

gf Jules™

Hello, I'm

Gluten Free



From renowned
GF expert
Jules Shepard

NEW TO
GLUTEN
FREE
e-Book



gf Jules.com

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gf Jules™ Going Gluten Free

(Let's get a few things out of the way first!)

So, you're embarking on the adventure of living gluten free? Excited? Scared? Annoyed? Depressed? Whether this decision was dictated to you by a medical diagnosis, or whether you're taking your health into your own hands and kicking the gluten-free tires, what you need to know, right now, is that it's never been easier to live gluten free. The number of sources of information, and the edible offerings at even mainstream grocery stores is mind-boggling, when compared to even just two years ago. In other words — you can do this!

One thing you should know about my approach to living gluten free, however: you've got to be all-in (or, more accurately, all out...as in, all of the gluten in your life has to go). Debates about 10-parts-per-million vs.

20-parts-per-million aside, you must strive to eliminate gluten at every opportunity. As easy as it is now to substitute gluten-free foods for your favorites, gluten still lurks in many, many products; some you'd never imagine.

Plus, if you think you can sneak a beer or a piece of pizza now and then, and somehow still derive all of the benefits of a gluten-free diet, you can just close this e-book right now, and find another source of information. It doesn't work that way. With celiac disease, whether you feel the repercussions of that little bit of gluten you let slip by or not, *it is damaging your body*. With gluten sensitivity, we don't even know enough about the medical condition yet to know for sure how much small amounts of gluten damage the body, so why take the risk?

A note about using this e-book.

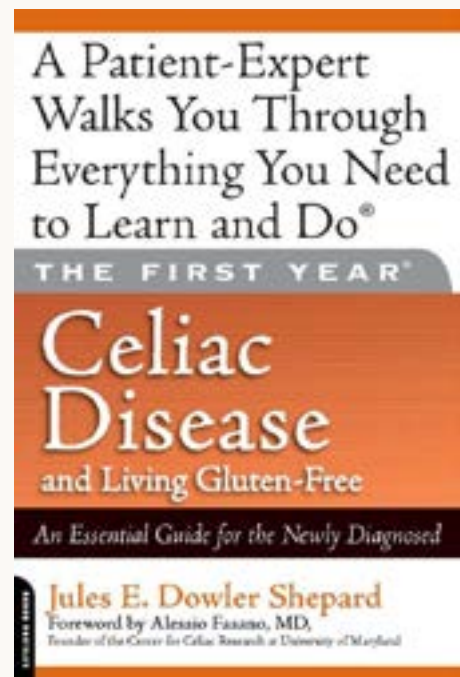
Throughout this ebook, I provide links to other sources of information and inspiration. Clicking a link will open a separate window, taking you to the article, resource or recipe that will provide more in-depth information. Closing the window will land you right back on the page you were on. **Easy!**

Once you know what happens inside a body that's adversely affected by gluten, you shouldn't want to have anything to do with any amount of it. Think of gluten as a poison, if you will, that should be avoided at all costs. And, if you've noticed improvements in your health and well-being since going gluten free, imagine that your body is actually healing, beginning the sometimes long road back to "normal." Why on earth would you want to thwart that recovery in any way? Listen to your body; if it's thanking you for eliminating gluten, keep it up!

So, since you're reading this e-book, I'm assuming that you have your reason for deciding to live gluten free. Good. There's your motivation. So let this e-book help make your transition to living gluten free easier and more successful, starting *right now!*

An Essential Guide

If you want to know more, my second book, **The First Year: Celiac Disease and Living Gluten Free** is a comprehensive reference/guidebook with much more detail about gluten, celiac disease and gluten intolerance, testing, and many, many more aspects of making a complete and successful transition to living gluten free.



Identifying Gluten

Your success will hinge, in no small part, on your becoming expert at identifying the many, many (many) sources of gluten in the food and foodstuffs available to us.

Let's start with the basics. Gluten is a protein found naturally in wheat, barley and rye. It's also found in grains from the same grass family, with names like semolina, triticale, and spelt. Watch out for the following grain products, as well:

- Bread or bread products containing wheat flour like breading, coating mixes or Panko
- Barley Malt
- Bulgur
- Couscous
- Durum
- Einkorn
- Emmer
- Farina
- Farro
- Graham Flour
- Kamut
- Kashi
- Malt
- Matzo/matzah
- Modified Food Starch made from Wheat
- Orzo
- Seitan

Note:

If you have been diagnosed with celiac disease, consult your doctor before eating any oats. Most physicians recommend that celiac patients introduce gluten-free oats in moderate amounts only after their bloodwork indicates that their celiac disease is under control.

You might have heard that oats contain gluten, but they don't. In nature, oats are gluten-free. However (and it's a big however!) oats are contaminated by gluten-containing grains during their growing, harvesting and processing when done in the same facility and on the same equipment with these gluten-containing grains. Thus it is essential that you only eat oats that are certified gluten-free, including certified **GF instant oats from gfJules Gluten-Free™**.

Look for "Certified Gluten Free" on products to easily assure you of the product's safety. These symbols or words usually indicate that the manufacturer has had its products independently tested and certified by an outside group, proving their commitment to protecting your health. In the end, your health depends on your diligence though, so do your homework about manufacturers and their certifications to ensure that the faith you invest in others to make your food gluten-free is well-placed.



Read All About It

According to new federal law, wheat, but not gluten, barley or rye, must be called out or named on a food label. Manufacturers may label their products as gluten-free if they contain less than 20 ppm gluten, but they don't have to.

What does that mean for you when you're grocery shopping? Just because a product does not say "gluten-free" on the label, it may still be gluten-free (think bananas, yogurt, or rice crackers); just because it doesn't say it contains wheat on the label, doesn't necessarily mean it is gluten-free.

Tricky, yes, but if you commit to reading the ingredient label, you should be able to figure out whether the product is naturally gluten-free or not. When in doubt though, leave it out.

To get you started, here's a short list of products and ingredients that may contain gluten.

