

SUMMER 2025

# generationgf

gluten.org

magazine

## COOKIE CON

*Going Gluten-Free!*

## BACK TO SCHOOL

*Back to Gluten-Free Basics*

**GLUTEN-FREE  
FAIR FOOD**



## MAKE IT

*Your Favorite  
Take-Out*

*Gluten-Free  
Waffles*





# generationgf

magazine

*A magazine that helps gluten-free kids stay healthy and happy.*

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# *Letter from the Editor*



As summer peaks and eventually draws to a close, the weather starts to turn and the leaves start to change. There's a new crisp smell in the air, fallen leaves and...corn dogs? This time of the year, I only think about one thing. Okay, maybe two things. Apple cider donuts (gluten-free of course), and fair food. This issue of Generation GF is packed full of fair foods including some of my favorites! I hope that everyone has a chance to experience a state or county fair this year, and explore all the safe gluten-free options that might be at your event. When I first started going to fairs, it felt like nothing was safe. I was stuck eating my purse sandwich and jerky sticks while others ate corn dogs and deep fried butter on a stick. But over the years, fair food has changed for the better. And there's more than just food at the fair! Don't miss the exciting rides (although not directly after eating a gluten-free corndog!), and agriculture aspects of the fair. One of my favorite parts is going into the agriculture barn and looking at all the prize-winning pigs, chickens and cows. There's butter sculptures, quilts, car shows, demolition derby, and maybe even goat yoga - all found at a fair. My state fair also offers live music from popular bands. If you've never been, I encourage you to try something new and visit a fair this season!

**Happy Summer and Fall  
seasons,**

Erica



# WHAT'S UP WITH GEN GF

## Expo West

Every year, the food industry gathers in California for a big event called Natural Products Expo West. Thousands of people attend, like influencers, dietitians, podcasters, and people who make gluten-free products and gluten-free ingredients. It's a really big deal for food brands to attend and learn about trends and meet new people who are in charge of stocking grocery store shelves. Before a new gluten-free product is even seen on your grocery store's shelf, it probably came from a meeting at Expo West!

This year, Channon Quinn, CEO of GIG Cares, presented at Natural Products Expo West 2025. She talked about GFCO and helping people identify products very quickly in the marketplace with the awesome GFCO mark on each certified package. She had a chance to share about her gluten-free kids and shared stories from a gluten-free mom's perspective. We're so grateful for Channon for sharing her story with everyone!

A group of gluten-free bloggers stopped by the GFCO booth during the show! How many of these influencers do you recognize?





## 2025 Gluten-Free Summer Camps for Kids

We are proud to partner with summer camp locations across the United States each year. These provide the opportunity for gluten-free kids and teens to have a place to go for a week during the summer and have fun just being a kid. The camp environment builds camaraderie, allowing our members of Generation GF, gluten-free kids & teens, to be part of a group and not feel isolated due to their dietary needs. This year, we went to Camp Kanata in North Carolina for GIG Week!

Camp Kanata is so beautiful! The camp is located on 150 acres of woods, trails, fields and cabins surrounding a big lake. Between swimming and walking the wooded trails, we worked up quite the appetite! Thankfully, Chad and Devyn from GIG Cares were there to cook up some safe gluten-free food for all of the GF campers! We had plenty of support thanks to some great certified gluten-free brands.

*Thank you to San-J, Miracle Noodle, Tribe 9/Taste Republic, Homefree, Ethel's Baking Company, Everybody Eats, Flow Formulas, Gifted Breads, Free2b, and Papa Mountain.*



This year, GIG Cares Generation GF Teen Summit was a virtual event. Kids and teens had a chance to hear from experts, build confidence

with advocacy tools, and feel prepared for what's next - growing into a young adult! Thank you to everyone who participated this year. We can't wait to reveal what's next for Teen Summit 2026!

Thank you to this year's speakers - Kayla from @celiacwithkayla, Kendra from @sukipwd, and Andy, a Program and Mission Coordinator at Camp Gilmont.

# GLUTEN-FREE FAIR FOOD

I grew up going to the fair every year. I loved all the fairway games, roller coaster rides, and of course - the food! When I think about fair food, I think about everything on a stick - ears of corn on a stick, caramel apple pops, fried potatoes on a stick, deep fried Oreo cookies on a stick, waffles on a stick, meat on a stick, and deep fried butter on a stick! I also think about bags of kettle corn, fry bread, big soft pretzels, and so many different lemonade stands all serving a different flavor or variety of lemon-sweetened drinks.

After I got diagnosed with celiac disease, the fair lost its appeal to me. If I couldn't eat what I loved - then why go to the fair at all? I really missed out and I wish that I could go back in time and tell myself that the fair was still fun - even without all my deep fried friends on a stick. Nowadays, there are even safe gluten-free foods at state fairs across the country. There is no reason to say no to a day at the fair!

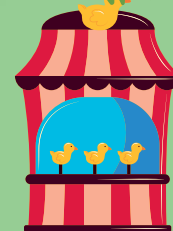
## PRE-VISIT: GET PREPARED

As always, you've got to go into this situation prepared. Look at the state fair online website, and look for gluten-free blogger or influencers that might have visited the fair before you go! Before the fair season starts, make sure to follow your state fair on Instagram for the latest announcements - like new food vendors!

FAIRGROUND RIDES



SIDESHOW ALLEY



FOOD STALLS



# AT THE FAIR: CHECK OUT YOUR OPTIONS

When you're at the fair, you can also look for vendors that have gluten-free signs or menu items at their booth.



Plain grilled meats or grilled meats with safe toppings, like a turkey leg, or BBQ meats with gluten-free BBQ sauce



Ice cream (if toppings are gluten-free, and ice cream does not contain gluten like cookies 'n cream or cookie dough flavor)



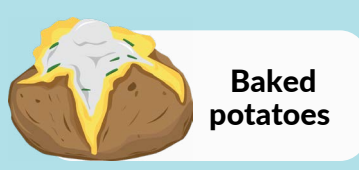
Nachos (if tortilla chips are gluten-free and made in a gluten-free fryer)



French fries (made in a dedicated fryer only)



Roasted corn on the cob/corn in a cup



Baked potatoes



Kettle corn or popcorn



Candy apples (if toppings are gluten-free)



Lemonade or other fruit-based drinks

Just like in a restaurant setting, seeing a gluten-free item on the menu, or on a sign is only a first step. Next, you'll need to ask the right questions.

