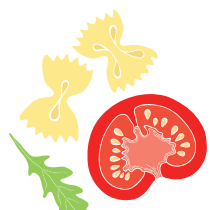


# Mix it up

NEWS, TIPS, REVIEWS, ADVICE AND MORE

BY JENNIFER HARRIS



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SALAD TIPS,**  
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## Top 5: Vegan, gluten-free hiking snacks

Hiking is a great way to exercise and get out of your head while taking the time to breathe and enjoy time with family and friends.

It is also the perfect excuse to shop for energizing snacks that taste great on or off the trail. When it's time to load up the old backpack, fill it with these healthful vegan and gluten-free hiking snacks.

### BARS

- **Tosi Cashew SuperBites** are unique, addictive and unlike your typical nut-based bar. They contain only six ingredients: chia, flax, sesame seeds, cashews, cane sugar and sea salt. That's it. They are clean, simple, healthful and crunch like nut brittle. And they are free of unnecessary additives

and low in sugar. Tosi launched convenient single-serve packaging earlier this year.

- Kombucha isn't for everyone, so a big thank-you to **Vegan Rob's** for bringing its probiotic goodness to a shelf-stable bar. Providing 13 percent of the recommended daily fiber and 6 percent of daily B12 intake, Kombuchabars contain a dialed-back dose of kombucha that doesn't overwhelm. Its base is a mix of quinoa, cashews and almonds in four flavors: banana, blueberry, cranberry and dark cacao.

### CHIPS

- With 4 grams of protein and only 4 grams of sugar, **Puffworks'** line of peanut butter puffs takes peanut

butter to a new crunchy level. Made with whole-grain cornmeal and organic dry roasted peanuts, these puffs are light, airy and just crunchy enough. All three flavors—original, honey and dark chocolate—provide a deliciously satisfying snack.

- **Crunchmaster's** new innovative protein snack, Crunchsters, is the first to be crafted from whole mung bean sprouts. Each serving of these non-GMO, seasoned and roasted beans packs 7 grams of plant protein and 5 grams of fiber. They are made with a short and simple list of ingredients and available in three flavors: Smoky Balsamic, Beyond Bacon (vegan, of course) and sea salt.

- If you're missing the crunch of regular potato chips

but not all the carbs, then say hello to **JicaChips**. With only 100 calories per bag, JicaChips are made from baked jicama (a root vegetable) and lightly seasoned for a crunchy and fiberful snack. The chili lime and smoked BBQ are personal faves.

### JERKY

- Power up with **N.B.T.F. Fruit Jerky**. With the rip and chew of traditional jerky, this sweet, spicy or tangy fruity snack is full of plant-based protein and superfoods but no added sugar. Toss in 12 grams of plant-based protein and a dash of exotic flavor for an unexpected treat.

- By choosing a great-tasting and texture-pleasing replacement for meat, **Pan's Mushroom Jerky** uses

a natural source of protein, fiber and antioxidants to create meat-free jerky. Made with shiitake mushrooms and a short list of ingredients, it is sweetened with coconut sugar and available in zesty Thai, Applewood BBQ, original, and sea salt and pepper.

### NUT BUTTER

- It's hard to believe there are only 3 grams of sugar in **Wild Friends Chocolate Almond Butter** because it basically tastes like candy. Each squeeze pack is loaded with enough protein to keep you energized for hours.

- **Justin's** just added a new nut to its portfolio—cashew. Available in original and maple, both are made from four or fewer high-quality ingredients, with the maple variety deriving its sweetness from pure maple sugar. Go ahead, squeeze away and marvel at the lip-smacking mix of sweet maple and savory cashews.

### SWEETS

- The fruit rolls from **Bear Yoyos** are made from a combo of fruits, vegetables and nothing else. There is no added sugar or artificial colors/flavors. With two rolls in each pack and a collectible card with historical facts for kids (or adults), they are just fun to eat. Trust me, you will quickly become addicted.

- **Hail Merry's** new Bar Bites are designed to deliver sustained energy—what a perfect hiking snack, right? Made with sunflower seed protein powder, they

have 25 percent more protein than chia in every chewy and satisfying bite. Available in salted brownie and cranberry almond, they register a whopping 10 grams of protein per pack (three bites per pack).

- **Rule Breaker's** new birthday cake blondie is topped with white chocolate and sprinkles on a cookie made with chickpeas as the main ingredient. Beans...really? Yes, these bean-based cookies are sinfully delicious and loaded with enough fiber and protein to get you up this hill and the next.

Packing something to drink that will replenish your electrolytes and quench your thirst is paramount. **WTRMLN WTR's** refreshing watermelon drinks contain more electrolytes, antioxidants and L-citrulline than your typical sports drink, plus they have no added sugar or water. Maybe one of **Zola's** organic sparkling energy waters is more your speed? With no added sugar and only 10 calories per can, its plant-powered caffeine comes from green coffee, green tea and yerba mate extracts. Coconut water is always my choice for hydration, and **Taste Nirvana's** line comes the closest to drinking it straight from the coconut. Plain, flavored, with or without pulp, its coconuts are minimally processed and bottled within hours of harvest.

