




Articles

- GF Restaurant Dining
- GF Grocery Shopping
- GF Fun for Kids
- Learning How To
- Substitute Ingredients
- GF's Silver Lining
- Main Menu

Delight Gluten Free Living

GF Restaurant Dining



My adult son e-mailed me recently, asking for dining-out tips that he could share with his colleague who had just been diagnosed with celiac disease. I chuckled as I reflected back to 1993 when my son was diagnosed. Along with helping him learn to spell and read, I also taught him the meat and potatoes of the gluten-free diet. I recall incrementally loosening the reins as he matured and his social events no longer included me. I coached him on the questions to ask in restaurants, how to order a burger without a bun, how to ask if the fries were cooked in a dedicated fryer, and what to say to a host when he was invited to a party. "Call ahead," I suggested. "Select the simplest foods—plain broiled chicken, baked potatoes. Above all, be friendly but don't assume people know about your diet."

[More](#)

Recipes

- Bruschetta with Mozzarella
- Beef Tenderloin & Mushrooms
- Shrimp & Chicken Pad Thai
- Turkey Bacon Tomato Panini
- Chocolate Chip Cookies
- Pumpkin Waffles
- Main Menu

Delight Gluten Free Living

Lemon Gingersnap Cheesecake

Yield: 8 servings



- 2 (5.5oz) packages Dr. Lucy's Gingersnap Cookies
- 1 stick (1/2 cup) butter, melted
- 2 (8-ounce) packages cream cheese, softened
- 3/4 cup sour cream
- 1 cup granulated sugar
- 3 large eggs
- 1 teaspoon vanilla extract
- Zest of 2 lemons
- 3 fluid ounces lemon juice, strained
- 3/4 cup sugar
- 1/4 cup butter
- 4 egg yolks
- Fresh mint leaves for garnish

Preheat oven to 350 degrees F. In a food processor, combine Dr. Lucy's Gingersnap Cookies with melted butter. Pulse until a finely ground crust forms. Lightly spray a spring form pan with non-stick spray. Press the gingersnap cookie crust into the bottom of the pan and set aside.

[More](#)

Videos

- Articles
- Recipes
- Substitutions
- Main Menu

Delight Gluten Free Living

Videos



Navigating the Supermarket



Dining Away From Home



Stocking the Gluten-Free Kitchen



Facing Facts & Making Changes



Helping Gluten-Free Kids Fit In



Stories of Change & Success

Substitutions

- Flour Substitutions
- Product Substitutions
- Ingredients to Avoid
- Main Menu

Delight Gluten Free Living

Flour Substitutions



Gluten, a protein found in wheat flour, is what gives structure to baked goods. It gives breads, muffins, and cakes their soft spongy texture. To replace gluten, you'll need to use other thickeners like xanthan gum or guar gum in your baking.

For each cup of gluten-free flour mix, add at least 1 teaspoon of gluten substitute.

Xanthan Gum

This comes from the dried cell coat of a microorganism called *Zanthomonas campestris*. You can purchase it in health food stores and some supermarkets.

[More](#)