## ASK THE RIGHT QUESTIONS

Shared fryers is probably the biggest potential issue with fair food. Ask if the item you're interested in is battered or fried in any way. Even if there is a gluten-free option, if it is fried in a shared fryer with gluten-containing items, you shouldn't eat it!

Double-check any seasonings or toppings on an item that may be naturally gluten-free.

Sometimes, you can get a modification for a dish at a booth, particularly if you get there early before the lunch or dinner rush. A stuffed baked potato can be a great and filling gluten-free meal, but it might depend on the fillings!

You should always announce that you have an allergy and ask them if they can use clean gloves and utensils if possible.

Here's a quick list of the key questions that can help you make your decision:

1. Do you have anything that is gluten-free and safe for someone with celiac disease?
2. Is there a gluten-free option for XYZ?
3. Could I substitute XYZ to make this item gluten-free?

Keep in mind, there are usually long lines at food booths, especially for the really popular snacks! Depending on the answers, you may have to make a fast decision about what to order. Make sure that you have a couple of items in mind in case they are out of an item, or they are unable to make it safely gluten-free. When in doubt, go without!

## BYOFF: BRING YOUR OWN FAIR FOOD

Don't forget to pack a few of your own gluten-free snacks with you. You don't want to be caught somewhere away from home while hungry!

## FAIR FOOD AT HOME

Since the fair is only for a few months out of the year, what if you want a gluten-free corn dog in the middle of winter, or in the spring? How can you make fair food at home?

I was lucky enough to visit Philadelphia recently and I had to stop at Fox & Son Fair Food to get my fill of gluten-free fair food. Fox & Son Fair Food in downtown Philadelphia is such a treat for someone who is gluten-free. It's one of the few places in the US that offers gluten-free, celiac-safe fair food outside of a fair. And you





don't even have to wait until the summer to visit it, it's open year-long inside the Reading Terminal Market. You can indulge in deep-fried gluten-free food whenever you want! They also have dairy-free options, and vegan options too!

They offer:

- Corn dogs
- Cheese curds
- Funnel cake
- French fries
- Fried pickles
- Fried onion rings
- Chicken nuggets
- Fried cookie dough

But not everyone can live in Philadelphia and have access to this great shop. Fox & Son ships their funnel cake mix, corn dog mix, and cheese curd kits so you can make their products at home in your own gluten-free fryer.

Thankfully we also have a lot of options for fair food that can be found in a grocery store and prepared at home. There are several brands of gluten-free corn dogs that you can buy frozen at a grocery store. A few gluten-free brands make fried pickles that you can make in the air fryer or your own deep fryer.

To make fried food at home, you'll need a counter top deep fryer, fryer thermometer, and cooking oil. Using a deep fryer can be very dangerous, so you'll need the supervision of an adult at all times. You will need to follow the instructions very carefully to avoid dangerous burns. It may take some time to master the fryer, but you'll be able to eat all of your favorite fair foods (made gluten-free) at home safely!

Visit Fox & Son at [FoxandSonPhilly.com](http://FoxandSonPhilly.com), in person at 136 Arch Street, Philadelphia PA 19107 or follow along on social media at [@foxandsonphilly](https://www.instagram.com/foxandsonphilly).



# FAIR FOOD FUN

*Gluten Free  
Honey Corn  
Dog Waffles!*

*by Brianna Hesch*

Ever wish you could bring the fun of the fair home with you? Now you can with these sweet and savory *Honey Corn Dog Waffles!*

They taste just like a classic corn dog from the fair but with a twist! Most fair food has to be on a stick because it's eaten on the go. But when you make corn dogs at home, you don't need it to be portable. Instead of being on a stick, these are made with a yummy honey cornbread waffle batter (gluten-free, of course!) and have slices of hot dog tucked inside. When they come out of the waffle iron, they're golden, crispy, and full of flavor.

You can cut them into strips and dunk them in ketchup or mustard—just like dipping a corn dog at the fair. They're great for lunch, dinner, or a fun weekend snack.

Making these waffles is way easier (and cleaner!) than frying corn dogs. You just mix up the batter, stir in the hot dog pieces, and cook them in the waffle maker. That's it!

Try these Gluten-Free Honey Corn Dog Waffles and bring a little fairground magic to your kitchen.





## Ingredients:

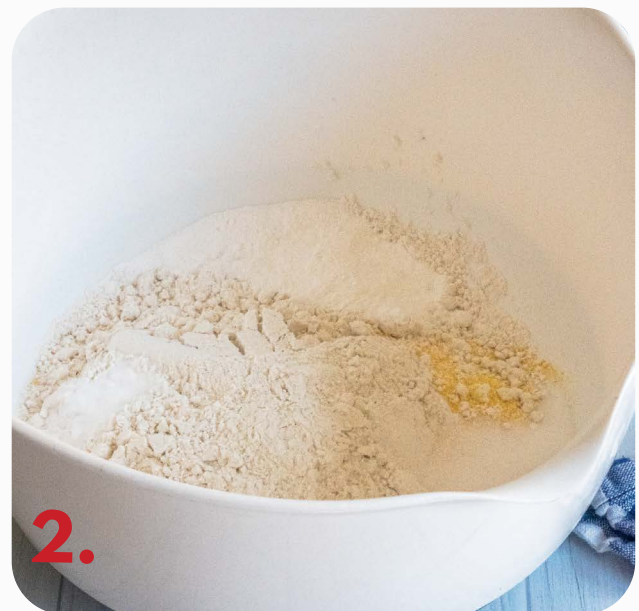
- 1 ¼ cups gluten-free cornmeal
- 1 cup gluten-free flour (we tested this with one-to-one gluten-free flour)
- 1 teaspoon salt
- ½ teaspoon baking soda
- 3 teaspoons baking powder
- 6 Tablespoons oil or melted butter
- 2 eggs
- 1/3 cup honey
- 1 ½ cups milk (or dairy-free milk)
- 1 teaspoon of white vinegar or apple cider vinegar
- ¾ cup chopped hot dogs, about 3 wieners (beef, pork, or turkey dogs)
- Spray oil or butter for greasing the waffle iron

## DIRECTIONS:



1. First, have an adult help you get your waffle iron prepared. Plug it in, and while you are waiting for it to heat up, prepare the batter. Make sure you are cautious around the very hot waffle iron!