Now, dust off your hiking boots and get outside!

*News Editor Jennifer Harris is a gluten-free consultant and blogs at [gfgotoguide.com](http://gfgotoguide.com).*



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## Can celiac be deactivated?

It's a strange question to ask, I know, but new research suggests the possibility exists. Scientists at Stanford University have set out to prove that blocking the enzyme transglutaminase 2 (TG2) can create a switch to essentially "turn off" celiac.

Celiac is a genetic autoimmune disease that affects roughly 1 percent of the population. People with the HLA-DQ2 or HLA-DQ8 gene are genetically predisposed to develop the condition. Once such a person ingests gluten, celiac can be unlocked at any time. And once it is unlocked, the symptoms start, and there is no going back.

There currently is no cure for celiac.

Once diagnosed, the only treatment is following a strict and lifelong gluten-free diet to keep symptoms at bay. However, the Stanford University scientists believe that a poor understanding of TG2 may be the reason there is no cure—yet.

A malfunctioning TG2 enzyme causes the immune system to attack the lining of the small intestine. This mistaken immune response leads to a host of issues as the body attempts to rid itself of what it considers a poison—gluten.

Stanford University professor Chaitan Khosla and his team have already discovered how to activate TG2, and now they are releasing their findings on how to deactivate it. Deactivate celiac



disease—can you imagine?!

Say hello to the ERp57 enzyme, the solution to deactivating TG2—and, possibly, celiac. Medical News Today reports that "...the research team is looking into existing drugs that may be able to target this newly discovered switch." That's right—an actual cure that stops the immune response in celiac patients for good may be in the works.

How exciting.

### THE RELUCTANT CHEF

## Top 5: Tips for successful pasta salad

Is it really a barbecue if there is no pasta salad? When I grew up in the Midwest, pasta salad was a fixture at every gathering. It was usually topped with Italian dressing and vegetables—and quickly devoured. Making it was easy, so I took over the task in my teens.

My love for pasta salad has only grown, but now I face other decisions. Like, which gluten-free pasta will hold up the best and not tear when adding ingredients? Can I make it the night before?

To help get you in the pasta salad spirit, here are my top five tips for preparing a version that will make your guests do a double take.

### 1. PICK STURDY PASTA

Using a pasta made from more than one type of grain makes all the difference. It cuts back on the starch and produces a pasta that can stand up to whatever you add. One of my personal favorites is Ronzoni's gluten-free pasta because it blends white and brown rice, corn and

quinoa. It cooks up soft but retains a nice bite. It's perfect for coating with Italian dressing, olive oil or whatever suits your pasta salad tastes.

### 2. COOK IT AL DENTE

This is a very important step. The pasta should be undercooked, rendering it firm enough to stand up to stirring without turning to mush. It is a fine line to tread, but one that will make or break the finished product. Following the box instructions, which not many of us do, should get you to the perfect cooking time.

### 3. RINSE WITH COLD WATER

Rinsing the pasta with cold water stops it from continuing to cook and getting too soft. It also gets rid of any starchiness, making it easy to work with. Toss it in a little olive oil to keep it from sticking together.

### 4. PREPARE IT THE SAME DAY

I know it sounds counterintuitive, but



preparing the pasta salad the night before could be a disaster. Instead of a glorious bowl of seasoned pasta salad, you could end up with a clump of dry pasta. Gluten-free pasta likes to soak up sauce. Add in drying out in the refrigerator, and you could have to start all over. Make it first thing in the morning and let it marinate until it's time to serve.

### 5. COMBINE ADD-INS IN A SEPARATE BOWL

This may seem silly, but I like to mix together the Italian dressing with the veggies before adding them to the cooked pasta. It ensures that all ingredients get a good coating before combining with the pasta.

Follow these steps and get ready for pasta salad that people will ask you to bring to their next barbecue.





## Top 5: Hosting a be-all, end-all BBQ

Time to fire up the grill and fill the air with the familiar scents of barbecue season. But beware: Even a cookout you are hosting can pose risks because of our mortal enemy, gluten.

And before you ask, yes, you should make wheat buns available to your guests. Why? Because gluten-free buns are expensive, and wheat buns are cheap. However, if guests want their wheat buns heated, offer to toast them in the oven or in a pan on the stove. Just keep them off the grill to avoid crumbs contaminating the grilling surface or falling on the meats while they are cooking.

Now that this major concern is settled, time to move on to other areas where gluten can drop in to ruin the fun, like condiments and marinades. Wheat should be prominently listed on the labels, so double check before using. Condiments can become contaminated by uninformed guests dragging a utensil used to dole out the condiment across their wheat-y buns and putting it back in the bottle. Chances are high there are wheat particles left behind.

Here are some tips and product suggestions to create the perfect summer barbecue for everyone.

