

Nutrition & You

Living Gluten-Free Tastes Better Than Ever

(NAPS)—Help has arrived for the increasing number of Americans now diagnosed with celiac disease as well as the growing number of others who choose to adopt a gluten-free lifestyle.

Once considered a niche at health food stores, hundreds of new gluten-free food products ranging from breads and pastas to meat and beverages can now be found in grocery stores across the country. What's more, the taste, consistency and quality of the new wave of gluten-free products are a dramatic improvement over the old. That's because food manufacturers continue to produce higher-quality, more flavorful gluten-free products.

"With all of the new gluten-free products in the marketplace, the sky has almost become the limit in terms of the types of dishes you can prepare at home," said Philip Jones, president of Jones Dairy Farm, a sponsor of the Celiac Disease Foundation. "And if you're looking for help in what to prepare, there are plenty of gluten-free recipes available through celiac support groups, gluten-free and traditional cookbooks and online via Web sites, blogs and message boards."

Jones further suggests you experiment with gluten-free alternatives. He believes recipes suitable for a gluten-free diet can please anyone and offers the following brunch recipe.

Gluten-Free Cinnamon & Sausage French Toast Bake

Makes 8 servings

4 cups cubed gluten-free bread (about 6 slices)



A gluten-free diet can include brunch favorites like sausage.

- 1 (7-ounce) package Jones All Natural Golden Brown Sausage Links or Patties, sliced or cubed**
- 1 tablespoon sugar**
- 1 teaspoon cinnamon**
- 6 large eggs**
- 2 cups whole milk**
- ½ teaspoon salt**
- 100 percent pure maple syrup**

Arrange bread cubes and sausage in a greased or buttered 13x9-inch baking dish. Combine sugar and cinnamon; sprinkle over all. Whisk eggs in a large bowl; whisk in milk and salt. Pour mixture evenly over all. Press down on bread to allow milk mixture to coat the top. Cover and refrigerate at least one hour (or up to 24 hours before baking). Bake in a preheated 350°F oven 40 to 45 minutes or until the center is set. Increase time to 50 minutes if casserole is cold. Cut into squares; serve with syrup.

For more gluten-free recipes, visit www.jonesdairyfarm.com.