

Being
Gluten-Free,
Dairy Free in the
midst of
madness!



My
journey
and
favorite
recipes!

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Cascading into Madness: My Journey

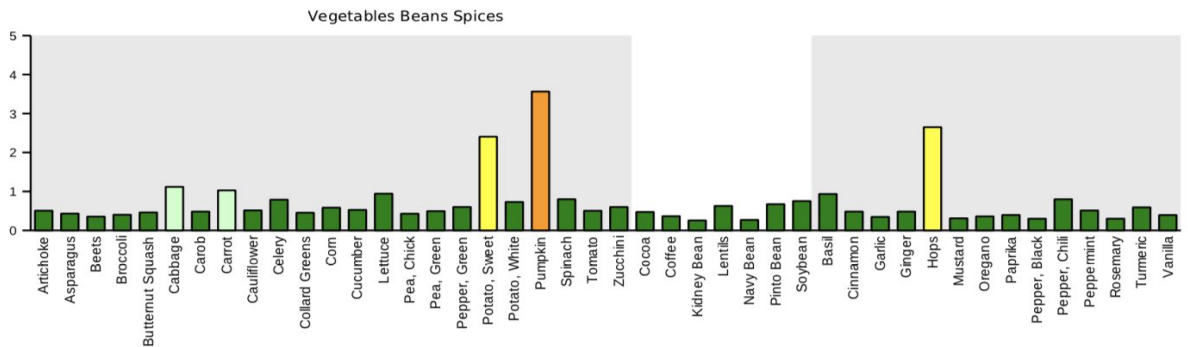
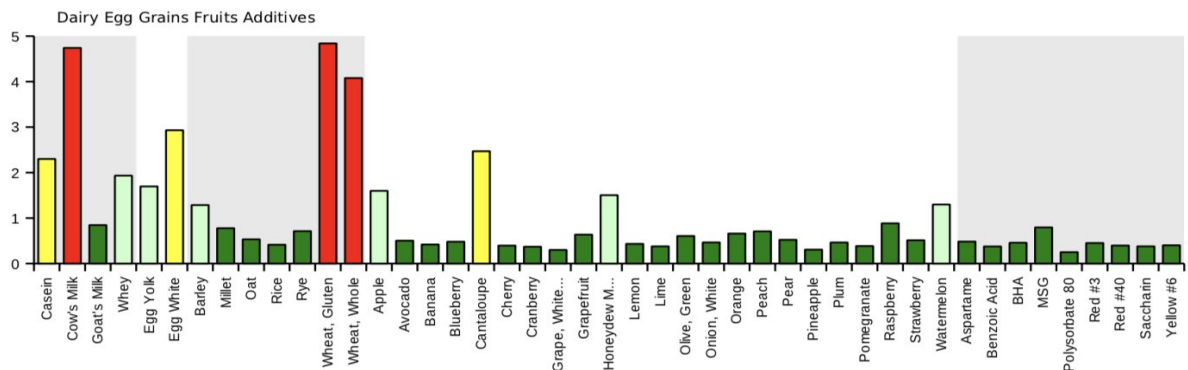
The year 2020 was a banner year! It was the worst year ever! It will go down in the history book as the year the world changed. In a blink of an eye, everything changed for me. On March 11th, my school was shut down for the rest of the school year. With that, COVID-19 came to Woodbury, CT. Then the disappointments started. There would be no 8th grade dance, there would be no school trip to Washington DC, all sports and after school activities, no playdates, no April break vacation, etc.. The fear of COVID-19 was real and our nation was telling us we needed to use extreme caution to even go to a grocery store.

During this pandemic, grocery stores were ransacked. Lockdown required people to stock up on their food supplies. Panic had set in and grocery store shelves were empty with supply chains worried about their next available deliveries. This behavior would continue for months. I should add that going to a grocery store was like a mission impossible movie. You had to wear gloves, masks, protective clothing. You stood in line to enter the store because only a few would be allowed in at a time and your temperature was taken to ensure the safety of others. Plexiglass was installed in front of each cashier to protect the worker against this deadly virus. Once home, your groceries needed to be sanitized prior to entering the house. Restaurants were only allowed to have curb-side pick-up if you deemed to order take out. Many people did not trust the cleanliness of the restaurant against the CORONAVIRUS. This was the new normal we were living in.

An unexpected event happened just two weeks into a world wide pandemic. My blood work test results came back from the lab. This was the second set, as the first set was lost at the lab. And the second was heavily delayed due to the labs being overwhelmed with coronavirus testing. Due to a year of stomach aches that just wouldn't go away, I decided to take action and have a blood test done.

