

Making the Change to Gluten-free

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What comes to your mind when you think of gluten-free? Maybe you think of eating tasteless bread or not eating bread at all! Your brain may flurry about, thinking of your favorite desserts, which contain piles of gluten and can never be fed again! You may feel that if you have to lead a life of being gluten-free that your life would be over for good.

I'm here to tell you that's not the case! You can lead a gluten-free lifestyle and still eat your favorite desserts with some of these tips and tricks to make your new experience a good one.

When you first embark on your new gluten-free life, you may feel a little let down as many items contain gluten. Now, it will be necessary to do a little searching around to find gluten-free foods. Here are some natural food choices to start with on your gluten-free journey.

Bread

Gluten-free loaves of bread are easy to find and are plentiful, even in regular supermarkets. Some brands which I have a fondness for are Canyon Bakehouse, B Free, Udi's, and Franz. Look around the bakery of your local market - you may even find some regional, gluten-free bread on your supermarket's shelves. There are also many different flavors of gluten-free bread, including white bread, multigrain, and Hawaiian bread. You are sure to find a flavor you like in the varieties of gluten-free bread there are to choose from.

Pasta

There are literally dozens and dozens of gluten-free pasta brands on the shelves today! Such a variety to choose from, and many different taste profiles to try including quinoa, corn, rice, tapioca, and soy. My favorite gluten-free pasta made with a combination of flours, which gives the pasta a good texture. Be careful when cooking your gluten-free pasta: there is a fine line between finished and overdone when it comes to gluten-free pasta! Brands of gluten-free pasta which I enjoy are Quinoa pasta, Ronzoni, and Bertolli.

Desserts

This is an area which many on the gluten-free lifestyle things have ended for them when they cannot eat meat. Never fear! There are several different avenues on how you can get your hands on some tremendous gluten-free desserts.

How about making your own dessert? Making your own gluten-free dessert can be easy and fun. Create a fun family night and get everyone involved in making desserts! Search up

gluten-free desserts on the web and find one that appeals to you. Grab your ingredients and plan a night to make your new gluten-free dessert. Not into making homemade recipes? Purchase a gluten-free baking mix and just add a few simple ingredients to make a delectable gluten-free dessert.

Not a do-it-yourself person when it comes to creating in the kitchen? If baking your own dessert does not appeal to you, search on the web for a gluten-free bakery. In my local town, there are three gluten-free bakeries which create delicious and delightful gluten-free treats such as cinnamon rolls, donuts, scones and muffins, cakes and cupcakes, and a variety of other wonderful treats!

Making the change to gluten-free can start with a few simple adjustments. Take small steps and incorporate your favorites first, then delve into more gluten-free as you travel down your gluten-free road to better health!