- Bread crumbs
- Brown rice syrup
- Candy & some chocolates
- Cereals
- Chewing gum (may be dusted with flour before being wrapped)
- Communion wafers
- Croutons
- Cured pork products
- Dextrin (if made from wheat)
- Drink mixes
- Flavored coffees & teas
- Flavorings or seasonings
- Gelatin products/salads
- Glue
- Hydrolyzed Vegetable Protein (HVP)
- Hydrolyzed Plant Protein (HPP)
- Imitation seafood or bacon
- Licorice
- Lipstick/gloss
- Malts & milk shakes
- Malt (flavoring)
- Modified starch & modified food starch
- Nutritional supplements & vitamins
- Pasta
- Playdough (if ingested)
- Processed meats
- Sauces (soy sauce, teriyaki sauce, gravy, marinades etc.)
- Self-basting poultry
- Soba noodles
- Soups & broths (canned & cubes)
- Starch
- Stuffing & dressing
- Texturized Vegetable Protein (TVP)
- Thickeners (roux)

A Note on Food Labeling:

The FDA is in the process of creating regulations to standardize gluten-free food labeling. Stay in touch with the latest labeling news by checking in periodically with the [American Celiac Disease Alliance](#).

But Wait, There's More

The list above is in no way exhaustive. It's illustrative of the omnipresence of gluten, and the importance of your questioning everything. Oh, and that's just food. You should also look for gluten in your **medications**, in your **cosmetics**, and in your **household cleaners**.

I list none of these to scare or discourage you, but if there's a chance you could ingest something, YOU need to ensure it's free from gluten (in the form of an ingredient or due to contamination in its processing).

Home is Where The Heart (of the Matter) Is

As you are hopefully starting to realize, gluten can be almost anywhere. The single best way to ensure the purity of the foods you eat is to control as many variables as possible. For many, that means preparing and enjoying more meals at home (it's certainly possible to travel, date or eat out, though – I address these later in this e-book). But from a cost, health and safety standpoint, you simply can't beat taking matters into your own hands, and cooking more meals at home.

Pantry Raid!

This isn't the kind of quest of the late-night-munchies variety. This is a thorough going-over (and donating to a local food bank, perhaps!) of all things that might even contain trace amounts of wheat and/or gluten.

If you're endeavoring to run a split household, with some family members eating gluten free and others not, you should at a minimum segregate gluten-free foods and ingredients from gluten-containing ones. Side by side works, with labeled shelves (just like a store) or plastic bins, so there's no ambiguity. If top and bottom segregation works better, MAKE SURE the gluten-free stuff is on top, as gluten-containing crumbs and flour can spill out of its packaging and fall onto your gluten-free foods!

A Toast(er) to Going Gluten Free!

I'm not a big fan of how disposable our society has become. But when it comes to trying to clean a toaster, versus buying a new one for \$15 to ensure my health, it's a no-brainer. Visualize the crumbs in the bottom of your toaster. Just imagine the gluten lurking there! Donate your old toaster or relegate it for use by the gluten-eating members of your household. And loudly and clearly proclaim that the new toaster is to toast gluten-free foods ONLY! It'll be \$15 well spent.



Put The Squeeze on Double-Dipping

Replacing jars of condiments with squeezables is a simple way to avoid contamination from the last gluten-covered knife that someone dipped into the mustard.

But peanut butter and bread spreads will need clear usage instructions for other members of your household. **ONE PASS** only with a fresh knife. If they didn't get enough apple butter for their toast on the first pass, they **MUST** get another knife. Same holds true for peanut butter, where crumbs from a double-dipped knife will lay in wait to contaminate your next sandwich. Safest bet: buy two of everything, and clearly mark the gluten-free ones as off limits to everyone else. (It can be fun to not have to share!) Check out companies like KiDecals and Gluten-Free Labels for fun stickers to help you identify items that are GF and those that are not!



Have Your Pans Gone to Pot?

Compromised non-stick and other cooking surfaces aren't a good idea in any household. In a gluten-free one, these scratches and chips can harbor gluten. At the least, they need to be thoroughly cleaned and sanitized to rid them of lingering gluten—and this must be done after every gluten-containing cooking adventure.

If you can afford to, now might be the time to justify buying new versions of the cookware and utensils you use most. And then clearly marking with bright duct tape or other indicator, that this is the gluten-free cookware! Space permitting, having two sets of pots, pans and utensils is simply safer. If not, your newfound diligence needs to dictate storage, use and cleaning of all the things you use to create meals!



gf Jules™ Baking With Purpose

Flour Power

As you start to plan and make more of your meals at home, you'll need a very essential ingredient. A go-to, never-fail resource that will allow you to confidently plan your meals and serve up food that, ideally, no one would know is gluten-free. Finding a versatile all-purpose gluten-free flour will simplify your life considerably.



I created gfJules Gluten-Free™ All Purpose Flour to be just that. To replace the wheat-based flour of your past, while allowing you to use it—without compromise—in all of your recipes. My flour is a specialized blend of 5 premium certified gluten-free flours, plus xanthan gum (the “glue” that replaces gluten’s elastic properties), whose combined properties closely mimic those of wheat flour. By allowing you to substitute my flour for those called for in traditional recipes, you’ll have one less thing to worry about in preparing delicious gluten-free meals.

In the world of gluten-free, there are several pre-blended “all purpose” gluten-free flours to choose from, but because each individual GF flour has such unique properties, each blend of flours will perform quite differently. If you try one with an aftertaste, another that is gritty, another that requires you to add extra liquid, or another that makes your baked goods too dense, don’t give up hope!

I promise you that gluten-free doesn’t have to be that way. Those results were what drove me to create my blend, so I didn’t have to compromise with the results and I could serve my GF foods for everyone at the table!

As always, read labels, and determine if the utter convenience of having some of these flours available at your local grocery store is worth the “funky” taste (as many people describe them) that they impart. Or if trying to mask those off-putting textures or tastes with extra butter or sugar is really the best solution for your family’s health.

You will also come across people espousing the use of different flour mixtures for every different kind of recipe. I have not found that to be necessary at all. With the right flour—one that performs like the gluten-filled flour of your past—you can be a one-flour household, just like old times.

In the end, the decision on which and how many flours you use is yours. But finding the one(s) that works for you, in all of your recipes, is such a time and money-saving blessing, that I urge you to do it as soon as possible! And keep plenty on hand so you can reach for the container and get baking whenever you need!

In your gluten-free journey, you’ll undoubtedly frequent many gluten-free sites with intriguing recipes. Good for you! Just remember to read the recipes carefully, as many of these recipes will call for xanthan gum, for example. If you’re using my flour, or another that already contains xanthan gum, you won’t want to add more of that expensive ingredient. Also, compare recipes. If the recipe calls for bean flour, it probably also has more butter or sugar in it to mask that taste. If you want to substitute with my flour instead, you may also need to decrease the oil, butter or sugar in that recipe, since it won’t be needed to mask the bean aftertaste. See more [recipe conversion tips](#) on my blog!