This blood test would reveal the reasons for all my discomfort.
Really! I thought! During a worldwide pandemic! Here is what I saw.

List of Restricted Foods:	
4+ Reactions:	Cow's Milk Wheat, Gluten Wheat, Whole
3+ Reactions:	Pumpkin
2+ Reactions	Casein Egg White Cantaloupe Potato, Sweet Hops



What do I do now.... How will I eat? When we were preparing our food pantry before the lockdown, gluten-free and dairy free items were not on our minds. For the first two weeks eating was difficult. My mother called all her friends to inquire if anyone had extra pasta or bread. We manage to secure a few items with the bartering of our fresh eggs from our chickens. This pandemic was going to urge me to find recipes that I could make and ones that I actually love to eat. Follow me on my continued journey.

Holy Headaches, Suffering Stomach Aches— “Living in the Nurse’s Office!”

The year leading up to this sudden discovery, I was having stomach aches that seemed to be there all the time. It was awful and I quite literally found myself living in the nurse's office at my school. Our school nurse would let me hang out until the pain subsided enough for me to attend class and sometimes I would go home because I just couldn't stand the pain and be productive in class. I got headaches and was anxious. I felt light-headed. Once I got my results back from the lab, I thought it would be a great idea to learn more about why my body was reacting that way.

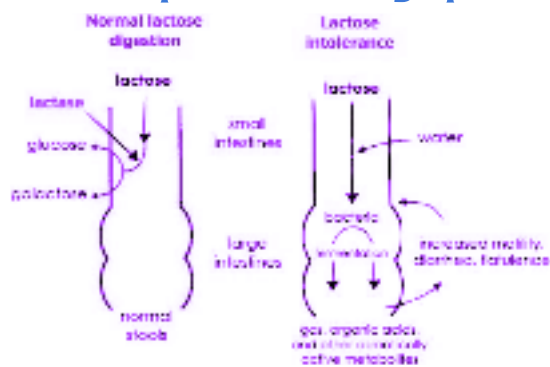
But what happens to my body when I do “mess” up and eat a bit of it. Let’s first talk about dairy. So, far, that is the hardest. And to be honest, any of the dairy free packaged foods really are NOT satisfying or delicious.



The trouble is, the symptoms of lactose intolerance and non-celiac gluten sensitivity (or NCGS) can often overlap, making it hard to figure out which one—if either—is causing your digestive distress. “Gastrointestinal issues, such as bloating, gas, problems with bowel movements, abdominal pain, fatigue, and headaches are common with

both,” explains registered dietitian Maxine C. Yeung, MS, RD, CPT, CWC, founder of The Wellness Whisk.

After understanding what my body is doing when dairy is introduced, everything makes more sense. Lactose intolerance is fairly straightforward—it occurs when an individual no longer produces the lactase enzyme in sufficient quantities,” says integrative and functional dietitian and nutritionist Ryan Whitcomb, MS, RD, CLT, owner of GUT RXN Nutrition. (Many people don’t once childhood ends or they’ve quit dairy for an extended amount of time.) “Lactase is responsible for breaking down lactose, the natural sugar found in dairy products like milk. Since the body is not able to break this sugar down in the small intestine, where it’s supposed to be digested, it moves into the large intestine.” Here, it produces gas, which causes those unpleasant GI symptoms. See the example!



Not very pleasant. And yep! It hurt! Now let’s take a look at Gluten and what that does!



Gluten was slightly easier, although it is sneakily in many foods, but the good news is there are so many options. First, what is gluten? Gluten is a kind of protein that is found in grains like wheat, rye, and barley. Gluten is often found in foods that use these ingredients, but

it can also be found in medicines, vitamins, and supplements that use small amounts of these ingredients. Gluten intolerance, also called gluten sensitivity, non-celiac gluten sensitivity, or non-celiac wheat sensitivity, is a disorder where your body reacts badly to eating gluten. Here are a few of the symptoms you might notice.



I have all the common gluten symptoms. After keeping a journal to see if some of those feelings were subsiding, I did notice that I was feeling much better. And that for me helped, I could focus more on the things that I had to do instead of feeling sick.



Sadly, at this time there is no known way to prevent gluten intolerance. Sometimes, this disorder shows up late in life, but it can also be present in young children. Even though there is no way to prevent this condition, you and your doctor can work together to create a plan that can help reduce your symptoms.

By this time, you are probably saying to yourself - **WHAT CAN YOU POSSIBLY EAT?** Well, that is where we are heading!

