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GLUTEN
INTOLERANCE
GROUP.



About GIG & GIG Cares

The Gluten Intolerance Group (GIG) is a nonprofit organization with a simple mission: to make life easier, safer, and more connected for everyone living gluten-free. For more than 50 years, GIG has been a trusted leader in gluten-free food safety and education. We believe that people living gluten-free deserve more than survival—they deserve to thrive.

At the heart of our outreach is GIG Cares, the arm of GIG dedicated to education, support, and restoring Food Dignity. GIG Cares empowers individuals and families through local community groups, educational activities, and Generation GF youth programs—helping kids, teens, and adults know they are not alone on their gluten-free journey. Through initiatives like Cutting Costs and strategic partnerships, GIG Cares works to make safe gluten-free living more affordable and accessible.

These outreach efforts build confidence and trust, ensuring people feel supported and equipped to live gluten-free every day. From helping families navigate a new diagnosis to offering practical tools for long-term success, GIG Cares focuses on connection, encouragement, and empowerment.

While GIG Cares drives education and outreach, the broader organization, GIG, leads the way in food safety you can trust. Our internationally recognized certification programs—GFCO (Gluten-Free Certification Organization) for products and GFFS (Gluten-Free Food Service) for restaurants and facilities—set the global standard for gluten-free safety. When you see our certification marks, you know products and establishments have undergone rigorous review and testing to meet strict requirements.

Our mission starts and ends with community. Together, GIG and GIG Cares are here to ensure that living gluten-free isn't about restriction—it's about opportunity, confidence, and connection.

 Learn more at www.gluten.org and www.gigcares.org.



EASY BRIOCHE HOT CROSS BUNS with Canyon Bakehouse®

(Gluten-free, Dairy-free, Nut-free, Soy-free, Vegetarian, Vegan)

Makes 6

- 1 package **Canyon Bakehouse® Brioche-Style Sweet Rolls** (6 rolls)
- ½ cup mixed dried fruit
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon allspice
- ½ cup powdered sugar, or more if needed
- 1-2 tablespoons orange juice

Preheat the oven to 375°F.

Gently cut 2 diagonal slits in each **Canyon Bakehouse® Brioche-Style Sweet Roll** to create pockets.

Combine the dried fruit with cinnamon, nutmeg, and allspice. Stuff this mixture into the slits. Bake the rolls for 10 minutes, until they turn lightly golden and fragrant. Let cool.

In a small bowl, mix powdered sugar with orange juice to create a thick icing. If too thin, add powdered sugar, a little at a time. Pipe the icing over the rolls, forming crosses. Serve immediately.

SWEET POTATO CASSEROLE WITH GINGER SNAP

STREUSEL

with Homefree®

(Gluten-free, Dairy-free, Egg-free, Nut-free, Soy-free, Vegetarian, Vegan)

Serves 8

For the Sweet Potato Base:

Avocado oil spray
2 tablespoons ground flaxseed
5-6 cups mashed cooked sweet potatoes
(about 6 medium sweet potatoes)
½ cup pure maple syrup
¼ cup dairy-free milk of choice
¼ cup melted dairy-free butter, avocado oil, or
other neutral allergen-free oil
1 teaspoon ground cinnamon
1 teaspoon pure vanilla extract
½ teaspoon kosher or fine sea salt

For the Gingersnap Streusel Topping:

1½ cups **Homefree® Mini Gingersnap Cookies**,
crushed (about 1½ sleeves or 5 oz)
½ cup roasted and salted pumpkin seeds
¼ cup melted dairy-free butter, avocado oil, or
other neutral allergen-free oil

Preheat oven to 350°F (175°C). Lightly spray a 9x12-inch baking dish with avocado oil spray.

Combine flaxseed meal with 5 tablespoons warm water and let sit for 5 minutes.

Place the mashed sweet potatoes in the bowl of an electric mixer fitted with the whisk attachment and beat, scraping down the sides of the bowl often, until fairly smooth. Add the maple syrup, milk, butter or oil, flax mixture, cinnamon, vanilla, and salt. Mix until smooth and well combined.

Spread the sweet potato mixture evenly into the prepared baking dish.

Combine the **Homefree® Mini Gingersnap Cookies** and pumpkin seeds in a food processor and pulse until the cookies are crushed. Add the butter or oil and pulse until well combined and crumbly.

