

Just Peachy

Take advantage of summer's bounty with a visit to a pick-your-own farm, then reward your hard work with this sweet and simple dessert. —**AMY HOWARD**



Peach Shortcakes

RECIPE



Cravable, munchable, grabbable, stackable, snackable and *gluten free* ?

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BUY Look for evenly colored fruit that gives a little when pressed. Ripe fruit will have a sweet aroma. Avoid green, hard or shriveled peaches.

STORE Firm peaches can be kept in a paper bag for three to four days. Refrigerate fully ripe fruit. Peaches bruise easily, so check for ripeness gently.

PREPARE To peel, drop into boiling water for 30 seconds, then immediately into a container of ice water. The skins will slip off. Toss peeled peach slices with fresh lemon juice to prevent browning.

HISTORY Peaches originated in China and were the favored fruit of emperors. Christopher Columbus brought peach trees to America.

FUN FACT The Bellini cocktail (fresh peach puree and prosecco) is said to have originated in the 1930s at Harry's bar in Venice — a favorite haunt of Ernest Hemingway.

GOOD TO KNOW Peaches are a good source of Vitamins C and A, potassium and fiber. A medium-size peach has only about 35 calories.



Instant Gratification

10 ways to enjoy peaches now.

1. Add sliced peaches and honey to oatmeal or cereal.
2. Make a breakfast smoothie: Blend $\frac{1}{4}$ cup each peach and strawberry slices with $\frac{1}{2}$ cup each orange juice, almond milk and ice.
3. Grill sliced peaches until golden. Top with caramel sauce and your favorite ice cream.
4. Toast gluten-free bread. Spread with ricotta, drizzle with honey and top with sliced peaches.
5. Add chopped peaches to a spinach and bacon salad.
6. Make a peach caprese salad: Substitute peaches for the tomatoes.
7. Skewer precooked shrimp, peach chunks and bell pepper slices. Brush with homemade Italian dressing and grill.
8. Add peaches to grilled onions and peppers and serve alongside steaks.
9. Stuff a pork tenderloin with peaches and bacon. Drizzle with honey and roast.
10. Top a gluten-free pizza crust with goat cheese, peaches, a balsamic glaze and arugula.

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Start Simple

Start your family off right with the simple whole grain goodness of Kellogg's® Rice Krispies® Gluten Free cereal. From seed to spoon, it's made with simple ingredients, simply prepared, plus vitamins and minerals your body needs. Find out more at RiceKrispies.com/glutenfree.

Start Right™



*Brown Rice.
Sugar.
Salt.*

Kellogg's

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The season's produce isn't just delicious — experts believe it can make you feel better, too.



Blueberries

These tiny powerhouses offer one of the highest antioxidant levels of all fruits, plus potassium, manganese, copper, iron and zinc.



Blackberries

These berries pack a powerful nutrition punch, with disease-fighting vitamins A, C and K, as well as magnesium, potassium and fiber.



Boysenberries

A raspberry-blackberry-loganberry hybrid, these supply fiber and folate, which help maintain cholesterol and blood sugar levels.



Cactus Pears

These unusual-looking pears are a good source of magnesium and the amino acid taurine, which promote brain and heart health.



Cucumbers

Don't peel these summer favorites — the skin is a great source of fiber, which promotes healthy digestion.



Eggplant

One cup provides 11 percent of the recommended daily intake of fiber, with zero fat and only 27 calories.



Figs

Fresh figs aren't around for long, so enjoy the pH-balancing properties of their alkaline content while you can.



Green Beans

Containing the nutrient zeaxanthin, these beans can aid in preventing age-related macular disease.



Jalapeños

Promote cardiovascular health with the high levels of antioxidants found in these spicy chiles.



Mulberries

Rich in Vitamins C, A and E, mulberries can guard against harmful free radicals and prevent bacterial infections.



Pattypan Squash

High levels of vitamins and minerals, such as magnesium and potassium, promote heart health.



Plums

They're an excellent source of vitamins C and A, which boost immunity and may protect against some types of cancer.



Shallots

Smaller than onions, shallots offer six times the nutritional benefits, including high levels of vitamin C, potassium, fiber and folic acid.



Sugar Snap Peas

Eat these whole — pod and all — to take advantage of their high dietary fiber content, which aids in weight loss and healthy digestion.



Tomatoes

The antioxidant lycopene, found in tomatoes, can assist in preventing skin damage from UV rays and may help protect skin from cancer.



