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Resource: Elanaspantry.com

When **celiac disease** is diagnosed, the story often goes like this: Little Joey is diagnosed with the disease. Then it turns out that mom and big brother also suffer from this hereditary gluten intolerance. In a matter of days, everyone in the family has to make a lifestyle change. Everyone that is, except dad, who wonders where his chocolate cakes and morning muffins went. Not surprisingly a family's adaptation to celiac disease can be challenging. But to ease the transition there is **Elanaspantry.com**, an online resource compiled by local celiac Elana Amsterdam who posts in her almost-daily blog the best of the best of the world's published gluten-free recipes. Look for cupcake and Thai chicken soup recipes, as well as resource information on body care, health, and living with celiac disease. —*Kazia Jankowski*