Sprinkle the streusel topping evenly over the sweet potato mixture.

Bake uncovered for 30-35 minutes, or until the casserole is heated through.

Let rest for 5-10 minutes before serving. Enjoy warm.



HOLIDAY SALAD WITH EVERYTHING CRUSTED COD with Hook, Line And Savor™

(Gluten-free, Refined Sugar-free)

Serves 4

4 Hook, Line And Savor™ Everything Crusted Cod Fillets

½ cup olive oil
5 tablespoons cranberry juice cocktail
3 tablespoons rice vinegar
1 tablespoon pure maple syrup
1 teaspoon Dijon mustard
Kosher or fine sea salt

Freshly ground black pepper
16 ounces mixed baby greens
4 ounces blue cheese, crumbled
½ cup pomegranate seeds
¼ cup dried cranberries
¼ cup shelled, roasted, and salted pistachios
2 pears, peeled and thinly sliced

Preheat oven to 425°F. Line a baking sheet with parchment paper.

Place the **Hook Line And Savor™ Everything Crusted Cod Fillets** on the baking sheet and cook for 30-32 minutes, flipping after 15 minutes. Meanwhile, prepare the dressing and salad.

Combine olive oil, cranberry juice, vinegar, maple syrup, and mustard in a small jar and shake well to combine. Taste, and add salt and pepper to taste.

Combine salad greens, blue cheese crumbles, pomegranate seeds, dried cranberries, and pistachios with some of the dressing and toss gently. Divide between four salad plates or bowls. Arrange the pear slices on top and top with the cooked cod. Serve immediately with the rest of the dressing on the side.





CRISPY ASIAN CHICKEN RICE CUPS with LiveGFree™

(Gluten-free, Dairy-free, Nut-free, Soy-free)

Makes 24

- 1 (18-ounce) bag **LiveGFree™ Chicken Breast Bites**
- 6 (6-8 inch) rice paper wrappers
- Vegetable oil
- 4 cups coleslaw mix
- ½ cup cilantro, plus more for garnish if desired
- 4 tablespoons seasoned rice vinegar
- 2 tablespoons sesame oil
- ½ cup sweet chili
- 2 tablespoons furikake

Cook the **LiveGFree™ Chicken Breast Bites** per the package directions.

Cut the rice paper wrappers into quarters. Line a sheet pan with paper towels.

Put 1 inch of oil in a small skillet and heat over medium-high heat until the oil bubbles when the end of a wooden spoon is dipped into the oil.

Fry one piece of rice paper at a time for 1-2 seconds or until it puffs up. Remove with a slotted spoon and place on the paper towels. Let cool.

Combine the coleslaw mix with ½ cup chopped cilantro, the vinegar, and sesame oil. Mix well.

To assemble, place some slaw in the rice paper cup, top with a piece of cooked chicken, 1 teaspoon of sweet chili sauce and a pinch of furikake.

MIRACLE JAPCHAE (KOREAN NOODLE STIR FRY)

with Miracle Noodle™

(Gluten-free, Dairy-free, Egg-free, Nut-free, Vegetarian, Vegan)

Serves 4

¼ cup tamari or gluten-free soy sauce
2 tablespoons mirin
1 tablespoon sesame oil
1 tablespoon rice vinegar
1 tablespoon chili garlic sauce
1 clove garlic, minced
1 teaspoon fresh ginger, minced
4 (7-ounce) bags **Miracle Noodle™ Fettuccini**, rinsed and drained well
1 red bell pepper, julienned
½ large red onion, thinly sliced
1 cup shredded carrots
5 ounces Shiitake mushrooms, sliced
4 green onions, sliced
Sesame seeds, for garnish
Chili crunch, optional

Combine tamari, mirin, sesame oil, vinegar, chili garlic sauce, garlic, and ginger in a small bowl, set aside.

Over high heat in a hot dry wok, sauté **Miracle Noodle™ Fettuccini** until hot throughout, about 2 minutes.

Add the bell pepper, onion, carrots, mushrooms, and most of the green onions (save some for garnish) and sauté for 2-3 minutes or until the vegetables are heated through and crisp-tender.

Add the sauce and cook until the liquid has evaporated. Serve with the rest of the green onions, sesame seeds, and chili crunch if desired.