Having a great all-purpose gluten-free flour you can depend on, recipe after recipe, is key to planning and executing meals with confidence—and success. Here are some more ideas to boost your confidence in the kitchen! Stocking your kitchen and your newly thinned out pantry with go-to foods and ingredients will keep the momentum going.

Start With Your Faves

You and your family already have favorite meals, so these are the natural place for you to start—by simply replacing any gluten-containing ingredients with the ever-expanding collection of gluten-free ones.

Breakfast

Start adding gluten-free cereals to your shopping list, from the big, name brands, to the smaller ones catering to the gluten-free community. Also for breakfast, stock up on gluten-free frozen waffles, bagels and instant grits or certified gluten-free oats. Don't forget pure maple syrup, yogurt, and plenty of fresh fruit!

Lunch

Replace favorite midday sandwiches with ones made with homemade or store-bought gluten-free bread. **WARNING:** there are lots of breads to choose from, and many won't measure up to your standards. Don't lose hope! Others are quite tasty, and you can always bake your own delicious fresh sandwich bread!

Please do consider baking your own bread. It's really not half as difficult as it may seem. It's a matter of having the right ingredients and following directions. The rewards are many, from the aroma that fills your home to the moist, hearty goodness of that first warm slice. Mixes like my **Jules Gluten Free™ Bread Mix** eliminate some of the hassles, and there are recipes aplenty on many websites.

Another option is to make your own **gluten-free flour tortillas**. There are some new brands on the market, but if you can't find one to suit your tastes, my recipe is super easy and definitely delicious! I recommend making extra and freezing them so you always have a wrap for a sandwich, taco or burrito!

As far as what goes on the sandwich, always read labels to determine if lunchmeats (yes, lunchmeats) contain gluten (some do!). Most cheeses (unprocessed), jellies, jams, hummus, and peanut butter are gluten-free, as are, obviously, fresh peppers, avocados, lettuce, cabbage, sprouts and the like. Remember that fresh and natural usually means gluten-free, too!

Lunch (continued)

Having good options for gluten-free sides to toss into the lunch box helps round out a gluten-free mid-day meal. Gluten-free granolas, puddings, jello, yogurts and applesauce, as well as sliced fresh fruits and veggies, fit the bill nicely.

Supper

Again, same find-gluten-free-substitutes-for-your-favorites drill here. The list of substitutes grows daily, so finding gluten-free tortillas for taco night is much simpler than it was when I was diagnosed. Gluten-free frozen dinners now abound from trustworthy companies. Gluten-free pizza crusts, soups, fish sticks ... nearly everything you can imagine is now available gluten-free. As are the ingredients you need to bring your favorite recipes (back) to life!

Of course you can also make any of these foods from scratch! Look for some of my go-to recipes at the end of this ebook and on **my blog** or in **my cookbooks**, too! You're bound to find new ways to bring old favorites back to your table!

Don't Forget the Snacks!

It's like the tip the experts tell dieters: only stock things in your house that are on your diet, and it'll be almost impossible to cheat. Same goes for gluten free, and, luckily, there are lots of great gluten-free snacks. Some have always been safe, like fruits, veggies and unadulterated nuts. Most popcorn is on that list, as are most potato and corn chips. Again, be the Label Reader you have become, and make sure someone didn't add gluten while you weren't looking. Gluten-free crackers and pretzels are now available even in mainstream grocery stores.

And gluten-free options of all kinds abound in health food and natural food stores.

Although more and more big-chain grocery stores are stocking more and more gluten-free offerings, it's still a good idea to introduce yourself to the local health food or natural food store, as they have been catering to special diets as part of their business for years. They can answer your questions and point you in the direction of the best brands.

Plus, you might discover some health-full alternatives to other foods in your life!

gf Jules™ If You Can Read, You Can Bake

To get you started on the right gluten-free baking foot, I've included some simple, **never-fail recipes** in the back of this book. You've embarked on this bold shift in the way you eat, why not pair that with a "bold" foray into the kitchen, and a new or renewed sense of culinary adventure.

Pick one of the recipes in the back, prepare a shopping list for ingredients you might not have yet, bring them home, then do what you've been doing since First Grade: read. That's all baking and cooking really is. Having the ingredients, and following the directions. Sure, you might mess up something early on, but, as all great inventors have said, we learn as much from our mistakes as we do from our success (some say more). If you need more inspiration to have a go at baking gluten-free, take a look at my article on "**Making The Yummy Best of Gluten Free Mistakes**"

Undercooked muffins? Bread sagging in the middle? Cookies crumbling? Make a note of it, look for tips on my website, then bake another batch, pronto! Moist, delicious rewards really do await! When you get your sea legs with a few of these successes, grab another **recipe e-book** from my **gfJules website**, or start experimenting with some of your family favorites, using gluten-free ingredients. Who knows what creative culinary genius is inside of you, just waiting to get out!

Dining Away & With Others

Waiter, What's That Gluten Doing in My Soup?



You've made the decision to live and eat gluten free, but, life goes on, right? Social get-togethers abound, from church-basement potlucks, to job interviews, dating, and the folks' anniversary dinner with your siblings...and on and on and on. We're nothing if not driven by social eating. And you know what? You can handle them all.

With a little planning, some self-confidence and good, old-fashioned communication, you can control the risks, and social implications, of any situation. Here are some tried-and-true tips for making the gluten-free most of social eating situations.

- **YOU pick the restaurant** - preferably one you've vetted, that has been recommended by a local gluten-free support group, or has received an endorsement from an independent gluten-free organization.
- **Review the menu** - and the ingredients -- ahead of time (online makes this convenient).
- **Call ahead** - speak with the chef, ideally, or at least the manager. You'll quickly ascertain their knowledge level and commitment to accommodating special dietary needs from one conversation.
- **Carry a Cook Card** - these pre-printed cards, passed from the server to the chef, explain in clear, concise language (foreign languages, too, for ethnic eating) what you're looking to avoid.

