lose and maintain your weight, due to their enzymes and high fiber and water content.



Tangerine

Distinguished by its loose, easily peeled skin and sweet juicy flesh, tangerines contain more antioxidants than oranges.



Chestnuts

Unlike other nuts, chestnuts are low in calories and rich in folates. Foods rich in folic acid are important for women who are pregnant.



Rutabaga

High in vitamin C and potassium, this root veggie reduces bad cholesterol. Choose firm rutabagas with yellow or tan-colored skin.



Fennel

Low in calories and rich in vitamin C, Potassium and fiber, fennel is a natural aid against constipation and water retention.



Papaya

Easily digestible, papaya contains the digestive enzyme, papain. The ripe fruit can also prevent nausea.



Dates

Dates help with constipation and other intestinal disorders, but did you know they can also help cure a hangover?



Collard Greens

One cup of greens offers more than 70% of your daily need for vitamin C and can ease symptoms of menopause.



Brussels Sprouts

Get a nutritional punch with 1 cup, which provides 147% of the daily value for bone-strengthening vitamin K.

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NATURAL BEAUTY

SIMPLIFY YOUR ROUTINE WITH THIS THREE-STEP PLAN:

1. A mild wash with Cetaphil in the morning and before bed.
2. A daily facial moisturizer with SPF 15 every morning (365.25 days a year!).
3. An SPF 30 sunscreen on all sun-exposed skin if you plan on being in the sun for a prolonged period.

Skin Deep

Keep your skin healthy through winter with these no-nonsense tips and easy skin care routine. Dermatologist Adarsh Vijay Mudgil, shares his 3-step plan.

What's the best way to detox our winter-exposed skin?

The key is always prevention — sunscreen. This is particularly important in places that are always exposed to the sun, like the face, neck and hands.

If you could do just one thing to improve skin health, what would it be?

Use sunscreen every day!

If you could buy just one skincare product, what would it be?

A daily facial moisturizer with sunscreen.

What exercise can people do to improve skin health?

The skin is our largest organ, so any exercise is good for overall skin health.

What foods can you eat to improve skin health?

Foods rich in antioxidants, like beans, berries and artichokes.

True or false? Drinking eight glasses of water a day improves skin health.

True!

DOCTOR'S ORDERS Dr. Mudgil's Favorite Products



CETAPHIL DAILY FACIAL CLEANSER
This cleanser's non-irritating formula is designed to gently remove dirt and makeup without leaving skin feeling dry. (\$8.49 for 8 fl. oz.; cetaphil.com)



OIL OF OLAY COMPLETE ALL DAY MOISTURE LOTION SPF 15
This non-greasy formula contains UVA and UVB protection, vitamin E and aloe, which gives your skin moisturizing ingredients. (\$8.99 for 4 fl. oz.; olay.com)



NEUTROGENA ULTRA SHEER DRY-TOUCH SUNBLOCK SPF 30
This lightweight, fast-absorbing sunblock is enriched with antioxidant vitamins A, C and E. (\$9.49 for 3 fl. oz.; neutrogena.com)



CERAVE FACIAL MOISTURIZING LOTION PM
This nighttime moisturizer helps repair damaged skin and never leaves you feeling greasy. (\$12.99 for 3 fl. oz.; cerave.com)

How Can I Beat the Cold and Flu Season?

5-MINUTE EXPERT

Feel great fast with these easy healthy-living tips from our experts.

STICK TO THE BASICS

You've heard it before: Wash your hands and get a good night's sleep. There's plenty of research to support the effectiveness of handwashing in reducing how often people get sick. "We pick up germs from other people and objects we touch," explains Dr. Susan Blum. So, when is it most important to wash your hands? "Right before eating meals and snacks," says Dr. Blum. As far as sleep goes, she advises a minimum of 7 hours per night to help keep Cortisol, the potent immune-suppressing stress hormone, in balance.