In a small bowl, combine the milk and the vinegar. This is a shortcut to make homemade “buttermilk” - and you can even do it with dairy-free milk!



2. In a large bowl whisk together the cornmeal, gluten-free flour, baking soda, baking powder, and salt. Make a “well” in the middle of the bowl, moving the flour mixture to the sides of the bowl.



Add the eggs, oil, the “buttermilk” and honey into the “well” and whisk just the liquids together. Then, mix the liquids with the dry ingredients using a whisk until just combined.



Have an adult help you lightly grease your waffle iron with oil or butter. Pour the batter into the waffle iron. Before you close your waffle iron, evenly sprinkle the hot dogs on top. This helps the hot dogs to be all over your waffle, instead of getting stuck in the middle when the waffle iron is closed



Bake the waffles according to your waffle iron directions. In our machine, it takes about 4 minutes to cook.

Serve with honey mustard, ketchup, mustard, or any of your favorite toppings.

## NOTES

The milk and vinegar mixed together act as buttermilk in this recipe. You can easily use any dairy-free milk, which will work just the same. The buttermilk reacts with the baking soda in the waffles to help your corndog waffles to be light and fluffy. Because of this, it is important to not overmix and to use your batter immediately. If you’ve ever made a baking soda and vinegar volcano for science class, you’ll understand why it’s important to use the batter right away. Baking soda and vinegar will fizz out and get flat if it sits too long or gets stirred too much. Science makes baking fun!



# Violet

→ 10

Lives in New Jersey

Clearly an animal lover



LOVES  
Pizza Sundays

Gluten-Free = Superpower

Competitive  
Dancer

Really interested in  
gluten-free advocacy

# Meet the Gluten-Free Kid: Violet P. From New Jersey

I met Violet's mom at a fundraiser for celiac disease research in Philadelphia, PA. Natasha is a blogger at Gluten Free Sunshine and we initially bonded over gluten-free food, like the soft pretzels at The Reading Terminal Market (also discussed in this issue). I was over the moon when she mentioned she had a gluten-free kiddo named Violet who was really interested in gluten-free advocacy! Violet and her family live in New Jersey, not too far from Philadelphia where we met.

Violet always had headaches and belly aches when she was growing up. She was going to the nurse daily at school, and often had difficulty going to the bathroom. That was bad enough, but then all of a sudden she started to have really bad nosebleeds. At this time, her school had a mask policy, and she would heavily bleed through the masks! Headaches usually followed the nose bleeds. Her parents couldn't watch this keep happening, and they decided it was time for further testing.

When their doctor ran more testing after all of the nosebleeds, they found out Violet's celiac disease antibodies were very high. Since Natasha, Violet's Mom, was already diagnosed with celiac disease, she had her family tested for celiac disease genes. She knew Violet carried the HLA-DQ2 gene, which means she could develop celiac disease at any time. And that's how she was finally diagnosed with celiac disease - nosebleeds!

Violet is an outspoken and active 10 year old. Let's learn from Violet about what it's really like at school and at extra-curricular activities being gluten free!

## Gluten-Free At School

They don't offer any gluten-free lunch options at my school, so I always pack my lunch. At lunch, I sit next to people that eat gluten. Sometimes that makes me worried about crumbs and cross contamination, but I have been ok.

Birthdays at school are ok because we have to order treats from the school. We aren't allowed to bring in cupcakes anymore. A lot of the time, it ends up being a popcorn party. But a lot of people don't pick a food party, and pick extra recess time instead.

I'm lucky my gluten-free mom is the room mom (a parent helper), so I don't have to worry much about my safety at school. There are still a lot of things I can't eat at class parties, at least I know my mom is there and she always brings me gluten-free treats I can have.

One thing that stinks is that on half days at school, they give out soft pretzels as a treat, and I can't eat those.

I advocate for myself at school by talking to my friends about being gluten-free. Now they

know I can't eat gluten and my friends are really nice about it. They try not to share food so I don't feel bad that I can't participate. Sometimes they forget but I remind them and they are super nice about it.

My mom also advocates for me by always bringing food everywhere I go. She has always told all the other moms that I can't have gluten, and the other parents are really nice and often get me a gluten-free pizza or cupcake when I'm at a party with them. I do feel bad sometimes when they get me something that they say is gluten-free, but I don't know where it came from. I always take a piece and say thank you even if I don't eat it, so I can be thankful, but safe!

### **Gluten-Free at Sports and Dance**

I'm on a competitive dance team, and we often have food at practices or recitals. One time, the team ordered Chick-Fil-A for the whole team. I could eat the fruit, but that was about it! But the next time, they got grilled nuggets for me that were safe.

One time, I was at basketball practice and some other parents surprised the coach with an ice cream cake for his birthday. I didn't have anything I could eat to join in the celebration. They offered me cake, but I told them, 'no thanks I have an allergy' and it felt good to stand up for myself. But I also felt left out. In the end I know it's better to advocate for myself than get sick, but it still wasn't fun!

### **Friends and Family**

My best friend is always looking out for me and she really helped me feel good about having to be gluten free. Two of my best friends have moms that are gluten free. That's really awesome because I know I can eat snacks when I go to their houses. If we go out to eat and I'm with them, they always help me know what I can eat and help advocate for me. Another friend's mom is a pediatrician and is really considerate when I go over there for parties. She even sets up ice cream bars and makes sure I can have all of the toppings!





My Dad also figured out how to make really great gluten-free pizza so I don't miss out. We always have pizza Sundays!

Also, there are a lot of gluten-free friends out there too. My mom started a local gluten-free kids meet up and it has been really great to meet other kids my age who are gluten free. I also get to help her online with her business Gluten Free Sunshine where we've connected with a lot of gluten-free people and that makes me feel happy. We get to try a lot of different gluten-free foods!