Waiter, What's That Gluten Doing in My Soup? (continued)

- **Detour to the kitchen on the way to the bathroom.** Just excuse yourself from the table, and on your way to the bathroom, pop over to the kitchen door to ask for the chef directly. This way you're not drawing attention to your special diet at the table, in the event you're on a business lunch or in other situation where you'd prefer not to discuss it.
- **Order fresh and plain** - grilled or steamed entrées without sauces are easier to be sure of. Simple is also usually healthier! Ask that your grilled entrée be prepared on aluminum foil though, in the event that breads are toasted on the grill as well.
- **If gluten-free pasta is on the menu**, be certain they are using fresh water to boil the pasta, not the same water and pot that is used to boil regular gluten pasta!
- **Order a salad with oil and vinegar so you don't have to worry about the dressing** - and hold the croutons. Remember, if the salad shows up with croutons, hold onto that salad and ask that they make a new salad for you (this way they cannot simply pluck the croutons off the contaminated salad!).
- **For dessert** - fresh fruit, sorbet or ice cream. Don't take chances with more complicated offerings, although a lot of restaurants now are offering flour-less cake as a choice!
- **Suggest meeting somewhere not centered around food**, when possible, of course. Although this probably won't work so well for Mom and Dad's Anniversary dinner, it's a great option for playdates and friend get-togethers. Meet where you can pack your own lunch or schedule activities rather than eating.
- **Explain your food restriction in a positive light** - this is about your health, and the advantages to your well-being. This is important, and those with you will understand. Who knows who else you could help by introducing them to the reasons you went gluten-free - invariably someone hearing my dietary restrictions always asks me for more information, and often it helps others to realize they might benefit from eating this way as well.
- **As far as chain restaurants go, more every day are doing something to at least give gluten-free diners more options.** While that's great news, it doesn't mean that the restaurant's staff know how to offer uncontaminated gluten-free food. Check them out online before you go, and talk to the manager, your wait staff and/or someone from the kitchen. You should know nearly instantly by the reply you get if the restaurant really understands gluten free, and the challenges of cross contact. If you don't feel good about it, skip it. Lest your bad feeling literally turns into a sick feeling. It's only one meal: compromising your health is never worth it.

There is much more to learn about safely and confidently eating out. My book, **The First Year: Celiac Disease and Living Gluten Free** has much more detailed information to make you the savvy diner you need to become.



Dining In (Someone Else's Home)

We all love to be cooked for. And when it's with friends, in a relaxed home setting, it is all the more enjoyable. Taking some precautions, and being somewhat assertive, can help you stay relaxed and safe, even when you're away from the confines of your own kitchen.

The simplest way is to prevail upon your host to let you contribute to the evening by bringing something complementary. This will ensure that at least the dish you bring will be suitable for your diet.

Sometimes hosts will insist that they have everything covered, but, again, with a little creative insistence, you can make a contribution to the evening by asking to bring "...this recipe I've just be dying to try out," or "something I've made too much of and would love to share." When you turn the situation around to make it seem as if the host is doing you a favor by letting you bring a dish, it's amazing what you can get away with!

Some events in peoples' homes will be catered. If that's the case, find out from your host(ess) what company they're using, as if you're just interested in the company. Armed with that information, you can contact the company on your own and explain your situation. Most companies will be happy to accommodate your needs, or at least to tell you their ingredients and cross-contamination controls.

When The Gang's All Here

Obviously, when you have people over to your abode, you can control most of the variables. With you in control of the food offered, you can at least be assured of having food that won't make you sick.

As you prevailed upon your host in the section above, some of your guests, too, may insist on bringing food (or may just show up with it). Segregation wins the day in this instance, and you need to keep their potentially contaminated food well enough away from your gluten-free fare. Make it difficult for someone to mix up the spoons from their casserole and put it into yours. Opposite ends of the table? Different serving area altogether? You get the picture. Then, enlist the help of your family to keep an eye on things with those types of instances in mind.

Your guests may or may not know much about your gluten-free eating style. When they do, impress upon them that you're not out to convert anyone to gluten free. Making delicious food, and keeping the gluten-free-ness of them on the down-low is a great way to be subtle about it. Serving delicious food is great fun. Revealing after a yummy meal that everything you made was gluten-free is all the more satisfying.

Taking Your Gluten-Free Show on the Road

As is the case at home, when eating out or dining in someone else's home, being thorough, conscientious, assertive and pre-meditated about your gluten-free lifestyle also will serve you well when you travel. From simply knowing your itinerary, and scoping out dining options ahead of time, to booking tours that cater (pun intended) to gluten-free eaters, to dedicated gluten-free travel clubs, your gluten-free lifestyle never has to limit where in this wide world you wander.



First travel hint (whether you're gluten free or not, frankly): pack your own snacks. You don't have to be traveling the wilds of Tibet to know that it's easy, even on an American interstate, to find yourself without adequate food to quell your tummy rumblings.

Stack the deck in your favor, and never be without gluten-free bars, dried fruit, nuts, veggies, trail mix and the like, sufficient to tide you over until the next legitimate meal (or suffice as a meal in a pinch).

I hardly ever fly without a gallon-sized bag of my **homemade GF blueberry muffins** (mini or regular). They last for days and just hit the spot when my only option would be a candy bar in a vending machine (not an option!).

I also make up a batch of party-mix-type munchies with nuts, gluten-free cereal, raisins and gluten-free pretzels. Yummm! And I am never without an extra gluten-free protein bar in my purse or car. You just never know when a snack attack will hit and you don't want to ever be tempted to cheat (or to go hungry!).

Here are a few other suggestions for travel-worthy food:

- GF Pretzels
- GF Crackers
- GF Yogurt
(depending on temperature)
- Vegetables
(carrots, celery, cherry tomatoes, etc.)
- Fruit (apple, banana, orange, etc.)
- Peanut Butter/Jelly (travel size)
- GF Rice Noodle Dishes
- GF Lunch Meat (depending on temperature)
- GF Beef Jerky
- GF Olives
- GF Snack or Protein Bars
- Nuts
(make sure they are not dusted with flour!)
- GF Cereal or oats in a plastic bowl
(you can usually buy milk at the airport)
- Leftover food from home
(potato salad, egg salad, quinoa, rice dish etc.)

Once you're out and about, use the same guidelines already discussed about eating in restaurants. Traveling abroad: research first if the native cuisine relies at all on gluten. Most native Asian cooking, for instance, is safe to eat (unless they use Americanized, wheat-containing soy sauce in the mix). Simply prepared meats are almost always safe, be it head-on carp in Niger or rattlesnake over a pit fire in the desert southwest (tastes like chicken, I've heard).

gf Jules™ Dining Away & With Others

Let's Party! (Gluten-Free Style)

Similar to attending a dinner party in someone's home, holidays and birthdays simply need your proactive influence. Know the environment, talk to the host, and make at least one gluten-free contribution to assure you have something safe to eat.