Watermelon

This summer superstar does more than just quench your thirst on a hot day. The beta-carotene contained within fights colon cancer.



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How do I continue healthy habits while on vacation?

LOOSEN UP

Vacation is a break from your usual routine, and bringing along a strict set of rules might put a damper on your exploration of new cultures and cuisines. On the other hand, though, if you eat foods that make you sick, drink every night and don't exercise, you might become tired and cranky, which will definitely put a damper on everything.

So, be a little less strict than usual with yourself, while still following the basics. Before you leave, make a list of the weekly activities that are most important for your health.

Decide what you plan to stick to, and then plan ahead to make that possible. In other words, prioritize. —*Susan Blum*

MAKE IT FUN

Add as many fun activities as you can to the vacation. If going on a trip, walk as much as you can or rent bikes. Try spending a day hiking with your family: It's a great way to spend quality time together, while being healthy and getting out in nature. It's also an ideal way to experience a new place. I travel and eat out a lot for work, so when I'm on vacation, I cook as much as I can. In the summer, I make light fish dishes, and of course there

are all those seasonal fruits and vegetables available! I love a nice fruit salad for dessert.

—*Alice Bast*

GET ON YOUR FEET

While on vacation, I let my personal food guidelines slide but I ramp up the exercise in an attempt to balance things out. Since I have far more free time while on vacation, I take advantage by taking two long walks a day, one of them high-intensity. That way, when the family goes out for ice cream or fudge, I can indulge without feeling too guilty. —*Alice Domar*

REVERSE YOUR THINKING

We're so busy with our everyday lives that it's tough to find time to get physical activity, plan nutritious and delicious meals and get plenty of sleep. When we're on vacation, we have the time, but we tend to see these things as a chore, something to "escape" while on vacation. It's backwards thinking. Envision instead enjoying a day of skiing or a pick-up game of flag football. It's fun, and it's great exercise. You can make mealtimes fun by giving everyone a challenge: Who can make the most nutritious meal this week? When we realize that we can be

healthy and have fun at the same time, vacations take a new twist.

—*Danna Korn*

MAINTAIN THE BALANCE

I think of vacation not as a break from my being healthy, but simply as a break from my job.

I always pack my yoga mat and a pair of sneakers. Being active on vacation is key for me — and it helps balance out those extra cocktails. —*Keri Gans*

TAKE IT SLOW

We need vacations. They allow us to recharge and re-energize. However, letting your healthy habits slide will not help you do this. And it won't help you have a better vacation. Instead, design your vacations so that they allow



you to truly enjoy life. Don't over-schedule. People often try to hit every site just for the sake of saying they were there. But, really, how enjoyable is that? The best vacations are spent immersing yourself in something — really experiencing it, rather than rushing by it. And when you take the time to do that, you have time to take walks, go for a run or just play on the beach all day. When you eat out, try local dishes made from fresh, whole foods, rather than deep-fried stuff. Who wants to feel slow and bloated on vacation? —*Stephen Wangen*

PLAN AHEAD

Whether you're camping or staying in hotels, it can be tricky to figure out how to stick to the routines that make you feel your best. Just as at home, it's worth it to make a plan and stick to it. A few tips:

1. Bring easy-to-carry, high-protein foods with you so you always have something healthy you know you can eat.
 2. When eating at restaurants, choose salad with chicken or fish, and bring half back with you for later.
 3. Make sure you have a refrigerator in your hotel room.
 4. Plan time to exercise in the hotel fitness room, or sneak in 10-minute mini-workouts (crunches, pushups, squats and dips), which can be done anywhere.
 5. Drink water and green tea every chance you get.
- Donielle Wilson*



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Words to Cook by

Authors Peter Reinhart and Denene Wallace share some of the tastiest bits from their cookbook, *The Joy of Gluten-Free, Sugar-Free Baking*. Plus, their recipe for Basic Brown Bread.

“The key to great pancakes and waffles is patience.”

“Bulk bins are usually the best option when purchasing nuts that you will grind into flour yourself.”

“When deciding what flours to use [in a piecrust], consider how their flavors will work with the filling.”

“You can peel apples if you like, but we recommend leaving the peel on for added nutrients and fiber.”

“Use an electric mixer [when making the Basic Brown Bread, at right], as the final texture is better if the batter is whipped at a high speed to aerate it.”

“When making larger batches of muffins or scones, you’ll have the best results if you bake just one pan at a time.”