EAT YOUR GREENS

"I never get sick. I believe this has to do with nutrition and exercise," explains nutritionist Danna Korn. So what should you eat? Green, leafy veggies are some of the best foods to maintain a healthy balance. If you can't get enough in your diet, Korn recommends "taking greens," preferably in a liquid or powder form. As for exercise, regular exercise is important for boosting your immune system, but listen to your body. "Overdoing it can have the opposite effect," adds Korn. "Stressing your body will weaken your immune system."

SOUP UP

Staying healthy during the winter season starts with a nutritious diet. "Make a big pot of soup full



of hearty lentils and colorful veggies," advises Alice Bast. "I refrigerate any leftovers in individual serving sizes, that way I have a healthy lunch or dinner at the ready all week!"

LIVE WITH THE SEASONS

Acupuncturist Sarah Rivkin suggests adjusting your habits to live in harmony with seasonal changes. "During late fall and winter, I moderate my level of physical activity—less hot sweaty exercise, more time for meditation and breath practices." The same is true for food: Choose warmer foods, like soup, over cold or raw ones.

WALK OFF STRESS

People who are stressed are five times more likely to catch a cold or the flu than people who are feeling more relaxed and less anxious. One of the best ways to decrease stress is exercise. If you look at the data, exercise is a wonder-entity. "The type of exercise you do doesn't matter," explains Dr.

Alice Domar, who likes to walk her younger daughter to school every morning and take longer walks with her husband several times a week. What's important is that you move your body as frequently as possible. "We walk unless it's pouring or below 15° outside," adds Domar. "I don't want to jinx myself, but I haven't gotten the flu since 1983 or a cold for the past two years."

CLEAN UP YOUR DIET

Keep your immune system running efficiently by reducing your intake of foods that suppress healthy function. "Start by identifying and avoiding food allergens, especially IgG-type food intolerances," says Dr. Donielle Wilson. Then, reduce sugar to a minimum and don't drink more than one or two alcoholic beverages a week. For an extra boost, take Triple Flu Defense, a homeopathic remedy for kids and adults that helps the immune system fight off viruses.

Words to Cook By

Besides 300 gluten-free, dairy-free recipes, here are some of the tastiest bits from legendary author Barbara Kafka's new cookbook, *The Intolerant Gourmet*.

Many of us are intolerant of bad food, ersatz food, and poor cooking. Despite my problems and my character, I have found that I can cook excellent food and, on my way to this happy present, I have learned a great deal about the art, theory, and practice of using unfamiliar ingredients and making things that are delicious.

I think the hardest thing about going on a gluten-free diet was being deprived of sandwiches... What I missed most were very American things: a street-cart frankfurter, a tuna sandwich.

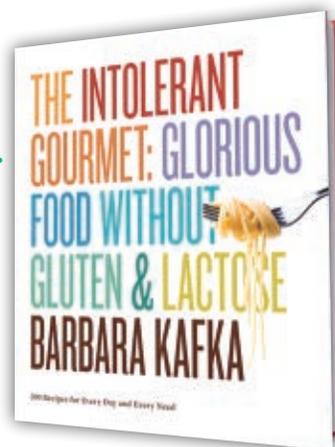
A compensation has been the exciting discovery of grains that were unfamiliar to me although ancient in history. I have fallen in love with pre-rinsed quinoa, teff, and millet.

Balance is critical in ingredients, flavors, colors, and even temperature.

Though many of the best wheat-free pastas are Italian, many are made in other countries. Look for the noodles — not pastas — that are Asian and traditionally made from rice or mung beans.

During World War II, my contribution — unwilling — to the war effort was taking care of a brood of chickens... It didn't seem to make them any friendlier that I was feeding them twice a day.

Use seasonings as one would any other spice in the kitchen. Taste and invent.