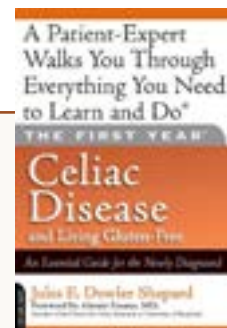
When the party involves your gluten-free child, it's a tad more complicated. Obviously, a friendly discussion with the host about your child's food restrictions is in order. But you want them to be invited back next year, so your helpful input will take the onus off your kid's friend's family, while ensuring your son or daughter comes home happy, not sick.

Finding out what food is being served is Step One. Likely it will contain gluten (pizza IS the national birthday party food, right?), but nearly any food can be replicated as gluten-free and sent with your child to the party. If you learn that there will be pizza and chocolate cake there, send your child with a homemade or frozen GF pizza and a GF chocolate cupcake. In fact, I recommend always keeping extra cupcakes in the freezer if you have a school-age child. There seems to always be some kind of cupcake emergency!

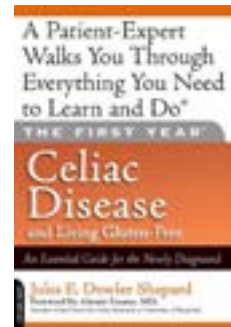
When you're hosting the party, obviously, you can make gluten-free food, and the **best darn birthday cake ever** (which just happens to be gluten-free) or even yummy cake pops!



There are many more creative ideas and recipes related to kids' parties, school challenges, holidays and traveling in my book, **The First Year: Celiac Disease and Living Gluten Free**



I've included three days' worth of meals for you in this next section, so you'll have plenty of safe, delicious, healthy food to eat as you get acclimated. For more meals and recipes, see my book, **The First Year: Celiac Disease and Living Gluten Free** and of course, peruse my **recipe blog** for hundreds more GF recipes of all kinds. These recipes will feed your family while you're reading, learning, shopping, purging, replacing and otherwise assuring yourself that you can, in fact, do this. It's not easy, but it's not hard either. So take worrying about the next few days' meals off of your to-do list!



DAY 1 Breakfast

Fresh Fruit with Warm Grits & Maple Syrup

Any brand of corn grits without flavoring should be gluten-free. Most brands of grits are enriched, so they provide extra vitamins like iron, folic acid, thiamin, riboflavin and niacin, as well as offering a good source of protein and dietary fiber. Follow the package directions for stove top or microwave to make a batch sufficient for the whole family to celebrate your new gluten-free life.



Any temptation your children might have to shy away from this Southern comfort food should be tamped down by the addition of real maple syrup (what child can resist syrup?!). I recommend 100% maple syrup for several reasons, not the least of which is the taste! It is also not overly processed and does not contain gluten in this form, while many brands of maple syrup look-alikes actually contain some gluten and should be avoided.

DAY 1 Lunch/Dinner

Fresh Grilled Fish & Vegetables

Choose your favorite fish, filet and grill—nothing difficult, just delicious! White fish or salmon – it's up to your taste and what you have available. We always grill fresh vegetables with our fish, so we have a delicious meal with plenty of leftovers!



Ingredients:

- Fish fillets
- Extra virgin olive oil
- Sea salt and fresh ground pepper to taste
- Crushed red pepper, cumin, or other herbs, to taste

Directions:

Clean your grill and brush with olive oil or line with foil coated with olive oil. Heat to medium high.

Brush the fish fillets with olive oil and season lightly with salt and pepper and other herbs, if desired.

Grill 3-4 minutes per side (longer if thicker pieces), turning gently with a large oiled spatula.

Remove from heat when the fish is opaque throughout and flakes easily with a fork.

Serve immediately as is, or with fresh tomato salsa on top. Serve with a side of mashed potatoes, brown rice, quinoa or with grilled vegetables.

DAY 1 Lunch/Dinner

Greek Mashed Potatoes

This recipe makes wonderful mashed potatoes, whether or not you choose to add the Greek flavoring.

Ingredients:

- 3 baking potatoes, peeled & cut into approximately 2-inch chunks
- Sea salt & freshly ground pepper, to taste
- Gluten-free vegetable or chicken stock
- 1 cup milk (dairy, rice, almond, coconut or soy)
- 4 oz. Feta cheese (optional)
- 2 thinly sliced fresh scallions, leeks or shallots



Directions:

Mix the potato chunks, salt and enough vegetable or chicken stock to measure 2 inches deep in a large saucepan. Boil over medium high heat.

Reduce to medium heat after boil and simmer for approximately 15 minutes, or until potatoes are tender but not mushy. Drain the potatoes and return them to saucepan.

Cook over medium heat while adding the milk and Feta cheese, if using. Mash the mixture together using a potato masher until it is the consistency you prefer for your mashed potatoes.

Season with additional salt and pepper and stir the scallions, leeks or shallots.

Serve warm.

DAY 1 Supper

Quiche with Vegetables

Not only is this quiche delicious, but it's easy to make because you don't have to worry about a crust! It's also a very forgiving recipe, so feel free to be creative. I've included several options for ingredients, but you may find others on hand that work just as well.

Ingredients:

- 1-2 Tbs. butter or dairy-free alternative (e.g. Earth Balance® Buttery Sticks)
- 1/2 cup sliced fresh mushrooms, zucchini, broccoli, corn, chopped red potatoes or other vegetables of your choosing
- 4 eggs, lightly beaten
- 1 cup sour cream (light or fat free; dairy or non-dairy soy sour cream; or plain coconut yogurt)
- 1 cup ricotta cheese or small curd cottage cheese (optional)
- 2 cups Mozzarella, Parmesan and Romano mixed, or Monterey Jack or other mild shredded cheese (or dairy-free alternatives)
- 8-12 oz shrimp (chopped, if large), crabmeat or chicken (or omit for vegetarian)
- 1/4 cup gfJules Gluten-Free™ All Purpose Flour
- pinch of salt
- 1 tsp. fresh parsley
- 1 tsp. oregano or basil (depending on your preference)
- extra virgin olive oil



Handy tip if you need a dairy-free alternative to cottage or ricotta cheese: use firm or extra firm tofu (press to drain first) and mash or chop in a food processor to achieve the consistency of these cheeses.