“I [Peter] am aware of the changes

I should make to preserve my health, but putting them into action is difficult...

While testing our recipes, I lost 14 pounds.”



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Basic Brown Bread

If you want some crunch in the bread, add $\frac{1}{4}$ to $\frac{1}{2}$ cup (60 to 120 ml) whole flaxseeds or sesame seeds (or a combination of the two) when mixing the dry ingredients.

MAKES 1 loaf (10 to 12 slices)

PREP TIME 15 min

COOK TIME 1 hour, 10 min

2 cups (227 g) brown or golden flaxseed meal

1 cup (113 g) hazelnut flour

$\frac{1}{4}$ cup Splenda or Stevia Extract in the Raw, or 2 tablespoons New Roots Stevia Sugar

4 teaspoons baking powder

1 teaspoon xanthan gum

$\frac{1}{2}$ teaspoon salt

4 eggs (198 g)

1 cup (227 g) unsweetened soy milk or other milk

$\frac{1}{4}$ cup (57 g) water

$\frac{1}{4}$ cup (57 g) salted butter or margarine, melted

- 1 Preheat the oven to 375°. Line the bottom of a 4½ by 8-inch loaf pan with parchment paper, then mist with spray oil.
- 2 In a medium bowl, combine the flaxseed meal, hazelnut flour, sweetener, baking powder, xanthan gum and salt. Whisk until mixed.
- 3 In a large bowl or the bowl of an electric mixer, combine the eggs, milk, water and butter; whisk or mix with the paddle attachment at medium-low speed until thoroughly blended. Add the flour mixture and stir vigorously with a large spoon or mix at medium speed for 2 minutes. Scrape down the sides of the bowl, then stir even more vigorously by hand or mix at medium-high speed for 2 minutes to aerate the batter. It should be smooth, sticky and pourable.
- 4 Pour the mixture into the prepared pan. Bake for 35 minutes, then rotate and bake for until golden brown and springy when pressed in the center and a toothpick inserted into the middle of the loaf comes out clean, about 35 minutes more.
- 5 Let the bread cool in the pan for at least 10 minutes before turning out the loaf. Let cool on a wire rack for at least 30 minutes before slicing.

Cool It Now

We get it: You want an icy treat, but it's too hot for fussing with reading labels and guessing which ones you'll like. Well, you're in luck. We've rounded up the sweetest ways to beat the heat. —**SILVANA NARDONE**



BEST ICE CREAM SANDWICH

Julie's Organic-Glutenfree Gluten-Free Vanilla Ice Cream Sandwich Cookies

The first — and possibly only — organic, gluten-free ice cream cookie sandwich. The vanilla ice cream is “velvety smooth” and the cookies are “just soft enough” and “super chocolaty.”

(\$6.99; juliesorganic.com)

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**BEST ODDBALL**

Bubbies Chocolate Espresso Mochi Ice Cream

“Get your buzz on” with this creamy ice cream that comes wrapped in sweetened rice flour. The bite-size confections come straight from Hawaii and are “totally unusual, yet absolutely decadent,” noted a tester. (\$9.99; bubbiesicecream.com)

BEST SUGAR-FREE

So Delicious Dairy Free Coconut Milk No Sugar Added Frozen Dessert

Taste testers couldn’t tell that this “rich and creamy” coconut-milk based ice cream is sugar free. “It’s perfect on its own,” noted one tester. It would also “make a great base for mix-ins,” added another. (\$6.39; sodeliciousdairyfree.com)

**BEST NEW YORK LOCAL**

Steve’s No. 31 Strawberry Ricotta

You can taste the “fresh strawberries” in every spoonful of this sweet-tart ice cream made with Hudson Valley milk and a touch of sea salt. The “luscious” ricotta comes from none other than Salvatore Bklyn. (\$6.99; stevesicecream.com)

**BEST NOSTALGIC**

Diana’s Bananas Banana Babies Milk Chocolate & Peanuts

Don’t be surprised if you’re “instantly addicted” to these frozen bananas that are first hand-dipped in chocolate, then rolled in chopped peanuts. The short ingredient list “seals the deal.”

