

Healthy Eating

Taking Food Allergies Into Account During The Holidays

(NAPSA)—For some people, to diet means a menu to control or manage body weight. For others, a special diet is necessary to maintain health. For example, an estimated one in 4,700 Americans has been diagnosed with celiac disease. These people cannot tolerate wheat, oats, barley or rye in their diet. More than 30 million Americans are lactose intolerant or have a dairy allergy.

During celebratory times, when eating traditional, familiar foods is important, it's a good idea to have safe alternatives. This special bread, developed by Red Star Yeast, uses alternative flours and contains no milk products, and is simple to make, so it can be enjoyed by those who need to avoid gluten and milk in their food.

Festive Fruit Bread *Gluten-free / Lacto-free*

- 2 cups white rice flour
- 1/2 cup potato starch
- 1/2 cup tapioca flour
- 1/3 cup cornstarch
- 1 Tbsp. xanthan gum
- 3 Tbsp. sugar
- 1 1/2 tsp. salt
- 1 tsp. nutmeg
- 1 packet (1/4 oz.) RED STAR Active Dry Yeast
- 1 2/3 cups water
- 1/4 cup vegetable oil
- 3 eggs (3/4 cup), room temperature
- 1 package (6 or 7 oz.) dried fruit bits

Thoroughly blend dry ingredients except dried fruit bits. Do this either in a bowl with a wire whisk or shake together in a gallon size, self-



Tasty dishes made without wheat or dairy products can be a festive, healthy way for people with allergies to celebrate.

sealing plastic bag. Heat water and oil to 120° to 130°F.

Bread Machine Method

Pour water and oil into baking pan; add eggs. Add dry ingredients to liquid ingredients.

Select the DOUGH cycle for mixing. After the mixing action begins, help any unmixed ingredients into the dough with a rubber spatula, keeping to edges and top of batter to prevent interference with the kneading blade. Press STOP when the mixing is complete. Fold in dried fruit bits. Do not allow the dough to rise in the bread pan.

Mixer Method

Pour water and oil into mixing bowl; add eggs. With the mixer on a low speed,

gradually add dry ingredients to liquid ingredients until all dry ingredients are well blended. Beat on medium speed about 5 minutes. Fold in dried fruit bits.

Rising and Baking

Pour dough into a lightly greased ring mold; allow to rise approximately 40 minutes to an hour. Bake at 375°F for 40 to 45 minutes; use a toothpick to test for doneness. Allow bread to set in pan for 10 minutes before inverting onto cooling rack. Cool completely before slicing. If desired, lightly dust with powdered sugar before slicing.

Makes 1 loaf.

Additional recipes are available by calling 1-800-4-CELIAC or visiting www.redstaryeast.com.