Chestnut Doughnut Holes



MAKES 35

PREP TIME 5 min

COOK TIME 10 min

½ cup chestnut flour

¼ cup plus 1 tablespoon coconut milk

1 egg, separated

Vegetable oil, for frying

Sugar, for coating (optional)

Raspberry Sauce, for serving

Chocolate Sauce, for serving

1 In a 4-quart saucepan, heat a 3-inch depth of oil over medium heat until it registers 300° on a candy thermometer. While the oil is heating, in a medium bowl, combine the flour, coconut milk, ¼ cup water and the egg yolk. In another medium bowl, whisk the egg white until it forms stiff peaks. Fold the egg white into the chestnut batter, then set the bowl aside.

2 Making sure the oil temperature stays at 300°, drop 1 teaspoon of the batter at a time into the oil using a heat-resistant slotted spoon. Fry for 30 seconds, then flip over and fry for 20 seconds, until golden. Transfer to a paper-towel-lined plate. Toss with sugar, if using. Serve the doughnut holes with the dessert sauces.

Recipe adapted from *The Intolerant Gourmet* by Barbara Kafka (Artisan Books, 2011).



Flour Power

Naturally gluten-free flours have been around for centuries. We've handpicked 20 versatile and flavorful ones to get you started. —**AMY HOWARD**

ALMOND

Taste light, nutty
Texture fine
Best for baking and pastries
One to Buy
Honeyville Farms
(\$9.99 for 16 oz.; honeyvillegrain.com)

AMARANTH

Taste slightly sweet
Texture fine
Best for use as a thickener in roux, sauces and gravies
One to Buy
Zócalo Gluten-Free Amaranth Heritage Kiwicha Flour (\$11.97 for 1 lb.; zocalogourmet.com)

BROWN RICE

Taste slightly nutty
Texture heavier than white rice flour
Best for gluten-free flour blends
One to Buy
King Arthur Flour
(\$8.95 for 32 oz.; kingarthurfLOUR.com)

GARBANZO BEAN

Taste beany, nutty
Texture fine
Best for replacing brown rice flour in recipes
One to Buy
Bob's Red Mill Garbanzo Bean Flour (\$3.49 for 22 oz.; bobsredmill.com)

BUCKWHEAT

Taste strong, earthy
Texture coarse
Best for pasta and breads
One to Buy
Arrowhead Mills Buckwheat Flour
(\$5.49 for 32 oz.; arrowheadmills.com)



SORGHUM

Taste mild
Texture fine
Best for gluten-free flour blends
One to Buy
Dakota Prairie Organic Gluten-Free Sorghum Flour (\$7.63 for 5 lbs.; dakota-prairie.com)

SWEET RICE

Taste sweet, nutty
Texture sticky
Best for using in small quantities in baking to add chew or as a thickener
One to Buy
Koda Farms Mochiko Blue Star Brand Sweet Rice Flour (\$1.35 for 16 oz.; kasakoda.com)

TAPIOCA

Taste neutral
Texture superfine
Best for gluten-free flour blends to add structure, as a thickener and for coating foods for frying
One to Buy
Shiloh Farms Tapioca Flour (\$3.29 for 16 oz.; shilohfarms.com)

WHITE RICE

Taste neutral
Texture superfine
Best for gluten-free flour blends and as a thickener
One to Buy
Authentic Foods Superfine White Rice Flour (\$11.60 for 3 lbs.; authenticfoods.com)

SOY

Taste mild soybean flavor
Texture heavy
Best for replacing sorghum or amaranth flour in recipes
One to Buy
Arrowhead Mills Organic Soy Flour (\$4.19 for 22 oz.; arrowheadmills.com)

COCONUT

Taste mild coconut flavor
Texture fine
Best for breads, pancakes, muffins, cookies and cakes
One to Buy
Tropical Traditions
Organic Coconut Flour (\$11.99 for 2.2 lbs.; tropicaltraditions.com)