DAY 1 Supper

Quiche with Vegetables



Directions:

Preheat oven to 350° F.

Sauté butter and vegetables, legumes, or mushrooms, or any combination thereof that you choose. Use less butter if you are not sautéing many vegetables.

Mix eggs, sour cream, ricotta or cottage cheese, gluten-free flour, salt and spices. Stir in your sautéed ingredients, shredded cheese, and seafood or chicken.

Pour mixture into a large oiled quiche dish or deep pie plate, or divide into into muffin cups. Depending on how many additions you used, you may need a small casserole prepared to handle additional batter.

Bake for approximately 45 minutes (20-25 minutes for muffin cups), or until the center is no longer jiggly, and a knife inserted into the center comes out clean.

DAY 1 Dessert

Easy Fruit Cobbler

Topping Ingredients:

- 1 cup gfJules™ All-Purpose Gluten Free Flour
- 1 cup granulated cane sugar (Wholesome Sweeteners®)
- 1 egg (or egg substitute of choice)
- 1/4 cup melted butter or non-dairy substitute (Earth Balance® Buttery Sticks)

Fruit Ingredients:

- 2 cups+ fresh or frozen berries, other sliced fruits, or rhubarb + berries (enough to cover the bottom of an 8 x 8 baking dish or 9-inch pie plate)
- 1/4- 1/2 cup granulated cane sugar (Wholesome Sweeteners®)
- 1 Tbs. cinnamon (I like extra cinnamon on peaches)

Directions:

Preheat oven to 350° F.

Pour cleaned and prepared fruit into an 8 x 8 baking dish or 9-inch pie plate. Sprinkle with cinnamon and sugar. Stir together until mixed in the dish.

Combine the topping ingredients (except the butter) in a bowl and stir with a fork until it forms a crumbly mixture. Sprinkle on top of the fruit and drizzle melted butter over top of the cobbler before baking.

Bake for 30 minutes or until lightly browned. (Note: the juicier the fruit — like peaches — the longer it takes to get the cobbler to brown on the top)

Serve warm, plain or with vanilla ice cream (I used So Delicious!® Vanilla Bean Coconut Ice Cream).



DAY 2 Breakfast

Eggs, Bacon and/or Hash Browns

Fix eggs scrambled, hard-boiled, fried—however you like them — and pair with real bacon or other breakfast meat that is gluten-free (check labels on any processed meats to ensure there is no gluten added) or hash brown potatoes. Brands like Ore Ida® hash browns are typically gluten-free, but remember to check labels, as companies may change their ingredients from time to time.

Also, try shredding fresh white or sweet potatoes, then frying them lightly in olive oil or even cooking in a waffle iron! It's cheaper and better than commercially prepared potatoes, and you know that they are gluten-free!



DAY 2 Lunch/Dinner

Spinach & Mushroom Quesadillas

The quesadilla is one of my favorite dishes because it can be prepared so many different ways, yet always seems to be delicious. Be sure to use store-bought corn, or **homemade flour tortillas**, and substitute ingredients if you have sensitivities to any of those suggested below.



Dairy products often cause problems for newly diagnosed celiacs, as the ability to break down milk sugar (lactose) is reduced or eliminated at least temporarily through villous atrophy (see for more detailed information on this). Some celiacs regain their ability to produce lactase when their bodies heal on a gluten-free diet. If dairy is a problem for you, either skip the cheese ingredients altogether, use soy, nut or rice cheese alternatives, or try taking lactase enzyme supplements like “Lactaid” brand.

Ingredients:

- 2 cups brown rice
- 4 cups water
- 2 Tbs. vegetable oil
- 1/2 pound fresh mushrooms
(whichever type you prefer; different mushrooms provide totally different flavor)
- 1 small yellow onion or 1/2 cup dried onion flakes
- 2 tsp. garlic powder
- 1 bunch fresh spinach, cut into bite-sized pieces (cooks down to approximately 3/4 cup)
- 8 8-inch corn or gluten-free flour tortillas
- 1/4 cup fresh grated Parmesan cheese or nutritional yeast
- 1/2 pound Pepper-Jack cheese, thinly sliced (dairy or non-dairy)
- 1/4 cup tomato salsa
- 1/4 cup guacamole (optional)

Boxed instant rice mixes sometimes contain gluten - use plain rice to be safe. Brown rice has more nutritional value than white rice, so opt for brown rice whenever possible.

DAY 2 Lunch/Dinner

Spinach & Mushroom Quesadillas

Directions:

Prepare the rice according to package directions.

Heat oil in large skillet over medium-high heat. Wash, trim and slice the mushrooms. Add the mushrooms and onions, and sprinkle in the garlic powder. Add washed and cut spinach. Sauté for 5 minutes, or until the onion is translucent. Set aside to cool.

Place tortillas individually in a small skillet oiled or sprayed with gluten-free cooking spray (be sure your spray does not contain flour!). Cook over low heat on one side, then spray the top side with cooking spray and sprinkle a bit of Parmesan cheese onto it before flipping to the other side to be cooked. Cook each side until the tortillas are slightly browned, but not crunchy. Repeat with the other tortilla so that one side of each tortilla has browned Parmesan on it, but both sides are lightly cooked. (Simply warm both sides of the tortillas lightly if you are eliminating cheese from this recipe.)

Lay one cooked tortilla back onto the oiled skillet (Parmesan side facing the pan) and spoon 1/4 of each of the rice, mushroom mixture, Pepper-Jack cheese and salsa. Place another cooked tortilla on top of this mixture (Parmesan side facing up) and flip the quesadilla over using a large spatula, cooking on the other side until the cheese begins to melt.

Cut with a pizza cutter into 4 pie-shaped pieces and serve on individual plates garnished with guacamole and salsa.

DAY 2 Supper

Lemon-Oregano Herb-Rubbed Chicken Breasts

This recipe makes 4 chicken breasts. They can be cooked in a skillet or on the grill. The chicken should be “rubbed” at least 2 hours in advance — longer if possible. Also, the breasts can be rubbed with the spices and then frozen, so all you have to do for dinner is thaw and cook.

Ingredients:

- 2 cloves garlic, pressed
- 1 Tbs. lemon pepper
- 1 Tbs. olive oil
- 1 1/2 tsp. oregano, dried

Directions:

In a small bowl, mix all ingredients. Wearing gloves, rub mixture onto both sides of chicken breasts. Grill breasts or cut breasts into bite-sized strips and stir-fry in olive oil with vegetables and serve over rice or with mashed potatoes.



