



Rita's Natural Food Market

"Your neighborhood natural grocery store since 2009"

NEWSLETTER October 2010

Monday - Friday 10-6; Saturday - 10 - 4; Closed Sunday
New Braunfels, Texas; 830-625-7472 - ritasmarket@gmail.com



Nutrition, Health and Caring.

Our commitment to you is healthy living with affordable prices!

Celiac Awareness Month

Disclaimer: This information is not intended to prescribe, diagnose, cure or prevent any disease. Always consult your doctor for advice.

Being diagnosed as Celiac and the need for a gluten free diet can be an overwhelming experience. One out of every 133 Americans, approximately three million people, have Celiac disease, many walking around undiagnosed. There are over 300 symptoms reported with this disease. It takes an average of 11 years for people to be properly diagnosed although a simple blood test can detect Celiac Disease. The ONLY way Celiac Disease can be treated is through diet.

Once diagnosed, your entire wellbeing depends upon major dietary changes, yet most people do not have a clue where to begin and this can be frustrating. At Rita's Natural Food Market, our intention is to make the transition easier for you as you learn more about these life changes.

Facts about a gluten free diet:

It is the fastest growing nutritional movement in America and when diagnosed making dietary changes has helped many people including those with:

- ADD/ADHD (along with a casein free diet)
 - Autism (along with a casein free diet)
 - Celiac disease – the most common genetic disease – three million
 - Gluten intolerance – 10 million Americans
 - Multiple sclerosis, cystic fibrosis, thyroid disease, and other autoimmune diseases
- At one time the toughest part of being on a gluten free diet was the lack of tasty breads, cookies, pizza, crackers, pasta, cakes, sauces, frozen meals etc. Now there are many choices of gluten free foods available. At Rita's Natural Food Market we have two freezers dedicated to gluten free items and over 30 shelves offering dry goods. Embracing a gluten free diet is healthy and beneficial for those who need it. As you journey



though your new experience we encourage you to include organic vegetables and fruits, grass fed beef, buffalo and lamb, as well as natural chicken in your diet. We stock all the popular brands: Udi's, Glutino, Amy's, Kinnickinick, Lundberg Farms, Enjoy Life, Tinkyada and more.

A study published in the Journal of Food Engineering, observed that using a 30/70 Chestnut/Rice flour ratio with the addition of Xanthan or Guar gum provides the best gluten free dough mixture for baked items.

For more info: www.CeliacCentral.org.

We are excited about one our newest cookbooks 'the Gluten-Free Almond Flour cookbook', by Elana Amsterdam. Here is a recipe from her book with adaptations from Rita C. Karydas.

Lemon Bars

Makes 16 bars

These lemon bars retain their classic appeal and are just as delicious without the the gluten, dairy and refined sugar.

Crust

3/4 cup rice flour
1/2 cup almond flour
1/4 cup chestnut flour
1 tsp xanthum gum

2 Tbs. coconut oil
1 Tbs. agave nectar
1 Tbs. vanilla extract
2 Tbs. water or almond milk

Topping

1/4 cup coconut oil
1/4 cup agave
3 large eggs
1/2 cup freshly squeezed lemon juice

Preheat the oven to 350 degrees. Prepare an 8 inch oiled square baking dish with coconut oil and dust with almond flour

To make crust, combine the almond flour and salt in a large bowl. In a medium bowl, whisk together the coconut oil, agave nectar water and vanilla extract. Stir the wet ingredients into the almond flour mixture until thoroughly combined. Press the dough into the prepared baking dish. Bake for 15 to 17 minutes or until golden brown.

While the crust bakes, prepare the topping. In a blender, combine the coconut oil, agave nectar, eggs and lemon juice. Blend high until smooth. Remove the crust from the oven. Pour the topping evenly over the hot crust.

Bake for 15 – 20 minutes, until the topping is golden. Let cook in the baking dish for 30 m minutes, then refrigerate for 2 hours to set. Cut into bars and serve.



Recipes from the Daily News New York VUE adapted by Rita C. Karydas

Puffed Rice Snack Mix

12 cups of Puffed Rice Cereal
14 oz NOW Raw Energy Mix
1 cup rice bran
1 cup unsweetened coconut
4 Tbs. pumpkin seeds
1/2 cup coconut nectar, agave or honey

*This recipe works best if cut in half and prepared in batches.

Preheat oven 350 degrees. In a large bowl mix all of the dry ingredients coating well with the sweetener. Spread the mixture on a cookie sheet lined with parchment paper or coated with coconut oil. Bake for ten minutes. Stir the mixture while still on the cookie sheet, spread, and cook for 5 minutes or until golden brown. Enjoy!

Mixed Berry Muffins

1 1/2 cups brown rice flour
1/2 cup chestnut flour
1/2 cup almond flour
2 3/4 tsp of xanthan gum
1 Tbs. baking powder
2/3 cup succant
2 eggs (or use egg replacer)
1 1/2 cup almond milk (or any liquid you prefer)
2 Tbs. coconut oil
1 2/3 cups fresh or frozen mixed berries

Sift flour and almond meal into a large bowl, add the succant and baking powder. In a separated bowl lightly beat the eggs, then stir in the milk and coconut oil. Combine the liquid and dry mixtures and gently fold in the berries. Divide batter evenly among prepared baking muffin tins lined with unbleached muffin cups. Bake 20 minutes or until toothpick comes out clean. Leave in pan for 5 minutes before removing to cooling rack. Enjoy!