CORN

Taste mild corn flavor
Texture fine
Best for replacing a portion of corn meal in recipes
One to Buy
Bob's Red Mill Gluten-Free Corn Flour (\$3.49 for 24 oz.; bobsredmill.com)



FAVA BEAN

Taste nutty
Texture fine
Best for replacing brown rice flour in recipes
One to Buy
Bob's Red Mill Fava Bean Flour (\$8.39 for 24 oz.; bobsredmill.com)



OAT

Taste rich, nutty
Texture chewy
Best for replacing half of the brown or white rice flour in recipes
One to Buy Simpli
Gluten-Free Whole Oat Flour (\$4.95 for 12.35 oz.; livesimpli.com)



POTATO

Taste nutty
Texture starchy
Best for using in small quantities to add body or as a thickener
One to Buy EnerG Pure
Potato Flour (\$4.65 for 16 oz.; ener-g.com)



MESQUITE

Taste sweet, nutty, slightly smoky
Texture slightly grainy
Best for breads, biscuits and pizzas
One to Buy
The Mesquiteria All-Purpose Velvet Mesquite Flour (\$8 for 8 oz.; mesquiteflour.com)

CHESTNUT

Taste sweet, nutty
Texture superfine, powdery
Best for baked goods and pasta
One to Buy
Nuts Online Chestnut Flour (\$7.99 for 16 oz.; nutsonline.com)

MILLET

Taste mild, sweet, nutty
Texture soft
Best for breads and baked goods
One to Buy
Dakota Prairie Organic Gluten-Free Millet Flour (\$7.09 for 5 lbs.; dakota-prairie.com)

QUINOA

Taste slightly nutty and bitter
Texture grainy
Best for breads and muffins
One to Buy Ancient
Harvest Organic Quinoa Flour (\$6.99 for 18 oz.; quinoa.net)

TEFF

Taste slightly nutty
Texture grainy
Best for breads, muffins, cookies, pancakes and pizzas
One to Buy Nuts Online
Teff Flour (\$4.99 for 16 oz.; nutsonline.com)

Get Crackin'

Next time you're preparing a cheese platter or reaching for a midday snack, you'll want these crackers on hand. We taste-tested more than 50 types of crackers from the supermarket and online. Here's how the competition stacked up. Serve these winners with your favorite spread, cheese or straight up — they're that good. —**AMY HOWARD**





BEST MULTIGRAIN
Crunchmaster

“You can hear the crunch,” said one taste tester. Another said they loved the light, wafer-thin texture and “slightly sweet soy sauce” flavor. (\$3.79 for 4.5 oz.; crunchmaster.com)



BEST OAT
Gluten Free from NYC

Taste-testers loved this handmade cracker’s oat flavor. “It’s like comfort in a cracker,” explained one tester. (\$25 for 48 crackers; etsy.com/shop/glutenfreefromNYC)



BEST RAW
One Lucky Duck

“I like that they’re raw and still taste great,” said one tester, “and the crunch was a nice surprise.” Another noted, “It’s a cracker I can feel good about.” (\$13.50 for 4 oz.; oneluckyduck.com)



BEST TABLE CRACKER
Glutino

“They have a classic flavor,” one tester described. Taste-testers loved the “simplicity” of these crackers. “They’re versatile, which is what I need,” said another. (\$3.99 for 7 oz.; glutino.com)



BEST LEGUME
Mediterranean Baked Lentil Crackers

Testers agreed, “These taste just like pita chips!” They also loved their “rustic” flavor. (\$3.99 for 4.5 oz.; mediterraneansnackfoods.com)



BEST NUT
Blue Diamond Nut Thins

“This is the perfect snacking cracker,” one tester cheered. Another defined them as, “the best stacking cracker for cheese, especially with its nutty taste.” (\$3.39 for 4.25 oz.; bluediamond.com)