(\$4.69; dianasbananas.com)

**BEST DAIRY-FREE FUDGE POP**

Sweet Nothings Dairy Free Fudge Bars

These fruit-sweetened, soy-free and fat-free frozen treats will “satisfy your chocolate cravings at first taste.” (\$4; turtlemountain.com)

**BEST GOAT’S MILK**

Laloos Ruplemint Goat’s Milk Ice Cream

Lactose-friendly, this low-churned goat’s milk is “extra creamy.” Testers loved the “garden-fresh mint flavor” and “big shards” of dark chocolate. (\$6.99; laloos.com)

BEST BON BONS

Rice Dream Bites Vanilla

There’s no question that you will keep “popping these bite-size rice milk bon bons in your mouth.” The rich chocolate coating is “smooth as silk.”

(\$4.69; tastethedream.com)





INDULGE WITH GLUTEN [and guilt] FREE SNACKING

With more and more gluten-free products being added to grocery store shelves every day, it can be more overwhelming than ever to find great-tasting options that meet your unique dietary needs. In fact, according to the market research group, Packaged Facts, the U.S. market for gluten-free foods and beverages is projected to exceed \$5 billion by 2015.

SO WHAT'S A GLUTEN-FREE GIRL TO DO? ESPECIALLY WHEN SHE'S SUFFERING FROM A SNACK ATTACK?

Enter riceworks®, a line of whole grain brown rice crisps that are gluten-, cholesterol- and wheat-free; contains no MSG, preservatives or trans fat; and is vegan- and celiac-friendly. What began as a quest by one of the largest rice growers in California to create a unique snack has evolved into one of the most trusted gluten-free snacks on the market today. These whole grain brown rice crisps have even been praised by the likes of *O, The Oprah Magazine*, *Rachel Ray, Real Simple*, and *Health* magazine.



Enjoy riceworks right out of the bag, but for a twist, try your favorite snack at mealtime with these delicious [recipes](#).

Riceworks are available in Sweet Chili, Sea Salt, Salsa Fresca, Tangy BBQ, Parmesan Tomato and Sea

Salt and Black Sesame. They are sold throughout the United States, Canada and Great Britain.

While riceworks fans recognize these whole grain brown rice crisps as "sinfully delicious," this gluten-free snack still offers guilt-free enjoyment, and is an ideal solution for your daily struggle between good and evil snacking.

In fact, riceworks has recently launched a Facebook app allowing consumers to release their snacking guilt. When consumers visit the riceworks Facebook page, they can confess their snacking sins via Webcam, by uploading a video or submitting text. And don't worry; everyone's snacking sins will be secret – users are able to conceal their identities. With a clear conscience, confessors receive a coupon for \$1 off a bag of riceworks to help stave off the next snack attack.



You can help others confess their snacking sins by sharing your confession with your Facebook friends and Twitter followers, and help spread the word that riceworks®—Tastes Evil, But Isn't™.

For more information, please visit riceworks.com

CONFESS YOUR SNACKING SINS ▶

HAVE IT YOUR WAY

SWEETS FOR THE SWEET

Instead of coconut palm sugar, use brown or white sugar. The crust won't be quite as dark, but it'll be every bit as delicious.

NICE COMBO!

Why stick to just one fruit when you can mix it up? Any berry or stone fruit will work in this recipe, so grab a few faves and experiment.

IN THE MIX

If you use a baking mix that does not have xanthan gum or baking powder, add $\frac{1}{4}$ teaspoon xanthan gum and $\frac{1}{2}$ teaspoon baking powder.

DON'T GO NUTS

Use any nondairy milk, or even cow's milk if you like, in place of the almond milk.

Cobbled Together

AMY GREEN shows you how to use summer's delicious bounty to its fullest potential. Plus, her tips for making it your own.

Peach Cobbler

This cobbler is best when the peaches are ripe and sweet. If your peaches are a bit under-ripe or slightly tart, add a little more sugar to the fruit filling.

SERVES 6 to 8 **PREP TIME** 15 min **COOK TIME** 35 min

FOR THE FRUIT FILLING

6 cups peeled and sliced peaches (about 12 medium peaches)
 1 tablespoon tapioca starch
 1 teaspoon lemon zest
 1 teaspoon lemon juice
 ¼ cup coconut palm sugar
 1 teaspoon cinnamon
 ¼ teaspoon freshly grated nutmeg

FOR THE COBBLER TOPPING

¾ cup plus 2 tablespoons All-Purpose Gluten-Free Flour Blend, such as Pamela's
 ⅛ teaspoon salt
 ¼ cup solid coconut oil
 ¼ cup coconut palm sugar
 1½ teaspoons egg replacer
 1 teaspoon vanilla extract
 ¼ cup plus 2 tablespoons unsweetened almond milk

1 Make the fruit filling: Preheat the oven to 350°. Bring a medium pot of water to boil and prepare an ice bath. Cut a shallow 'X' in the bottom of each peach. Working a few peaches at a time, lower the peaches into the boiling water and let boil for 30 seconds. Transfer to the ice bath to cool; peel. Remove the pit and slice the peaches about ¼ inch thick.