**I am sooo hungry! I don't want to think,
prepare, or cook something! The snack list!**

Fruits - All fruits (except, I have an allergy to apples and melons.)

Vegetables - All Vegetables (except, I have an allergy to carrots.)

Snacks

- **Herr's Potato Chips Lay's (To see all of Lay's gluten free chips, Macaroons**
- **Popcorn (most microwavable popcorns are gluten free, as long as they are buttered, kettle, salted, or plain)**
- **Ruffles**
- **Tostitos**
- **Trail Mix (make sure it's gluten free, like Chex)**
- **UTZ Chips (all chip flavors are gluten free)**

- **Vegetable Chip**

Candy and Sweet

- **Candy Canes**
- **Dum Dums**
- **Jolly Rancher**
- **Lifesaver (hard and gummies)**
- **Mike and Ike**
- **Skittles**
- **tic tac**
- **Smarties**
- **Sour Patch Kids**
- **Starburst**
- **Swedish Fish**

Gluten Free Foods		
Produce all fresh fruit all fresh vegetables fresh herbs and spices	Packaged & Canned plain canned fruits and vegetables applesauce cranberry sauce canned beans and lentils spaghetti sauces canned fish (e.g. tuna, salmon) organic packaged soups gluten-free pastas corn tortillas	Condiments vinegars (but not malt vine) mustard ketchup horseradish jams and jellies honey maple syrup relish pickles olives
Fats & Oils vegetable, canola, and olive oils shortenings mayonnaise salad dressings	Snacks rice cakes rice crackers soy crisps popcorn cheese puffs potato and corn chips jello candies chocolates dried fruits	Baking sugar salt and pepper herbs and spices evaporated or condensed milk corn meal baking soda baking powder gluten-free flours baking chocolate & cocoa
Frozen Foods plain frozen fruits and vegetables ice creams sherberts & ices gluten-free frozen waffles	Meats & Fish all fresh beef and poultry all fish and shellfish hot dogs luncheon meats (for anything prepackaged or prewrapped, check labels for additives)	Beverages coffee tea soft drinks fruit juice
Refrigerator Section milk half and half whipping cream aged cheeses butter margarine yogurts cottage cheese sour cream cream cheese eggs tofu jello rice pudding tapioca pudding 100% fruit juices	Grains & Seeds quinoa rice buckwheat chickpeas flax sunflower seeds cornstarch potato starch	Nuts & Beans dried beans and peas plain nuts peanut butter almond butter cashew butter
Breakfast Food cream of rice cereal puffed rice puffed corn		

Angel cake

Ingredients

12 egg whites OR you can use egg replacer
1 1/2 teaspoons of cream of tartar
3/4 cup of granulated sugar
3/4 cup of powdered sugar
1 1/2 teaspoons of pure vanilla extract
1/2 teaspoons of pure almond extract
3/4 cup of all purpose flour (gluten-free)
1/4 cup of cornstarch

Instructions

1. **preheat the oven to 350F**
2. **mix the cornstarch and gluten free flour together in a small bowl and set aside.**

3. in a large bowl using a stand up mixer beat the eggs cream of tartar together in a medium speed until foamy. Then add in the sugar and powdered sugar at a high speed, adding the pure vanilla extract, almond extract and salt. Continue beating.
4. Added in the cornstarch in gluten-free mixture ,1/4 cup at a time, beat in medium speed until the mixtures are fully combined
5. Pour the cake batter into an ungreased pan 10 in x 4 inch tube pan. use a spatula and smooth the top of the batter
6. Bake 4 30-35 minutes or golden brown. immediately turn the pan upside down into a heatproof funnel or bottle let the cake cool upside down for 2 hours
7. After the two hours are up remove the cake using a knife and enjoy!

Chocolate Mug Cake

Ingredients

- 1/4 cup of flour (gluten free)
- 3 tablespoons of sugar
- 1/2 teaspoon of gluten free baking powder
- 1/8 teaspoon of salt
- 2 tablespoons of unsweetened cocoa powder
- 2 tablespoons of coconut oil
- 1/4 cup of water
- 1 Tablespoon of dairy-free chocolate chips

Instructions

1. Take a microwave safe mug and add all your dry ingredients(flour, sugar, baking powder, salt, and unsweetened cocoa powder.) and thoroughly mix.
2. Get out of your wet ingredients(coconut oil, I recommend melting at first, and water)
3. After that I add in your chocolate chips
4. Stick it in the microwave for 1 minute and 10 seconds then let it cool and enjoy your gluten free and dairy-free chocolate mug cake!