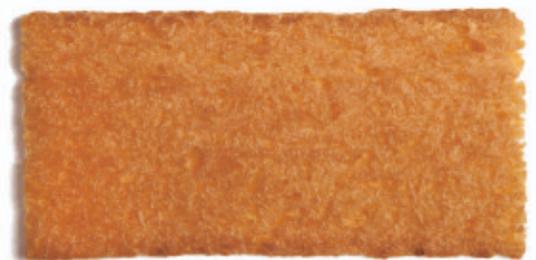
BEST SWEET
Chocolate Brownie Skinny Crisps

These crackers are “sinfully rich” with a great chocolate flavor.” One tester confessed, “I could call this dessert.” (\$5.99 for 5 oz.; skinnycrisps.com)



BEST CHEESE
Schar Cheese Bites

“These cheesy snacks remind me of goldfish crackers from back in the day,” said one tester. “They’re perfect for snacking or making a party mix.” (\$6.99 for two 4.4 oz. bags; schar.com)



BEST CRISPREAD
Natural Nectar

Taste-testers agreed that these had a “nice airy crunch.” One tester said, “I’ll use them for bruschetta,” adding, “I like that they’re low in calories, too.” (\$4.29 for 3.5 oz.; natural-nectar.com)

Homemade Holiday

This season is all about giving, so why not whip up one of these from-scratch treats and package it as a one-of-a-kind gift they won't find at any store. —**AMY HOWARD**





Hot Chocolate Mix

SERVES 24

PREP TIME 5 min

3 cups dry milk powder

1 cup cocoa powder

$\frac{1}{4}$ teaspoon salt

1 cup sugar

1 cup mini chocolate chips

1 cup mini marshmallows



1 In a large bowl, whisk the milk powder, cocoa powder and salt. Pour into a 2-quart canning jar, then layer in the sugar, chocolate chips and marshmallows. Leave enough room at the top to shake together the ingredients.

2 Attach a card with these instructions: Shake the jar well, then stir 3 tablespoons Hot Chocolate Mix into a mug of boiling water or hot milk.



TREAT YOURSELF

Cranberry-Cornmeal Pancake Mix

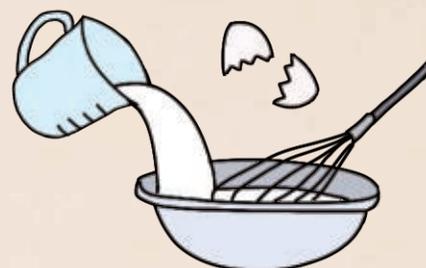
SERVES 4 **PREP TIME 5 min** **COOK TIME 10 min**

- ¾ cup rice flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2 ½ cups cornmeal
- 1 cup dried cranberries

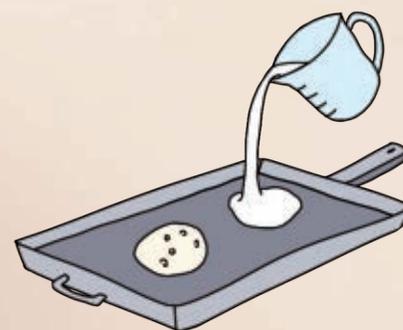
In a small bowl, whisk together the rice flour, baking powder, baking soda and salt. In a 1-quart canning jar, pour in the cornmeal, rice flour mixture and cranberries. Attach a card with the instructions, at right.



1 Pour the contents of the jar into a large bowl and stir to combine.



2 In a medium bowl, beat 2 eggs and add 2 ½ cups buttermilk. Pour into the dry ingredients and stir to combine.



3 Lightly grease a griddle over medium heat. Drop about ¼ cup of the batter onto the griddle and cook until bubbling, about 2 minutes. Flip and cook for 2 minutes more. Repeat with the remaining batter.

Raw Sugar Manicure Scrub

PREP TIME 5 min

½ cup raw sugar

½ cup almond, coconut or olive oil

¼ cup vegetable glycerin

1 to 2 drops essential oil (optional)



① Pour the sugar into a 4.5-ounce glass jar.