2 Place the peaches, tapioca starch, lemon zest, lemon juice, sugar, cinnamon and nutmeg in an 8-inch square baking dish; toss to combine.

3 Make the cobbler topping: Whisk together the flour and salt. Beat the oil and sugar together. Mix the egg replacer with 2 tablespoons water. Add to the oil mixture along with the vanilla; beat until smooth. Add the flour in three additions, alternating with the milk and finishing with the flour. Beat until smooth. If the mixture doesn't come together smoothly, add more flour, 1 tablespoon at a time. Spread the cobbler topping over the fruit mixture and bake until golden and the edges are bubbly, 35 to 40 minutes.

SPICE IT UP

Swap ground ginger for the cinnamon and nutmeg to change up the flavor.

Up in My Grill

Got company coming over? Make it look like you fussed with this quick but special salad. —**JEN CAFFERTY**



THE CHOICE IS YOURS

Make these easy food swaps, and you'll be making changes for good.

INSTEAD OF

mesclun salad
olive oil and vinegar
large tomato

USE

your favorite salad greens
light vinaigrette or fresh lemon juice
cherry or grape tomatoes



Grilled Salmon Salad

SERVES 4 **PREP TIME** 10 min **COOK TIME** 7 min

1½ pounds salmon filet, cut into 4 equal pieces,
rinsed and patted dry

Salt and pepper

2 tablespoons olive oil, plus more for drizzling

1 lemon, half juiced and half cut into 4 wedges

½ pound asparagus, ends trimmed

1 tablespoon plus 1 teaspoon balsamic vinegar

8 ounces prewashed mesclun salad, chopped

2 ripe avocados, peeled and sliced


1 large ripe tomato, cut into ¼-inch slices

½ red onion, cut into ¼-inch slices

1 Preheat a grill to medium heat. Place a large piece of foil on a platter and top with the salmon pieces; season with salt and pepper, and drizzle with olive oil and the lemon juice. In a shallow bowl, drizzle the asparagus with 1 teaspoon of the vinegar; toss. Place the salmon with foil on the grill. Place the asparagus directly on the grill and close. Cook for 5 minutes, then transfer the asparagus to a plate. Close the lid and cook the salmon until the thickest part registers 140° on an instant-read thermometer, about 2 minutes more.

2 Place the greens in a large bowl. Toss with the olive oil and the remaining 1 tablespoon vinegar. Divide the lettuce among four serving plates. Top with the avocado, tomato, onion and grilled asparagus. Top with the grilled salmon and serve the lemon wedges alongside.

GO AHEAD, EAT

A large number 3 is formed by a dense arrangement of almonds, with the text centered inside the loop of the number.

Yeah, you read that correctly. For years, we've gotten mixed messages about fat. Are some fats better than others? Should we just avoid it altogether? While conflicting information still abounds, most experts agree that a little fat, specifically omega-3 fatty acid, is a good thing.

AT SOME FAT!



BY LAURA B. RUSSELL

At a recent panel discussion at a nutrition conference presented by the Arizona Center for Integrative Medicine, physicians and researchers joined forces on two points. First, they almost universally abhor the idea of low-fat diets, encouraging the avoidance of sugar and high-glycemic-index carbs instead. Additionally, they recommend omega-3 fatty acids as part of a healthy diet.

The three types of omega-3 fatty acids — alpha linolenic acid (ALA), eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) — fall under the umbrella of polyunsaturated fats (PUFAs), and are considered essential fatty acids. Our bodies need them for basic metabolic function, but we cannot make them on their own and must obtain them instead from food sources.

One food source for omega-3s is fish, particularly fatty types like salmon (especially sockeye), sardines, mackerel, black cod, and herring, which provide the body with EPA and DHA. Flax, walnuts, chia seeds and other plant sources supply ALA, which your body converts to EPA and DHA.

Most experts recommend getting your omega-3s via a combination of both fish and plant sources, and the following recipes will prove that healthy and delicious are often one and the same.