ROASTED BUTTERNUT SQUASH LASAGNA with Taste Republic

(Gluten-free, Egg-free, Nut-free, Soy-free, Refined Sugar-free, Vegetarian, Optionally Dairy-free, Vegan)

Serves 8-10

3 pounds butternut squash, quartered, seeded, peeled,
and cut into ½-inch dice (about 8 cups of cubed
squash)
2 tablespoons avocado or olive oil
Kosher or fine sea salt
Freshly ground black pepper
4 cups milk or dairy-free milk
3 sprigs fresh rosemary
3 fresh sage sprigs

4 tablespoons unsalted butter or dairy-free butter,
plus more for the baking dish
1 tablespoon minced garlic
4 tablespoons all-purpose gluten-free flour blend
½ teaspoon freshly grated nutmeg
1 (12-ounce) package **Taste Republic Gluten-Free
Lasagna Sheets**
1½ cups freshly grated Parmesan, divided
1 cup heavy cream or dairy-free substitute

Preheat oven to 450°F. Line a baking sheet with parchment paper. Place butternut squash on the prepared baking sheet, add oil and large pinches of salt and pepper, toss to coat, and spread in an even layer. Cook for about 30 minutes, tossing halfway, until the squash is tender and beginning to turn golden. Reduce oven temperature to 375°F.

While the squash is roasting, in a saucepan, bring milk to a simmer with the rosemary and sage sprigs. Heat milk mixture over low heat for 10 minutes and pour through a sieve into a large pitcher or measuring cup. Discard the herbs.

In a large heavy saucepan over moderately low heat, melt the butter and add the garlic, stirring, until softened. Stir in flour and cook, stirring often, for about 3 minutes. Remove pan from heat and whisk in milk mixture slowly until smooth. Return the pan to the heat and simmer, whisking occasionally, about 10 minutes, or until thick enough to coat the back of a spoon. Stir in the squash, nutmeg, and salt and pepper to taste.

Butter a 9×13-inch baking dish. Spread one cup of sauce into the pan and cover with a third of the **Taste Republic Gluten-Free Lasagna Sheets**. Spread half of the remaining sauce (about 2 cups) over the noodles and sprinkle with ½ cup Parmesan. Top with half the remaining lasagna sheets. Spread the remaining sauce mixture over the noodles and top with ½ cup Parmesan. Top with the final layer of lasagna sheets.

Beat the heavy cream with ½ teaspoon of salt until it holds soft peaks and spread evenly over the top pasta layer. Sprinkle the remaining ½ cup Parmesan over the cream. Cover dish tightly with foil and bake in the middle of oven at 375°F for 30 minutes. Remove foil and bake for 10-20 minutes more, or until top is bubbling and golden. Let lasagna sit for 5-10 minutes before cutting and serving.

NO-BAKE PUMPKIN SPICE CHEESECAKES with WOW Baking®

(Gluten-free, Nut-free, Soy-free, Vegetarian)

Makes 6

2 (8-ounce) boxes **WOW Baking® Pumpkin Pie Spice Cookies**, divided
8 ounces cream cheese, at room temperature
½ cup powdered sugar
1 (14-ounce) can pumpkin puree
1 teaspoon pure vanilla extract
2½ teaspoons pumpkin pie spice, plus more for garnish
8 ounces whipped topping, plus more for topping

Reserve six of the **WOW Baking® Pumpkin Pie Spice Cookies** for garnish. Place the rest in a food processor and grind to fine crumbs. Divide the mixture between six small cups or dessert bowls and press down firmly into an even layer.

In a large bowl, with an electric mixer, beat the cream cheese and powdered sugar on medium-high speed until smooth and creamy. Add in pumpkin puree, vanilla, and pumpkin pie spice and mix until fully incorporated. Using a rubber spatula, fold in 8 ounces whipped topping until well blended and no streaks remain. Spoon or pipe the mixture on top of the crumb base. Refrigerate for at least three hours.

Before serving, dollop with more whipped topping, add a cookie, and sprinkle with some more pumpkin pie spice.



HOLIDAY PORK TENDERLOIN

with San-J®

(Gluten-free, Egg-free, Nut-free, Soy-free)

Serves 8

½ cup **San-J® No Soy Tamari**

½ cup orange juice

2 tablespoons light brown sugar, packed

1 tablespoon garlic powder

2 (1-pound each) pork tenderloins

4 tablespoons butter or dairy-free butter substitute, cut into 1 tablespoon pats

2 tablespoons vegetable or avocado oil

Combine **San-J® No Soy Tamari** with orange juice, brown sugar, and garlic powder in a large food storage bag and rub to dissolve the sugar. Add the pork tenderloins, remove air from the bag, and seal. Refrigerate for 30-60 minutes. Remove from the refrigerator and let sit at room temperature while the oven preheats.