② In a small bowl, combine the oil, glycerin and essential oil, if using, and pour into the jar.

③ Cover and decorate as desired. Attach a card with these instructions: Massage a quarter-size portion into your hands, rubbing gently for about 30 seconds. Rinse with warm water.





ADDED VALUE

Shop Around

Get everything you need for the holidays with our annual *Easy Eats* Gift Guide—wrapping paper included (see below).

—JEN TURNER

LoopWrap's eco-conscious paper uses soy inks on 100% post-consumer recycled paper.

(\$10.80 for three 20" x 30" sheets; supermarkethq.com/product/loopwrap-drawing-series)

FUN

Chalk It to Me

Stashing cash just got cuter with this pigmented ceramic piggy bank that lets you write inspirational savings goals — or just doodle.

(\$85; ladiesandgentlemenstudio.com)



FOR KIDS

EXPRESS YOURSELF

Illustrator Marion Deuchar's clever interactive coloring and activity book will entertain the kid in everyone. With a bit of imagination, you'll have fun while learning some art history along the way.

(\$14; amazon.com)

TRAVEL

BACK TO BASICS

The low-tech John's Phone goes old school for a more energy-efficient experience you'll appreciate anywhere in the world.

(\$195 for Bar Gold; aplusrstore.com)



APOTHECARY

Aroma Therapy

CB I Hate Perfume will change the way you think about perfume, with names like Crushed Fig Leaf, Mr. Hulot's Holiday and the new Where We Are There Is No Here. (\$85; cbihateperfume.com)



FOOD

SPIN THE WHEEL

Now you can identify what's in season in your hood with this easy-to-use Local Foods Wheel. Stick it on your fridge to remind you to eat local.

(\$13; localfoodswheel.com)

ADDED VALUE

DIY
**DRAFT
DODGER**

Keep cozy by blocking cold air at the foot of your door with this make-your-own Sew a Snake kit.

(\$34; curiosityshoppeonline.com)



FOOD
**SWEET
DREAMS**

Baker Jana Keith-Jennings has reinvented how sweet life is with her handmade line of organic, fair trade, refined-sugar-free, vegan treats baked at low temperatures. Our favorite: Chocolate-Vanilla Cream Sandwiches.

(\$12 for 8 cookies; sweetbyjana.com)



GARDEN

Folk Stories

These vibrant-colored, hand-painted watering cans will brighten up your home with imaginative, ornate folk art.

(\$79; jalidesigns.com)



FOR HER

**Vintage
Goods**

Brooklyn designer Erin Considine's limited-edition eco-friendly Palsa necklace has a handbraided silk cord and vintage elements. (\$315; erinconsidine.bigcartel.com)



HOUSEWARES

Light House

This sleek Skipper Pewter Oil Lamp, with its stable base and warm glow, is designed for function.

(\$100; danforthpewter.com)



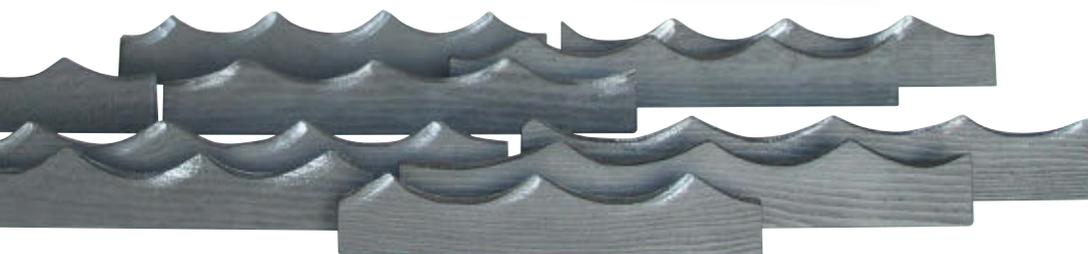
DIY
Sound Stage

Put together this four-string ukulele, then make it your own with fun decorative patterns. (\$40; uncommongoods.com)

ART
Sculpture Park

Keep Matt Leavitt's tiny Jizo statues nearby as a Zen reminder of courage and optimism.