GET YOUR OMEGA-3S

These foods are a good place to start if you're trying to boost your healthy-fat consumption.

CHIA SEEDS

MANGO CHIA LIMEADE



SALMON

SALMON WITH
CHERRY TOMATO SALSA



SARDINES

PASTA CON LE SARDE



WALNUTS:

STONE FRUIT PARFAIT WITH HONEY
WALNUT CRUMBLE



CHOOSING OMEGA-3 SUPPLEMENTS

If you don't eat fish, or you feel your diet lacks omega-3 fatty acids, consider taking a supplement.

Some tips:

Choose a supplement that contains both EPA and DHA.

Quality is extremely important in fish oil supplements. If you're unfamiliar with a brand, call the company and ask if all raw materials are tested for contamination and potency.

Is the product tested for quality post-manufacture? Consult an independent testing service, such as Consumer Lab, to confirm your supplements are free of heavy metals and PCBs.

Some brands to look for: Vital Nutrients, Metagenics, Carlson Labs, Barleans, and Nordic Naturals. In addition to fish-based supplements, Nordic Naturals also carries Algae Omega drops as a vegetarian source of DHA/EPA.

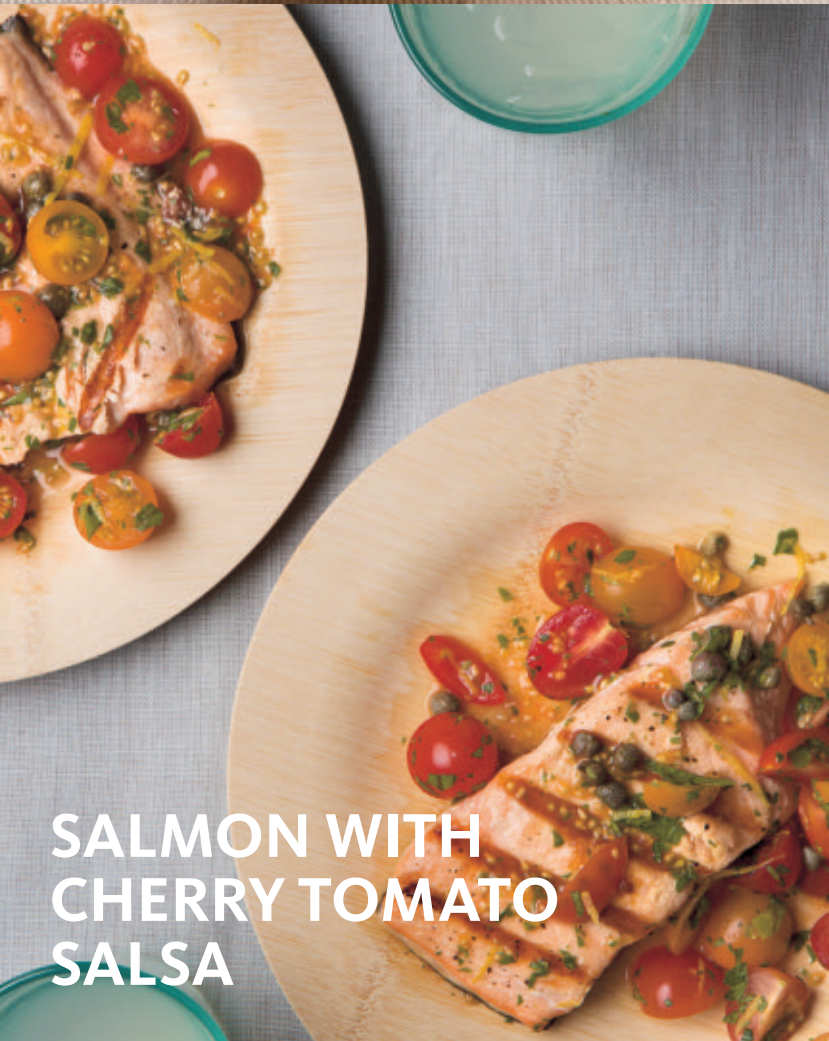
Dosing varies from condition to condition. Consult your physician for recommended dosage, especially if you take Coumadin or other anticoagulants. Those with fish allergies should not take fish oil supplements.



**MANGO CHIA
LIMEADE**



**PASTA CON
LE SARDE**



**SALMON WITH
CHERRY TOMATO
SALSA**



**STONE FRUIT PARFAIT
WITH HONEY
WALNUT CRUMBLE**