### Advice to Gluten-Free Kids

I would tell all gluten free kids to be confident in who they are and that it's ok to be gluten free. It's like your own super power! I'm only 10 and I feel good advocating for myself because I know it's better to feel well instead of getting sick. Feeling sick stinks! A lot of people have food allergies so don't feel like you are the only one!

Violet's mom added, "Make being gluten free a fun adventure! Read books together that help gluten-free living feel relatable. Cook together! Create things they love that are gluten free and delicious! Find a few restaurants that are safe - get to know the owners or staff and allow them to be comfortable eating out safely. Also, don't hesitate to push school to create health plans that will allow your child to feel safe and happy at school."

*Thank you to Violet and her mom Natasha for the great interview! Follow along on their adventures at @glutenfreesunshine on Instagram!*





# Take Out-Style Chicken and Broccoli

Makes 4-6 servings

This dish uses a common cooking method: stir-frying. Once you get the hang of this technique, you can make virtually anything, including curries, stir-fried rice noodles, and fried rice. Add any vegetables or meats you like to this dish, keeping in mind that stir-frying is best for quick-cooking ingredients. That means you should thinly slice any vegetables or proteins before adding them (except for small things like shrimp or peas).

This recipe requires using the stove top to stir-fry, and knife skills to chop and slice vegetables. Always use caution around hot pans and sharp knives. Please use caution and cook with an adult for safety!

## Ingredients:

- 3 tbsp vegetable oil
- 1 lb boneless, skinless chicken breast, cut into 1-inch cubes
- 2 tbsp chopped garlic
- 1 bunch green onions, sliced
- 2 Tbsp rice vinegar
- 2 Tbsp sugar
- 3 Tbsp gluten-free tamari\*
- 1 cup chicken stock
- 2 Tbsp cornstarch
- 4 cups broccoli florets

## Instructions:

1. In a large sauce pan or wok, heat the oil over medium heat. Add the chicken and cook until golden brown, stirring the chicken occasionally to cook it evenly on all sides, about 5 minutes. Transfer the cooked chicken to a plate and set aside.
2. Add the garlic, ginger, and green onions to the pan and cook until fragrant, about one minute.
3. In a medium-sized bowl, combine the vinegar, sugar, tamari, chicken stock, and the cornstarch. Mix with a whisk until there are no clumps and set aside.
4. Add the broccoli to the pan. Add the cornstarch mixture and stir to coat the broccoli.
5. Stir in the chicken, cover the pan with a lid and cook on medium-high heat until the broccoli is bright green and cooked through, about 3-5 minutes.

Enjoy!

**\*NOTE:** Not all tamari is gluten-free! Make sure you're always looking for soy sauce and tamari sauce that says that it is gluten-free! To make it easier, always look for the GFCO Certification on the label!

*Thank you to The Culinary Institute of America for providing these amazing teen-friendly recipes to our Generation GF Teen Summit campers from the Gluten Intolerance Group's Gluten-Free Teen Summit Cooking 2022 Boot Camp*

# Poke-Style Roasted Salmon Bowls

Makes 4 servings

Unlike most poke bowls, this dish uses roasted salmon instead of raw fish. If salmon isn't for you, substitute shrimp, seared tuna, or even grilled chicken thighs. Add any of your favorite poke bowl toppings to this mix to make it your own.

This recipe requires using the oven to cook the fish, and knife skills to chop and slice vegetables. Always use caution around hot ovens and sharp knives. Please use caution and cook with an adult for safety!

## Ingredients:

- 3/4 cup gluten-free tamari\*
- 3 Tbsp gluten-free seasoned rice vinegar
- 1 1/2 Tbsp sesame oil
- 2 Tbsp honey
- 1 tsp grated ginger
- 2 cloves garlic, grated
- 1 lb. Salmon
- + 1 tsp grated ginger
- 1/4 cup mayonnaise (you can also use vegan mayonnaise)
- 2 tsp Sriracha, or to taste
- 3 cups cooked brown rice (you can also use white rice or sushi rice instead)
- 3 Persian cucumber or 1/2 of a seedless cucumber, thinly sliced
- 1 1/2 cups edamame, shelled
- Seaweed and sesame seeds for garnish, to taste)



## Instructions:

1. In a bowl, combine the tamari, rice vinegar, sesame oil, honey, ginger, and garlic. Place the salmon in a zip-top bag or shallow dish and pour about 3/4 of this tamari mixture over the salmon (keep the remainder for later). Cover the salmon and refrigerate for at least 1 hour.
2. Preheat the oven to 375°F. Transfer the marinated salmon to a lightly oiled baking sheet. Keep the marinade, as you'll use it to spoon onto the salmon a few times throughout its time in the oven. Bake the salmon, brushing with the salmon marinade occasionally, until the fish is opaque all over. You'll know the salmon is done when it feels semi-firm to the touch, and flakes when tested with a fork at the thickest part, about 25 minutes. Throw out any leftover marinade.
3. In a small bowl, stir together the mayonnaise and sriracha. This is how you make spicy mayo!
4. To assemble the bowls, evenly divide the rice among four bowls. Top each bowl with a quarter of the cucumber and a quarter of the edamame. Use a fork to flake the salmon into chunks and add into the bowls. Drizzle the sriracha mayonnaise, and the reserved tamari mixture, on top. Garnish with dried seaweed and sesame seeds, to taste.

Enjoy!

**\*NOTE:** Not all tamari is gluten-free! Make sure you're always looking for soy sauce and tamari sauce that says that it is gluten-free! To make it easier, always look for the GFCO Certification on the label!