(\$25 for one 2.5-inch statue; jizo.etsy.com)



ART
RIDE THE WAVE

Soothe your mind with this douglas fir Staring at the Sea desktop meditation sculpture.

(\$40; curiosityshoppeonline.com)

FOR ANYONE
TAKE NOTE

Brush up on your writing skills with these handmade Jenny Pennywood patterned notebooks.

(\$24 for a set of 3; etsy.com/listing/82668310/limited-edition-notebook-collaboration)



PLAY
Surf's Up

Stash Danny Hess' handplane in your backpack and get ready for a rad ride.

(\$160; molluskssurfshop.com)



ADDED VALUE



HOUSEWARES

Just the Flask

This curved Wentworth pocket-size pewter flask is a nice throwback to English steelmaking tradition.

(\$68; kaufmann-mercantile.com)



FOR EVERYONE

You're So Money

Hand-dyed wallets with brass rivets from Death and Texas will hold more than your dollar bills.

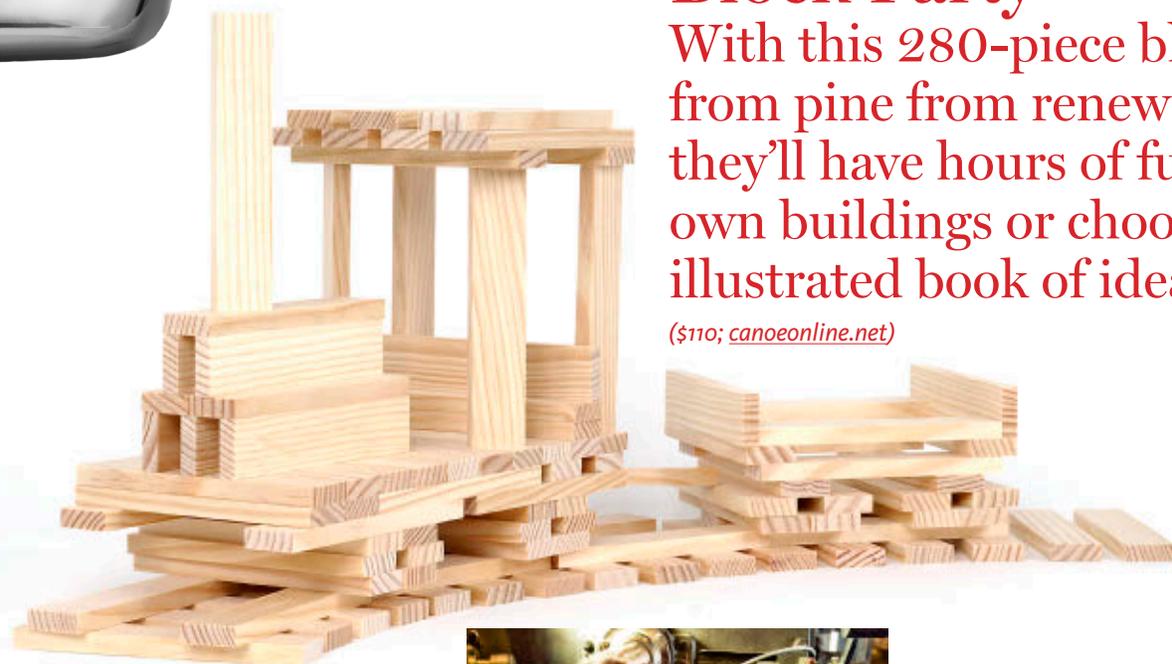
(\$85; brookfarmgeneralstore.com)

FOR KIDS

Block Party

With this 280-piece block set made from pine from renewable forests, they'll have hours of fun creating their own buildings or choosing from an illustrated book of ideas.