Preheat oven to 400°F. Remove the tenderloins from the marinade (discard marinade) and place in a baking dish. Dot with butter and bake for 25 minutes or until the internal temperature reaches 140°F. Remove from oven and let sit for 5-10 minutes. Save any pan juices to pour over the tenderloins.

Heat oil in a large skillet over medium-high heat, add the tenderloins and sear on all sides for 1-2 minutes. Let rest for another 5 minutes before slicing.



GLUTEN-FREE GREEN VELVET CUPCAKES

with Carol's Gluten-Free Flour

(Gluten-free, Nut-free, Vegetarian, optionally Soy-free)

Makes 12

1¼ cups **Carol's Gluten-Free All Purpose Flour**
1 teaspoon baking powder
½ teaspoon plus ¼ teaspoon kosher or fine sea salt,
divided
¼ teaspoon baking soda
1 cup unsalted butter, at room temperature, divided
¾ cup granulated sugar

2 large eggs, at room temperature
1 tablespoon plus 1 teaspoon pure vanilla extract
½ cup buttermilk
Green gel food coloring
8 ounces cream cheese, at room temperature
4 cups powdered sugar
Sprinkles

Preheat oven to 350°F. Line a standard muffin tin with cupcake liners.

In a mixing bowl, whisk together the **Carol's Gluten-Free All Purpose Flour**, baking powder, ½ teaspoon salt, and baking soda. Beat together ½ cup butter with the granulated sugar on medium-high speed for 5 minutes. Scrape down the sides of the bowl as needed.

Add the eggs, one at a time, beating well and scraping down the sides of the bowl after each addition. Beat in 1 tablespoon vanilla. Scrape down the sides of the bowl.

Turn down the mixer to medium, add one third of the flour the mixture, then half the buttermilk, another third of the flour mixture, the rest of the buttermilk, and finally, the rest of the flour. Add enough food coloring to get a vibrant green. Give the batter a final mix by hand with a spatula.

Divide the batter evenly among the prepared muffin tins (an ice cream scoop works well for this). Bake for 18-20 minutes or until a toothpick inserted into the center comes out clean. Let cool in the pan for 10 minutes, then remove to a wire rack to finish cooling.

For the frosting, cream together the remaining ½ cup butter, ¼ teaspoon salt, and cream cheese. Beat on medium-high speed until creamy. Beat in 1 teaspoon vanilla. Turn the mixer to low and gradually add the powdered sugar. Beat until completely combined.

Frost the cooled cupcakes generously and decorate with sprinkles



Help Us Restore Food Dignity

GIG Cares, the outreach and education arm of the Gluten Intolerance Group (GIG), delivers gluten-free food boxes to families who cannot afford or access safe food. Sadly, due to the rising cost of transportation, we were forced to pause the program, leaving more than 1,500 people on a waiting list we could not serve.

Then Hurricane Helene struck. With the help of the National Celiac Association, the incredible generosity of local gluten-free champions who stepped up as distributors, and trucking angels who delivered semi-loads of gluten-free food, storm victims who had lost everything received safe meals. These helpers were true heroes, ensuring food reached neighbors in desperate need. But this effort also meant emptying our reserves.

We are deeply grateful to the many GFCO-certified companies and caring individuals who have supported these efforts. Your contributions made it possible to bring relief when it was needed most.

Now we face a critical challenge: families are still waiting. The need is urgent. To relaunch the Cutting Costs Food Box Program for food insecurity, we must rebuild reserves to cover the rising cost of shipping food directly to people who are food insecure. Every box we send restores dignity and offers hope, reminding people they are not alone.

This is where you come in. Your support, whether through a personal donation, a corporate partnership, or a philanthropic effort, will help us restart this vital program.

Because no one should have to choose between safety and hunger.



Learn more or give today at www.gigcares.org.

NEED TO EAT GLUTEN-FREE?

Products that go through our certification
don't just claim they are gluten-free.



THEY PROVE IT.

GFCO is a program of the Gluten Intolerance Group®.

Learn More.