Thank you to The Culinary Institute of America for providing these amazing teen-friendly recipes to our Generation GF Teen Summit campers from the Gluten Intolerance Group's Gluten-Free Teen Summit Cooking 2022 Boot Camp



# Gluten-Free Waffles



**AND YOU CAN FREEZE FOR LATER!**

by Brianna Hesch

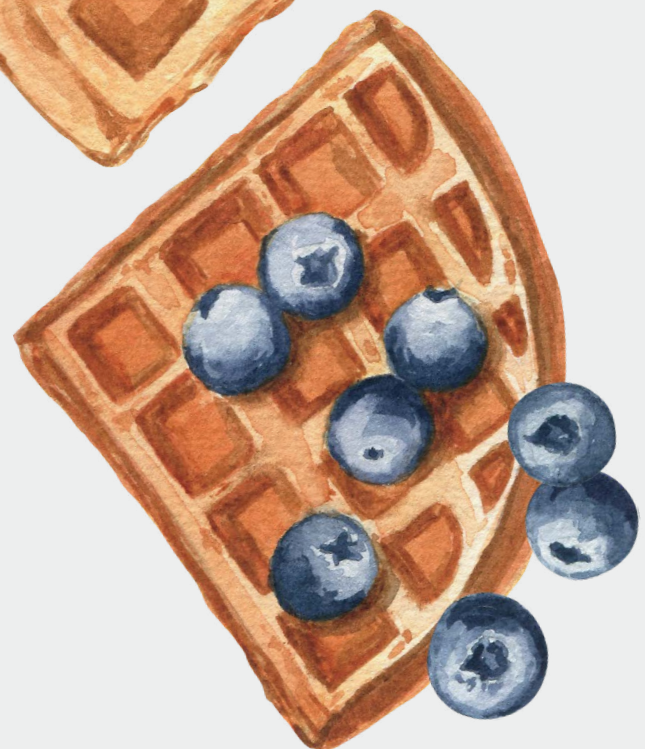
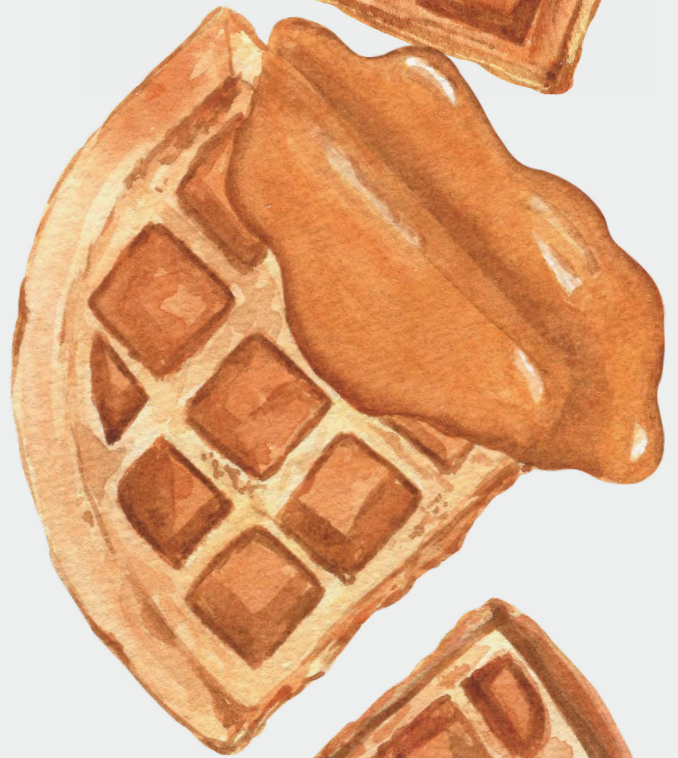
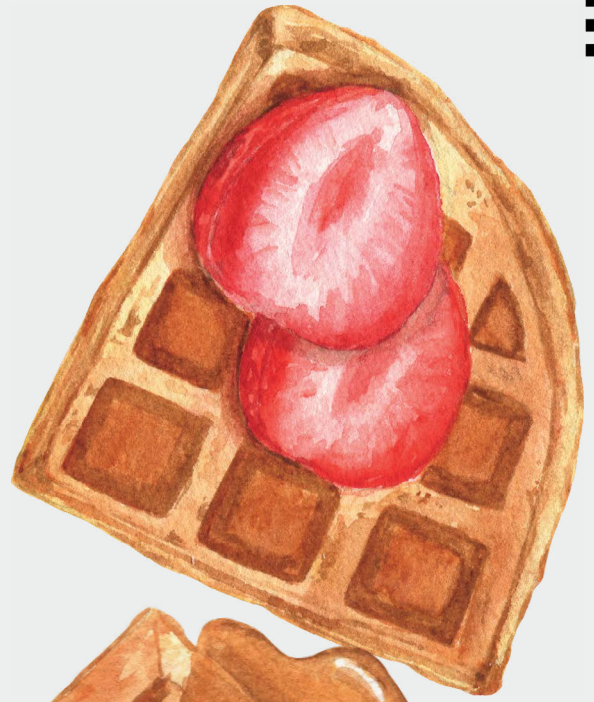
The best part of learning and growing in the kitchen is making easy gluten-free food that makes you feel accomplished afterwards. I love a good Sunday brunch filled with gluten-free breakfast foods - especially waffles. Waffles and pancakes are a key staple for any gluten-free household, and making waffles always makes me feel like I'm a kitchen superstar. Learning how to make waffles can be intimidating if you don't know a good recipe, and don't have a good waffle iron. So let's help you conquer the art of gluten-free waffles!

A good waffle, gluten-free or gluten-full, is fluffy on the inside and crispy on the outside. These gluten-free waffles are just that—and super easy to make!

Another great part of waffles is how many you can make in one kitchen session. You'll often have way more waffles than you can eat in one sitting - unless you have a big family or a really big appetite. The best part about this recipe is that you can freeze the leftovers! After the waffles cool down, put them in a freezer-safe bag and pop them in the freezer. When you're hungry another day, just toast one like a frozen waffle from the store. You can toast in a regular toaster or a toaster oven or air fryer. You'll have a crisp, warm waffle ready to eat in a few minutes!

Some recipes are a little complicated, because they ask for you to whip egg whites and fold them into the recipe. This recipe is a *little* more simple, just mix everything in one bowl, pour it into a hot waffle iron, and watch the magic happen. When they come out golden and warm, they're perfect with syrup, fruit, or whipped cream.

If you want to level up this recipe, you can make them extra fun by mixing in your favorite add-ins—try rainbow sprinkles for funfetti waffles, mini chocolate chips for a sweet treat, or blueberries for a fruity twist! Just stir them into the batter before cooking.