### 1 CHECK MARINADE AND SAUCE INGREDIENTS.

Marinating before grilling makes the meat nice and tender, but it can also render it full of gluten. Marinades can contain

wheat flour, soy sauce or Worcestershire sauce, making them unsafe. Italian dressing is a great and inexpensive marinade. We also highly recommend using:

- All of the offerings from **Bone Suckin' Sauce** are gluten free, Paleo and dairy free, making them a tasty choice. Their tomato-based sauces are sweetened with honey and molasses and available in original, hot and thick varieties.
- **New Primal's** sugar-free, Whole30-approved versatile marinades can add a flavorful kick to beef, chicken or veggies. Choose from classic, citrus herb or spicy, and let the marinade do its thing.
- Herbs, spices and natural ingredients come together to create one fresh and tangy peach barbecue sauce from **Steve's PaleoGoods**. All of Steve's sauces are made in small batches by hand to ensure the highest quality. And you won't find any junk or refined sugar anywhere on the label.
- **Tessemae's** organic BBQ sauce contains no refined sugar, is Paleo and Whole30-approved, and contains a short list of natural ingredients. Sweetened with date paste, it offers a spicy-sweet tang that complements, not overpowers, any grilled meat.

### 2 USE SQUEEZE BOTTLE CONDIMENTS WHEN AVAILABLE.

Squeeze bottles were designed to

deliver the perfect portion without making a mess. They are also an ideal dispensing method because they don't need to touch the bread/buns. If you can't find your favorite condiment in a squeeze bottle, transfer it to a serving bowl and keep the original container safe from cross-contamination in the refrigerator. Remember to throw out whatever isn't used. Some to try:

- **Sir Kensington's** mustard and classic and spicy varieties of ketchup are made with a short list of ingredients in 20-ounce squeeze bottles. These all-natural alternatives are bold, tangy and sure to make your taste buds sing. Widely available at Sprouts and Earth Fare, it might just become your new favorite condiment line.
- Check out **Hampton Creek's** line of egg-free mayo in 12-ounce squeeze bottles. Light and creamy, these products are available in flavors like garlic, chipotle and Sriracha. The bold flavor combos come from all-natural, non-GMO ingredients. Pick up a bottle or three at Target or Walmart.
- Unfortunately, **Mrs. Campbell's Sweet Southern Chow Chow Relish** doesn't come in a squeeze bottle, but it will change your life and have you wondering why you ever used plain old pickle relish. It is free of artificial flavors and high fructose syrup and it comes in Hot, too. It tastes fresh, is perfectly crunchy and compliments

chicken, sausage, hot dogs, tuna and the list goes on.

### 3 KEEP THE WHEAT BUNS FAR AWAY FROM MEATS.

The last thing you want at such a festive occasion is crumbs from wheat buns contaminating the tray of grilled meat. To keep this from happening, place them at opposite ends of the buffet with separate utensils. It isn't uncommon for people to touch the utensil to their bun when transferring meat. To be on the safe side, consider having a separate tray of free-from meats stashed away. Some popular bun choices include:

- **Udi's Gluten Free** white and whole-grain hamburger and hot dog buns are soft right out of the package. Pick them up at Whole Foods, or buy them at Trader Joe's and save a little money. They are dairy, soy and nut-free.
- The whole grain goodness of **Canyon Bakehouse's hamburger and hot dog buns** makes them a staple at my house. Their buns taste

great and hold up to a barrage of condiments. Always free of dairy, soy and nuts, they pack 4 grams of fiber and protein per bun. Stock up at Sprouts.

- When looking for a vegan gluten-free bun, it's **Little Northern Bakehouse's** millet and chia hamburger and hot dog buns to the rescue. These fluffy wonders available at Sprouts taste great and are free of dairy, soy, nuts and eggs.

### 4 ENSURE ALL MEATS ARE GLUTEN FREE.

Yes, meats can contain gluten fillers, and some plant-based meats use gluten ingredients like bulgur, beer and soy sauce. Check the label and only let meats that are free of gluten on the grill.

- **Applegate's** or **Hebrew National's** hot dogs are gluten free and come in several styles and flavors.
- Grass-fed, turkey and veggie **Bubba Burgers** are available at the local grocery store in a wide range of flavors designed to please your hungry

barbecue crowd. All varieties are gluten free and deliver on convenience and quality. The veggie burgers contain soy and rolled oats.

- The allergen-free veggie burgers from **Hilary's Eat Well** are millet-based and firm enough to grill. The root veggie and kimchi burgers are personal favorites.
- The new line of non-meat sausages from **Beyond Meat** is truly phenomenal. The casing is a little stiff, but each sausage tastes meaty like pork and grills like a meat-based sausage. Available in three varieties—bratwurst, hot Italian and sweet Italian—they will wow guests at your next cookout.

### 5 UTENSIL IT UP.

From the pickles to the potato salad, make sure everything has its own utensil. This step should keep guests from transferring utensils from one dish to the next. Being the first through the buffet line is also a great plan.

# HAVE FUN THIS Summer

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