DAY 2 Supper

Homemade Applesauce

Although the finished product will be better than any you could buy in a store, this recipe is deceptively simple and pure! Choose organic apples if possible, and naturally sweeter varieties like Gala, Fuji, Cameo, JonaGold or Winesap (avoid sour apples like Granny Smith, which require the addition of sugar).

Ingredients:

- Apples (3-4 pounds per quart of cooked applesauce)
- Water
- Cinnamon (to taste, optional)

Directions:

Wash the apples in cold water and peel them using a vegetable peeler or paring knife. Remove any hard sections of the apples, including the core and seeds, then chop them to a uniformly small size. You may use larger chunks if you prefer chunkier applesauce.

Fill a large thick-bottomed pot with 1 inch of water. Add the apples and cover with a tight-fitting lid. Heat the apples and water over high heat until boiling, then lower the heat to medium until the apples are soft. Stir periodically to keep from sticking to the bottom and to test for doneness. This may also be done in a slow cooker.

Stir the softened apples vigorously in the pot until they are the consistency you prefer for your applesauce. (A potato masher or whisk works well, or, if you like very smooth applesauce, you can put the cooked apples into a food processor or blender to purée.

At this point, you can enjoy the pure taste of fresh applesauce naturally (or with a dash of cinnamon)! It should stay fresh in your refrigerator for approximately two weeks, or you may freeze it or can it (if you can refrain from eating it all right away!)



DAY 3 Breakfast

Fluffy Omelet

This dish is great for breakfast or dinner, depending on what you pair with it.

Ingredients:

- 4 eggs, separated
- 1 Tbs. butter or dairy-free alternative (e.g. Earth Balance® Buttery Sticks)
- 2 Tbs. water
- Pure Maple syrup

Directions:

Preheat oven to 325° F.

Separate eggs into two separate bowls, putting the whites in a ceramic or metal bowl for mixing and the yolks in another bowl.

Beat the egg whites with a clean whisk attachment until fluffy. Add water and continue beating for about 1 1/2 minutes longer, or until stiff peaks form. Gently fold the egg yolks into the egg whites.

Heat the butter in a large ovenproof skillet, then pour the egg mixture into the middle, spreading it with slightly higher sides. Cook on low for 8-10 minutes or until it is fluffy and light brown on the bottom.

Remove from the stove top and put into the oven for another 8-10 minutes or until a knife inserted into the center is clean. Loosen the sides of the omelet from the pan and make a shallow cut slightly off center across the middle of the omelet. Fold the smaller side over the larger side and serve warm.

If you want to add cheese or sautéed vegetables to the omelet, add warmed ingredients to the omelet just before folding over. Otherwise, serve with maple syrup for a delicious and filling breakfast!



DAY 3 Lunch/Dinner

Nutty Rice

This recipe is a great one to start and forget in a slow cooker while you move on to bigger projects. It is a great reward to come back to, offering hearty protein, fiber and taste. You can add any leftover chicken or fish from other days, or even canned tuna or salmon, to make the dish a more filling meal.



Ingredients:

- 2/3 cup raw nuts (cashews, peanuts, walnuts or almonds)
- 1/3 cup water
- 1 1/3 cup GF chicken stock or vegetable broth
- 1 cup uncooked quick/instant brown rice
- 1/4 tsp. salt
- 1/8 tsp. Turmeric

Directions:

In a blender or food processor, blend 1/3 cup raw nuts and 1/3 cup water. Pour mixture into your slow cooker or stove-top pot.

Stir the remaining ingredients into the cooker or pot. Cook in slow cooker for approximately 1 1/2 - 2 hours, or until the rice is soft. In a stove-top pot, bring to a boil then reduce to simmering with a tight-fitting lid, stirring occasionally until the rice is soft throughout.

DAY 3 Supper

Fish Stew

This Mexican-inspired stew is heartier than you might imagine. It is amazingly fast and easy to make—perfect for those nights when you're running short on time!

Ingredients:

- 2 fresh diced medium-sized tomatoes
- 3/4 cup fresh cooked corn (or canned, drained)
- 1/2 tsp. cumin
- 1/4 cup chopped fresh cilantro, plus extra leaves for garnish
- 1 lb. new potatoes, washed and sliced
- 1 red bell pepper, seeded and diced
- 1/2 cup +/- large shallots or sweet onions (like Vidalias), peeled and thinly sliced, to taste
- 1 tsp. extra virgin olive oil
- 1 tsp. sea salt
- 1/2 tsp. coarsely ground pepper
- pinch of red pepper flakes
- 1 lb. skinless cod, grouper or red snapper fillet (or other white fish), cut into 1 1/2 inch chunks
- 1 cup cooked brown rice



Directions:

Mix together the tomatoes, corn, cumin and cilantro in a medium-sized bowl and set aside.

DAY 3 Supper

Fish Stew

Directions:

Combine the sliced potatoes, sliced shallots or onions, red pepper and oil in a 2 quart microwave-safe dish. Stir to distribute the oil, then arrange in an even layer and sprinkle half of the salt and pepper over top. Cover and microwave on high for 5-6 minutes, depending on how thinly the potatoes are sliced, or roast in the oven until fork tender.

Arrange the fish chunks in a single layer around the outside of the dish, but still on top of the potatoes. Season with the remaining salt and pepper (add the red pepper flakes here if you want extra spice). Pour the vegetable mixture into the middle of the dish. Cover again and microwave on high until the fish and potatoes are cooked through, approximately 9-10 minutes; or roast in the oven until the fish is fully cooked (time will depend on the size of the chunks of fish, so check often so it is not over-cooked).

Stir in cooked rice and spoon into bowls. Garnish with fresh cilantro leaves.

DAY 3 Supper

Old Fashioned Rice Pudding

This recipe calls for pearl or pudding rice, which is available at most organic or health foods stores. It makes a traditional British form of rice pudding, to which you can add cinnamon, raisins, cranberries, or any other addition you find yummy. It is definitely a feel-good food, and makes even a cold rainy day seem a little better. Try it for breakfast or for dessert!