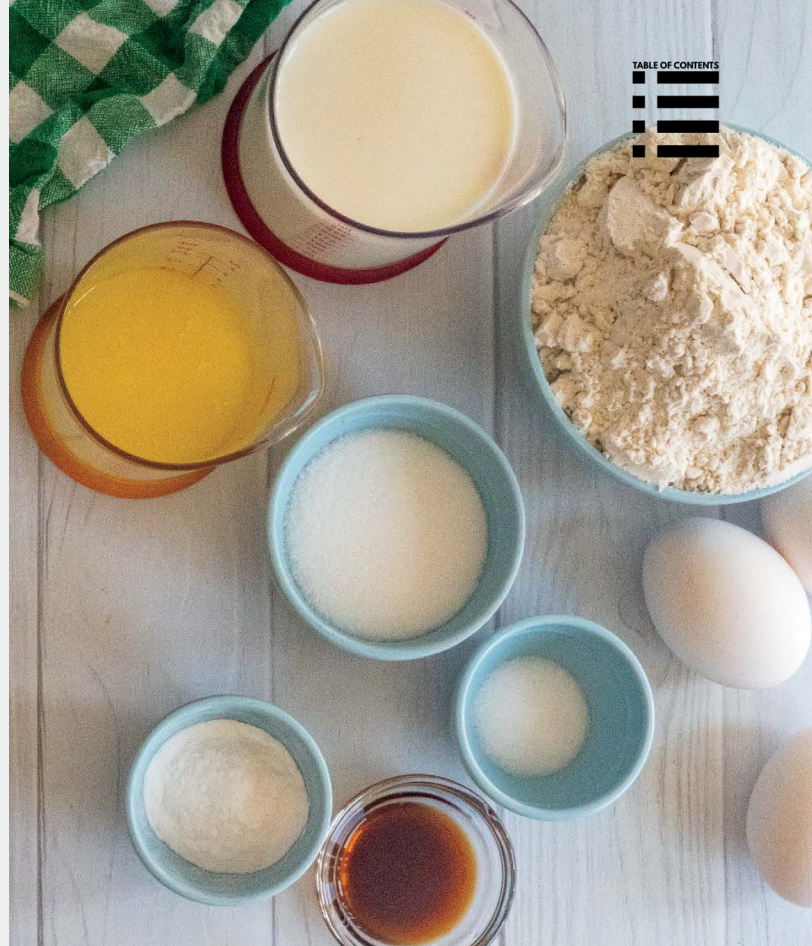


These waffles are great for busy mornings, weekend brunches, or even breakfast-for-dinner nights. They're tasty, fun, and gluten-free, so everyone can enjoy them.

So, grab an adult to help you in the kitchen and get cooking—waffle time awaits!

### Ingredients:

- 2 cups gluten-free flour (we tested this recipe using a one-to-one flour)
- 4 teaspoons baking powder
- ½ teaspoon salt
- 3 Tablespoons white sugar
- 3 eggs (or egg substitute equal to 3 eggs)
- ½ cup oil or melted butter
- 1 ½ cups milk (or dairy-free milk)
- 1 teaspoon vanilla extract
- Spray oil or butter to grease the waffle iron



## DIRECTIONS



1

First, have an adult help you preheat your waffle iron. There are many different varieties of waffle makers, and they are almost always electric. You'll need to find a spot in the kitchen to plug it in that has a little bit of room around it so you can safely pour your batter and remove the cooked waffle later.



2

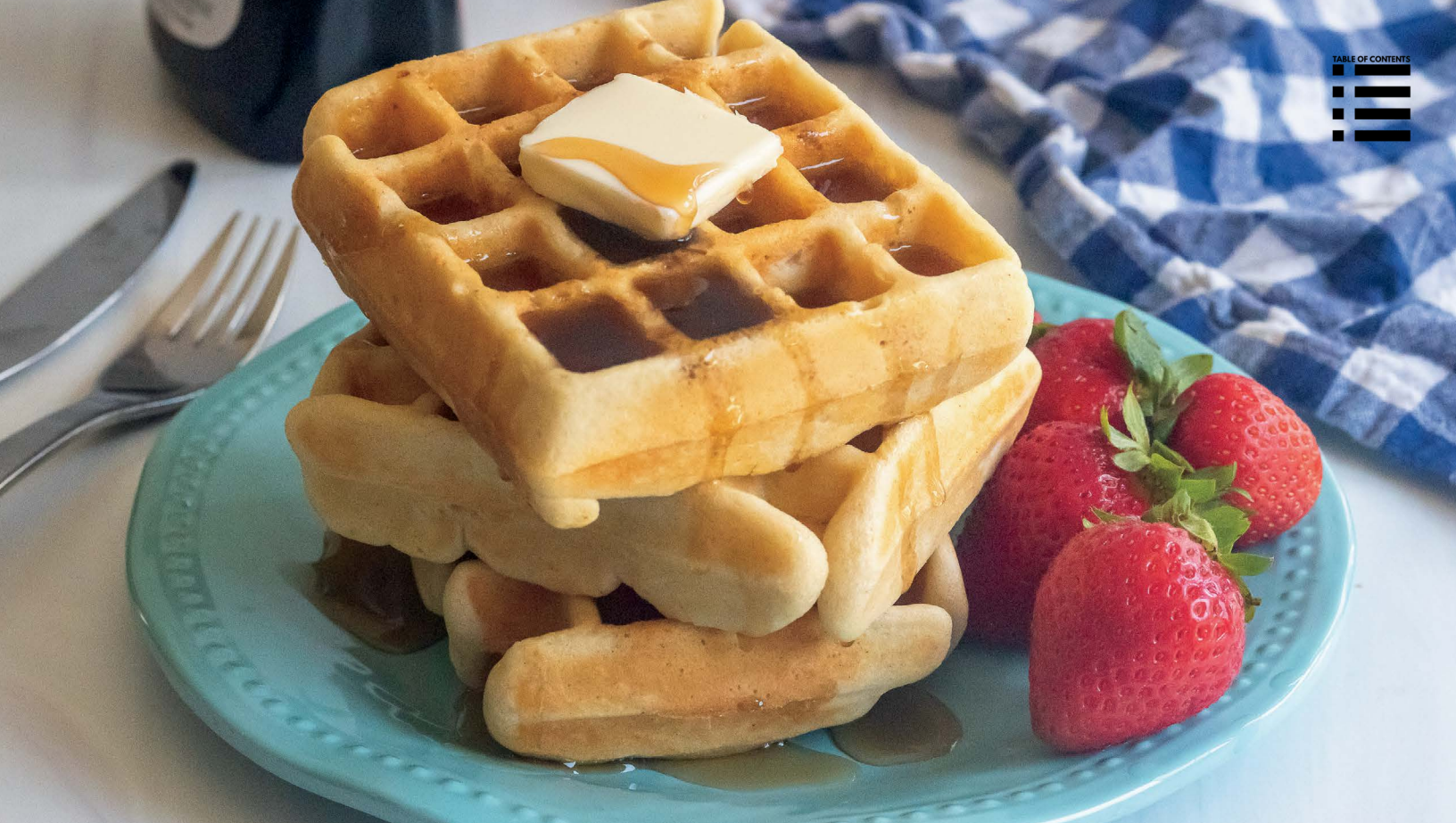
Next, in a large bowl whisk together the gluten-free flour, baking powder, salt, and sugar. Make a “well” in the middle of the bowl, moving the flour mixture to the sides of the bowl. Add the eggs, oil, milk, and vanilla into the “well” and whisk just the liquids together. Then, mix the liquids with the dry ingredients (still using the whisk) until just combined.



