

Glorious Gluten Free

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Last week I finally made the trek down to a local gluten free bakery I recently heard about. Wow! Where have I been? This place has been in Phoenix for over four years and I didn't know about it.

I was immediately greeted by the friendly owner, LynnRae Ries. She offered several samples of her delicious breads and cakes. When I told her I needed dairy free, that was no problem and I was steered in the right direction. Even the impossible to find gluten free oatmeal was right there on her shelves. Everything I tasted was absolutely delicious.

Kyle has been on the gluten free diet for about ten years. Does it help? Honestly, I'm not sure anymore. Originally, it seemed to help with his severe cyclical anxiety episodes. However, after a year, the anxiety returned despite the diet. He continued on the diet anyway. At this point, he's been on it so long and now doing so well, I hesitate to rock the boat.

Though limited in some areas, Kyle doesn't seem to mind being on it as long as we can offer tasty alternatives. He has learned to tolerate the bread- toasted, that is, and slathered with peanut butter. However, I can't say any of the bread we've gotten is wonderful.... up until I discovered Gluten Free Creations Bakery, that is. Now, gluten free eating will be much more enjoyable for Kyle.

I was also excited to find out that this bakery makes premade pizza crusts and supplies several pizza places around town. I must admit discovering Gluten Free Creations really made my day. I was like a kid in a candy shop. Ok, maybe I don't have a life, but everything smelled and tasted so good. Later that evening, Kyle was in heaven as he devoured Lynn Rae's herb rolls. And I was in heaven just watching him. Hey, you gotta appreciate the small stuff, right?

You can order from www.glutenfreecreations.com and they will ship their delicious baked goods right to you. I believe LynnRae said they are shipped frozen.

Well, I know *I'm* excited. If someone you know eats sans gluten, check out this wonderful bakery.

Gayle

PS LynnRae is now carrying our book "It's All About Attitude" Loving and Living Well with Autism. She is an author too and has written the following books (available on www.whatnowheat.com) for the gluten-free/celiac community:

- What? No Wheat? - a lighthearted approach to living the gluten free life.
- Delicious Gluten-Free Wheat-Free Breads - easy to make breads for the Bread Machine and Oven.
- Waiter, is there Wheat in My Soup? - helpful information to make your gluten-free wheat-free dining out choices easier.
- The Gluten-Free Cooking School Introduces... A Life of Fabulous Foods - an adventure through recipes, techniques and insights from the highly recognized Gluten-Free Cooking School.