Perfect chocolate cake

Ingredients

2 cups of sugar
1 $\frac{3}{4}$ cup of all-purpose
 $\frac{3}{4}$ cup of unsweetened cocoa
1 $\frac{1}{2}$ teaspoons baking powder
1 $\frac{1}{2}$ teaspoons baking
1 teaspoon of salt
2 eggs egg replacer
1 cup of milk
 $\frac{1}{2}$ cup vegetable oil
2 teaspoons vanilla extract
1 cup boiling water

Instructions

1. heat oven to 350 degrees Fahrenheit. grease and flour 2 9-inch round baking pans.

2. stir together sugar, flour, cocoa, baking powder, baking soda and salt in a large bowl. add in milk, oil and vanilla; Be on medium speed. stir in boiling water and pour batter into a pair of pans
3. baked 30 to 35 minutes and cool for 10 minutes

Churros bites

Ingredients

1 cup of water
8 tablespoons of butter (dairy free)
¼ teaspoon salt
¾ teaspoon ground cinnamon
1 ¼ cups of all-purpose flour (gluten-free)
3 eggs (egg replacer)
1 ½ cups vegetable oil
½ cups of sugar

Instructions

1. Combine water, butter, salt, ¼ teaspoon cinnamon in 1 ½-quart saucepan over medium Heat. Bring pain to Rolling boil.
2. Reduce heat to low

3. Add flour and stir vigorously until the mix forms a ball. remove from heat and let rest for 5-7 minutes.
4. Add eggs one at a time until combined and set aside.
5. Heat oil in a medium Skillet or 1/4 saucepan over medium Heat or until temperature reaches 350.
6. Spoon dough into a piping bag filtered with a large star tip. pipe 1 inch stripes of dough over the saucepan. Cut with a knife and drop into the hot oil. Repeat until all churro bites fill the saucepan with room to fry.
7. Fry churros bites until golden brown. Then remove with a spotted spoon.
8. Drain churro bites on paper towels
9. Mix sugar in 1/2 teaspoon cinnamon in a medium Bowl. churros bites into coated. Serve and enjoy

Strawberry Shortcake

Ingredients

- 4 cups strawberries (sliced)
- 1/2 cup of sugar
- 2 1/2 cups of Bisquick (gluten free)
- 3/4 cups of milk (dairy free)
- 1/2 cup of butter (dairy free)
- 3 eggs (egg replacer)
- 1/2 teaspoon vanilla
- 3/4 whipped cream (dairy free)

Instructions

1. in a small bowl mix strawberries and 1/4 cup sugar; set aside
2. heat oven to 425 degrees Fahrenheit greased cookie sheet.
3. in a medium ball combine the biscuit mix the remaining 1/4 cup of sugar. cut in butter and add in milk, eggs, and vanilla.
4. drop by 6 spoonfuls into cookie sheet
5. baked 10 to 12 minutes and cool for 5
6. fill the top with strawberries and whipped cream enjoy.

GOT DINNER!

Southern Fried Chicken

Ingredients

6 chicken thighs
3 cups of milk (dairy free)
3 tablespoons White vinegar
2 teaspoons of salt
1 teaspoon of pepper
2 cups of all-purpose flour (gluten-free)
One cup of cornstarch
1 tablespoon of onion powder
1 tablespoon of garlic powder
2 Teaspoons of salt
1 tablespoon paprika
1 tablespoon dried oregano
1 tablespoon dried thyme
4 cups of coconut oil to fry in

1. In a large bowl with together milk, white vinegar, salt, and pepper. Add the chicken pieces. Cover the bowl with plastic wrap and refrigerate for at least 2 hours. it's best to allow the chicken to marinate overnight if you can.
2. Prepare the breading by combining the gluten free flour, cornstarch, onion powder, garlic powder, salt, paprika, thyme, oregano, basil in a gallon size resealable bag. Steel and Shake two bags combine ingredients.
3. Add coconut oil in a 10 inch cast iron skillet. on a medium heat until 350 degrees Fahrenheit.
4. Working one at a time remove the chicken pieces from the buttermilk mixture. Place in the bag with the gluten-free flour mixture, place the chicken in the plastic bag. Seal the plastic bag completely. Shake to coat the chicken pieces. Place the coated chicken pieces on a baking sheet repeat the step until all the chicken pieces are coated.
5. Fry 3 to 4 pieces at a time turning each piece for 15 to 18 minutes. Turn pieces using tongs about every 2 minutes
6. Remove the chicken pieces from the oil with the tongs and place them on a cooling rack. Let the chicken breast sit for 10 minutes before serving.

More Dinners to follow as I make them.

