



# HEALTH AWARENESS

## Gluten-Free Food For Thought

(NAPSA)—Here's food for thought: Although celiac disease is one of the most common genetic conditions in the world, many people don't know much about it. In fact, according to the Celiac Disease Foundation, while one in every 133 people lives with celiac disease, 97 percent of them don't even know they have it.

### The Condition

Celiac disease is an autoimmune condition that causes the body to react to proteins in gluten—found in wheat, rye and barley, among other foods—as though they are a danger to the body, damaging the intestines and causing distress.

### A Solution

Fortunately, avoiding gluten doesn't have to mean giving up bread, pasta and other tasty foods. To help, the longest continuously certified-organic bakery in the U.S., French Meadow Bakery®, bakes gluten-free products in a dedicated gluten-free facility. The extensive gluten-free portfolio includes breads, pizza crust, tortillas, rolls, brownies, cookies, muffins, cakes and cupcakes that are safe and delicious. They all carry the seal of the Gluten-Free Certification Organization.

These products can be easily incorporated into a whole host of favorite recipes, like the one below from French Meadow Bakery.

### Gluten-Free "It's Greek to Me" Pizza

#### Garlic Paste Ingredients:

**2 Tbsp. extra-virgin olive oil**



**Gluten-free "It's Greek to Me" Pizza can be an easy-to-make, safe and tasty treat for people who are sensitive to gluten.**

**1 clove garlic, roasted**

**Combine extra-virgin olive oil and garlic together to make a paste. The paste can stand for up to 3 days to create depth of flavor.**

#### Pizza Toppings:

**1 oz. baby spinach, roughly chopped**

**2 oz. feta cheese, crumbled  
Kalamata olives, pitted and halved**

**8 sun-dried tomatoes, sliced**

**Remove one French Meadow Bakery® Gluten-Free Pizza Crust from packaging. Brush pizza crust with garlic-infused olive oil. Place the remaining ingredients on top. Bake in a 400° oven for 5–10 minutes.**

#### Learn More

For more information, visit [frenchmeadow.com](http://frenchmeadow.com), [gluten.org](http://gluten.org), [celiac.org](http://celiac.org) and [celiaccentral.org](http://celiaccentral.org).