3

Once the waffle maker indicates that it is ready, have an adult help you lightly grease your waffle iron (with oil or butter) and bake the waffles according to your waffle iron directions. In our machine, it takes about 4 minutes.

Serve with butter, fruit, syrup, whipped cream, or any of your favorite toppings.

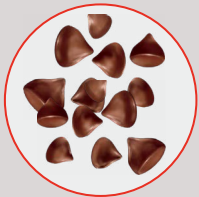


## LEVEL UP VARIATION



### **FUNFETTI WAFFLES:**

Add 1-2 Tablespoons of sprinkles to the batter before baking.



### **CHOCOLATE CHIP WAFFLES:**

Add  $\frac{1}{4}$  cup of mini chocolate chips to the batter before baking.



### **Blueberry Waffles:**

Add  $\frac{1}{3}$  cup of frozen or fresh blueberries to the batter before baking.

### **Finding the Right Waffle Maker:**

You don't have to have a fancy waffle maker to make incredible waffles. I've personally tried a lot of waffle makers, and one of my favorites is an inexpensive brand found at a regular grocery store. I really like non-stick waffle makers, and waffle makers that have removable plates. These are plates that can be easily taken out of the waffle maker - once it has cooled down - and put directly into a dishwasher. This makes cleaning a lot easier, and your parents will probably thank you for this feature! If your chore is doing the dishes, you'll definitely want an easy-to-clean waffle maker.

Unlike some toasters, most waffle makers do not have a special gluten-free setting. You'll want to go off of sight, smell, and the instructions on the waffle maker to determine if your waffles are done.

Remember that all waffle makers can get incredibly hot. They can easily burn you if you are not paying attention. Please use waffle makers with caution and have an adult help!



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# GLUTEN-FREE AT CookieCon™

By Erica Dermer & Lisa Altfest

*For this article, our editor sat down with Lisa Altfest. Lisa is a professional baker and cookie designer. She also has celiac disease. So what happened when Lisa decided to attend the largest collection of cookie designers – and bake only gluten free? Let's find out!*





I'm Lisa Altfest. I'm a professional cookie artist. You may have seen me on television if you love competition baking shows. But one thing you absolutely need to know about me is that a few weeks before I went to pastry school, I was diagnosed with celiac disease. I now make all my cookie art 100% gluten free. I am 100% gluten free and I have displayed my baking art on *Food Network*, *Hulu*, and most recently on *Wizards of Baking* – a Harry Potter themed cooking competition.

People often ask me how I started as a professional cookie decorator. I didn't! I started in cakes. I had been in the pastry arts since I quit my job in 2012 and decided to pursue this career at the Bonnie Gordon College of Confectionary Arts in Toronto. I moved to Canada for three months just to take this program. It was mainly focused on cakes, like the art of fondant and sculpting and that kind of stuff.

I didn't really get into decorating cookies until I got to my second job. My second job was like, "we're going to give you 15 wedding cakes to decorate this weekend...but we're also going to start selling decorated cookies." I started decorating cookies because the boss wanted to make more money! I didn't want to, I thought I only liked decorating cakes. But baking and decorating cookies was actually better for my anxiety at work. If you make just one cake, you bonk into it and it falls apart, it's done. But cookies? I can make you 10 extra cookies, and it won't cost you that much if something happens to one of them!

I took my first online cookie class around 2015. I wanted to make cookies for Valentine's Day (which is also my birthday). The class was from Sweetambbs, who is like the mother of the cookie decorating community. I learned my first genuine techniques for cookie decorating like, wet on wet techniques and the different royal icing consistencies and what all that meant. I started to understand that there's like a whole science behind the art of cookies. ***And even though cookies and cakes are two very similar things, it's almost like a completely different discipline. Being fluent in fondant and being fluent in royal icing are two very different languages.***

I think once I understood that it was like a new language that I had to learn, I kind of approached it that way. Once I understood that it was going to take a different set of skills, I started thinking, "how could I turn that into a cookie?" I used to see the world in cake. I would see like a cool sculpture, and I'd ask myself; how can I make that a cake? And realized that I started to see the world in cookie - and it was still three dimensional (like cake), but in a two-dimensional way. Turning a three-dimensional object into a two-dimensional cookie is like another layer of architecture that is a fun challenge for my brain. If you go onto TV shows you are either a cookie or a cake decorator. Having skills in both makes me a more versatile pastry artist!

Fast forward to 2020, with the decline of in-person parties and the increase in everything being clean and individually wrapped, baking and decorating cookies just made sense. And that's when Cookie Con hit my radar.

