

St. Bartholomew's Spirituality Center Presents
A Gluten Free Holiday Baking Workshop On Sunday, Nov 13th. 3-6pm.
at St. Bartholomew's Church, 880 MacGregor Ave., Estes Park, CO 80517

Gluten—Free Holiday Baking Workshop

Mary Capone: Growing up in an Italian household filled with restaurateurs and great cooks, Mary Capone learned the foundations of classic Italian cuisine from her family's boisterous kitchens. As a celiac, she has since reinvented this scrumptious cuisine to meet the needs of gluten-free dieters in her popular book, *The Gluten-Free Italian Cookbook: Classic Cuisine from the Italian Countryside.* Her articles and recipes have appeared in *The Herb Quarterly*, *Energy for Women*, *Eatingwell.com*, *Living Without Magazine*, *Livingwithout.com*, *Delicious Living Magazine* and *Delight Gluten-Free*. She is currently the director of *The Wheat Free Gourmet Cooking School*, www.wheatfreegourmet.com and has taught over 1500 student from around the world. Mary is the owner of *The Wheat-Free Gourmet* and *Bella Gluten-Free, Beautiful Food... Simply Delicious* www.bellaglutentfree.com featuring an allergen-free line of dry mixes. She lives in Boulder Colorado with

Phone: 970-297-8344
(Michelle)

Alt. Phone :303-999-0225
(Mary)

maryanddavid@msn.com or
mary@bellaglutentfree.com,



Wheat-Free Gourmet's presents Gluten-Free Baking for the Holidays

Flaky Rolls, Pumpkin Ginger Pie, Savory Gravy and Sweet Potato Torte

- Here's your chance to learn the secrets of making delicious GF rolls, pies, gravies and stuffing just in time for the holidays. In the WFG's Gluten-Free Baking for the Holidays, we'll learn; several variations of our very own Artisan Dinner Roll recipe, how to make a savory autumn vegetable torte, and easy to make desserts including scrumptious pies and secret to savory gravy. Also included our recipes for sausage stuffing and perfect popovers every time. (Dairy-Free/Casein-Free menu available)
- **The menu includes: Breads** - Artisan Dinner Rolls, Crusty Popovers, **Savory Side Dish**, Savory Sweet Potato Torte, Pear Marjoram Gravy, **Desserts** - Pumpkin Ginger Pie with Spiced Whipped Cream.
- Cost of the workshop is \$89.00. Please see contact information to the left for res-