(\$110; canoeonline.net)



FOOD

COFFEE TIME

Get exclusive single-origin, micro-lot coffees delivered to your doorstep with a subscription to Four Barrell Coffee, where the singular vision is to find the best beans that will produce the best cup of coffee.

(\$175 for a 6-month coffee subscription; fourbarrelcoffee.com)



KITCHEN

Portion Control

Design House Stockholm's Pipette oil and vinegar set makes dressing salad a cinch with its built-in single-serving dropper. (\$59; huset-shop.com)

"I NEED TO MAKE AN APPETIZER IN 10 MINUTES!"



When you have a Vitamix® machine on your countertop, you've got more than help in the kitchen. You've got endless possibilities. See amazing video demonstrations, additional recipes (many **gluten free**), and shop for a Vitamix at vitamix.com/ownavitamix.



ADDED VALUE



FOR HER

Soy to the World

Light up any room with these delicately-scented soy wax candles in citrus and pepper, cedar moss and wisteria lilac.

(\$34; saipua.com)



FOR HER

The White Stuff

Designer Saskia Diez's foldable, lightweight travel bag is made of durable, waterproof Tyvek. Its surface is treated with a silk screen finish, which develops a unique crinkled appearance over time.

(\$190; lagarconne.com)

GARDEN

CARRY ALL

This handcrafted gardening basket, made of chestnut and willow from sustainable resources, is a Sussex original. (\$115; labourandwait.co.uk)



HOME

Raise a Glass

These simple, nested glasses from France have an understated yet practical design, perfect for everyday use.

(\$18 for a set of 6; mightynest.com)





INDULGE WITH GLUTEN [and guilt] FREE SNACKING

With more and more gluten-free products being added to grocery store shelves every day, it can be more overwhelming than ever to find great-tasting options that meet your unique dietary needs. In fact, according to the market research group, Packaged Facts, the U.S. market for gluten-free foods and beverages is projected to exceed \$5 billion by 2015.

SO WHAT'S A GLUTEN-FREE GIRL TO DO? ESPECIALLY WHEN SHE'S SUFFERING FROM A SNACK ATTACK?

Enter riceworks®, a line of whole grain brown rice crisps that are gluten-, cholesterol- and wheat-free; contains no MSG, preservatives or trans fat; and is vegan- and celiac-friendly. What began as a quest by one of the largest rice growers in California to create a unique snack has evolved into one



Enjoy riceworks right out of the bag, but for a twist, try your favorite snack at mealtime with these delicious [recipes](#).

of the most trusted gluten-free snacks on the market today. These whole grain brown rice crisps have even been praised by the likes of [O, The Oprah Magazine](#), [Rachel Ray](#), [Real Simple](#), and [Health](#) magazine.

Riceworks are available in Sweet Chili, Sea Salt, Salsa Fresca, Tangy BBQ, Parmesan Tomato and Sea

Salt and Black Sesame. They are sold throughout the United States, Canada and Great Britain.

While riceworks fans recognize these whole grain brown rice crisps as “sinfully delicious,” this gluten-free snack still offers guilt-free enjoyment, and is an ideal solution for your daily struggle between good and evil snacking.

In fact, riceworks has recently launched a Facebook app allowing consumers to release their snacking guilt. When consumers visit the riceworks Facebook page, they can confess their snacking sins via Webcam, by uploading a video or submitting text. And don't worry; everyone's snacking sins will be secret – users are able to conceal their identities. With a clear conscience, confessors receive a coupon for \$1 off a bag of riceworks to help stave off the next snack attack.



You can help others confess their snacking sins by sharing your confession with your Facebook friends and Twitter followers, and help spread the word that riceworks®—Tastes Evil, But Isn't™.

For more information, please visit riceworks.com

CONFESS YOUR SNACKING SINS ▶