Cookie Con is the biggest event for "cookers" (*professional cookie designers*.) There's 900 tickets that get sold every year, and I'm probably only one of three people that are gluten free at Cookie Con.

Cookie Con is much more artistically focused. It's more about the art of the cookie than the cookie itself. Bakers bring a whole bunch of their own cookies and trade with other bakers throughout the Cookie Con. But at least four times a day I'm trading with someone, and someone hands me a gluten cookie. I'll say, "Hey, I'm actually allergic to gluten. Do you want to save this for someone else?" I have my scripts ready. For one example, I don't say anything, and I just accept the cookie, and I bring it home to my kids or my husband. Or, I'll offer them to take one of my gluten-free cookies, and I don't take their gluten cookie, but don't tell them why. Or if they keep trying to give me a cookie, I'll tell them that I have celiac disease and I can't eat it.

I entered cookies into three different categories of judging. I'm proud to say that I won third place for my expert-level themed cookie! This is like getting the bronze at the Olympics! I also won second place for my mystery shape cookie – where you get a mystery cookie cutter-shaped cookie and have to decorate it. And my cookies are all gluten-free!

**At Cookie Con, I am just one of the pack. There I am. There is no gluten, no gluten free. I'm just one of them.**

*As someone who decided that my diagnosis meant my baking career was over, I can see how tremendously wrong I was. And that while gluten free baking has its own challenges, there is absolutely nothing excluding you from being a part of this amazing art form. My cookie is different than your cookie, but my art is the same as your art. That's what's so cool about when you take baking one step further into the artistry, you are speaking a universal language. It has nothing to do with gluten.*



# GLU101 COURSE

## CLASS IS BACK IN SESSION: GLUTEN BACK TO BASICS

Need a refresher on gluten? Let's go back to basics - the gluten-free way!



### What is Gluten?

Have you ever driven by a field of grain, with the plants almost waving back to you in the wind? It might be hard to imagine, but each of those tall stocks are a grain plant that grew from a tiny seed! At the end of the growing season, those big fields are harvested and machines help separate parts of the plant out for making food, like ears of corn or kernels of wheat!

Gluten is a protein found in specific grains - wheat, rye, and barley. You might be confused it's not something that the farmers added to these specific crops, it's naturally found in each of these grains! It's not something that you can physically remove from a wheat grain using your fingers, it's part of the plant itself.

Eating this protein found in grains like wheat, rye and barley can cause a reaction in people with gluten-related disorders, including celiac disease and gluten sensitivity. If you have celiac disease or gluten sensitivity, you must avoid gluten in everything you eat.



*I want to make a note here that while both conditions need a gluten-free diet, celiac disease is a serious genetic autoimmune condition. If someone with celiac disease continues to eat gluten, they can get very sick for a long time. Celiac disease should be tested for while on a gluten-containing diet - before going gluten free. If you think that you have a sensitivity to gluten, please make sure that you see a gastroenterologist (a doctor for your GI tract) to be tested. Only a doctor can rule out celiac disease and diagnose someone with a sensitivity to gluten.*



## WHAT FOODS CONTAIN GLUTEN?

Gluten is in a lot of foods, because gluten is a protein that helps baked goods rise and stick together. Cookies, cakes, pastries, breads - they all usually contain gluten because gluten is found in things like traditional all-purpose flour! You can also find gluten in things like pastas, crackers and cereals. Gluten is also used as a sticky binder (think about making things stick together) in items like spices. And sometimes gluten, specifically barley malt, is used as a flavoring in things like crispy rice cereal. Gluten is a really great protein that serves a lot of important jobs in the making of food - no wonder it's in everything!

But did you know that the word “gluten” probably won’t show up on a package that contains gluten? Because gluten is just a protein, and part of the bigger plant, it will show up in names like these: wheat, einkorn, durum, farro, farina, graham, kaput, semolina, spelt, kaput, rye, barley, panko, triticale, and malt (malt vinegar and malt extract from barley). That’s why knowing what gluten is, where it comes from, and what it does in products helps you better understand what food probably has gluten in it!

But did you know that grains like oats can also be contaminated with gluten, even if oats are naturally gluten free? Oats are grown in big fields, just like wheat, rye and barley. Some of these oat fields might have wheat or rye fields nearby, and some of that seed might make its way into the oat field. Those “errant grains” will accidentally be processed with the rest of the oats in the field. Oh no - that could make someone with celiac disease sick! That’s why reading labels, looking for gluten-free certifications, and being a gluten detective is so important. Look for certified gluten-free oats, as they have been tested and confirmed to be safe!

Sometimes it’s easy to remember the word - “BROW” because that spells out barley, rye, (contaminated) oats, and wheat!

Now that we know where gluten comes from, let’s find out about searching for it on a food product.

## HOW DO I READ A LABEL TO SEE IF SOMETHING IS GLUTEN-FREE?

Naturally gluten-free foods like bottled water, fresh fruits and vegetables and fresh meat is naturally gluten-free and typically isn’t labeled for gluten because it’s not found in there! But what about shopping for pasta or a cake mix? Always look for the phrase “gluten-free” on a package!

In the US, if a packaged product is labeled “gluten-free,” it is regulated by the U.S. Food and Drug Administration (FDA) and is considered “safe” for gluten-free consumers. A company that makes gluten-free labeled food has to comply with laws, or face big punishment! The FDA regulation also applies to the statements “no gluten,” “free of gluten,” and “without gluten” that may appear on product labels. This is great, but it puts a lot of trust into a company to make sure they’re sticking to the rules.

If a product contains wheat, the Food Allergen Labeling and Consumer Protection Act (FALCPA) requires that the word “wheat” appear either in parentheses following the ingredient that contains it or in a “contains” statement. But that isn’t the case for any food made with barley or rye ingredients! What a sticky situation!

## WHAT IS GLUTEN-FREE CERTIFICATION?

If you want to feel extra safe knowing that a product has been checked for gluten and certified gluten-free? Look for the GFCO gluten-free certification mark on the product’s packaging! There is a big team of people at Gluten Intolerance Group that work hard on keeping the gluten free community safe. They partner with companies that make gluten-free food, dive deep into each product, do lots of research and testing, and make sure the foods with the GFCO label are safe!



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