Ingredients:

- 3 Tbs. short-grain pudding rice
- 2 1/2 cups milk (dairy, rice, almond, coconut or soy)
- 1 Tbs. honey or agave nectar
- 1/2 tsp. pure vanilla extract
- 1 Tbs. butter or dairy-free alternative (e.g. Earth Balance® Buttery Sticks)

Directions:

Preheat oven to 325° F.

Butter or oil a shallow baking dish.

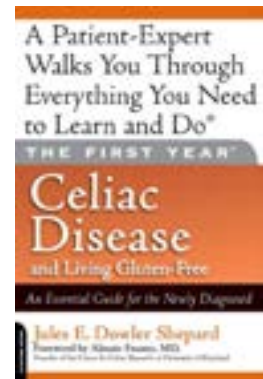
Mix the rice, milk, honey and vanilla extract together in a bowl. Add raisins, cranberries or other additions. Pour into the oiled baking dish and dot the top of the mixture with butter to taste.

Bake for 30 minutes, then stir the skin into the pudding. Bake for 1 hour more, stirring the skin into the pudding again.

Continue to bake for 1 - 2 hours, depending on your oven, removing when the pudding is set through.

gf Jules™ More Quick and Easy Meal Ideas

More quick and easy meal ideas can be found in my book, **The First Year: Celiac Disease and Living Gluten Free**, or in my **cookbooks, ebooks** and on-line on my blog – **Jules Speaks Gluten Free**.



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“Shepard’s breakthrough was in nailing down a mix of five grains and starches to approximate the properties of wheat flour.”

The Washington Post

“So she...came up with her own flour mix. And when she entertained, no one could tell they were eating gluten-free.”



Never one to compromise, celiac patient-expert Jules Shepard was tired of the bland-tasting, gritty alternatives too many celiacs suffer with. So she set out to develop a truly all-purpose gluten-free flour she could easily use in her existing recipes. The result is her now-famous formulation that took this experienced baker more than two years to perfect.

Manufactured in a certified allergy-free, gluten-free and kosher facility, gfJules™ All-Purpose Gluten-Free Flour and baking mixes now can be shipped directly to your door. Combined with Jules’ FREE weekly recipe newsletter, gfJules™ products will open many doors for gluten-free eaters...the first of which leads you (back) into your kitchen.

In addition to heading product and recipe development at gfJules™, Jules travels the country speaking to thousands of people annually, teaching cooking classes, educating and inspiring people about her no-compromise approach to living gluten-free. She also has written three books. **The First Year: Celiac Disease and Living Gluten-Free** is a month-by-month reference for newly diagnosed celiacs and anyone making the transition to living gluten free. Her first book, **Nearly Normal Cooking for Gluten-Free Eating** continues to be a best-seller in the gluten-free community. Her third book, **Free for All Cooking**, helps families contending with food restrictions beyond just gluten-free.

For more recipes, advice, gluten-free news and more, follow Jules’ blog at gfJules.com

To order gfJules™ All-Purpose Gluten-Free Flour, baking mixes or e-books, visit Jules at gfJules.com, email at Support@gfJules.com or call 1-855-GF-JULES (435-8537) // 9a-5p ET Mon - Fri

About gfJules™ All-Purpose Gluten-Free Flour

A lot of people taking advantage of this e-book may be unfamiliar with my all purpose baking flour. Yet it's called for in every recipe, so I thought I'd say a word about it. What's more, many people ask when I teach gluten free cooking classes if they can use another all purpose gluten free flour in my recipes. My answer is always, "I can't say for sure." What I can say is that these recipes are tweaked, honed and perfected using gfJules™ All-Purpose Gluten-Free Flour; which is to say that, they're not typical gluten-free recipes that are developed to compensate for gritty textured gluten-free flours or flours that leave an aftertaste. Since my flour neither is gritty nor leaves a bad aftertaste, there is no need for extra butter or sugar to mask those distasteful qualities.

I developed my gfJules™ flour to mimic the wheat flour we all grew up baking with. And that it does. Its whole grain-to-starch ratio, its texture and its lack of taste were what I was used to baking with before going gluten free. It also accommodates my penchant for baking low- and very-low-fat recipes – something I've done my whole life (so adding extra butter and sugar wasn't acceptable to me...and shouldn't be for you, either).



© Jules E. Dowler-Shepard

I know you've heard the pitch before from other all-purpose flours. I know you've read that they're cup-for-cup replacements, too. I know you've undoubtedly had less than stellar results with them, too. One of the purposes of this e-book, and the photographs of the foods that I've made with the recipes, is to prove to you – to celebrate – that making all your favorite recipes, but gluten free, is possible! That gluten-free food can be as indulgent, decadent, gotta-have-more yummy as you remember.

I simply wouldn't publish a single recipe that wasn't as good as the original, gluten-FILLED version. I have served, and will continue to serve, ALL of these recipes to ALL of my friends, and they'll never think I've compromised on the taste and texture, nor will they think I feel they should lower their standards to eat my gluten free creations.

Here's what some of my customers have said about my flour.

"I recently ordered a bag of your flour, and I LOVE IT!!! I went gluten free this past May and it has been difficult to say the least, to find good flour for baked goods. Thank you for a great product and great service!"

- Kim T. Safety Harbor, FL

"Gluten Free Flour Power! Your GF flour is a gift to those wrestling with celiac disease."

- Lauren H. Scottsdale, AZ

"Truly, your flour mix HAS given us back our life! Thanks again. You are truly an angel to many!!!!!!!!!!!"

- Beth M. South Portland, ME

About gfJules™ All-Purpose Gluten-Free Flour

More Rave Reviews

Gluten Freeville

"I've worked my way through more than a few pounds of Jules' all-purpose gluten-free flour over the past couple of months and I'm honestly pretty thrilled to have found it. I used it for all my holiday baking, including my old family recipes and some of Jules' recipes, and everything I tried turned out great!"

The test of a great gluten free flour mix is trying it out with everything I used to make before our family began cooking gluten free. I have really "lived" with it, so my love of this flour is not a hasty recommendation. In fact, I have a pantry full of gluten free flours that may have just become obsolete."

- GlutenFreeville

I want you to love baking again. I want you to look forward, again, to life's simple, indulgent pleasures: I want you to have a cookie! Try my gfJules™ flour with confidence. I developed it for you and your family, to make living gluten free at least one bit easier. And, as always, it's backed by a money-back guarantee if it doesn't live up to what I hope are your high expectations.

Read more reader reviews, see more free recipes, and order your first bag of gfJules™ flour on my website, gfjules.com.



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