

DENVER LIFE®

JULY/AUGUST 2010

CULTURE | ADVENTURE | STYLE

+ Ameristar—
COLORADO'S NEWEST
CASINO RESORT SPA

6 LOCAL BREWS
to Quench Your
Summer Thirst

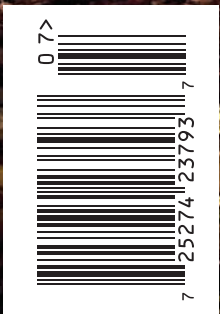
denver's best places to live

What to Know
When Buying a Mile High

Designing a City –
Architectural Trends

Luxurious Golf Living

Living a Sustainable Ranch Life





Be Gluten-free

It's estimated that one out of every 133 people have celiac disease, one of the most under-diagnosed diseases in the United States. For sufferers, a gluten-free diet is the only effective treatment. Unfortunately, some gluten-free foods have an unappetizing texture and taste. When Boulder resident Elana Amsterdam was diagnosed with celiac disease in 1998, she set out to find an answer to preparing wholesome gluten-free meals without sacrificing flavor. Her cookbook,

The Gluten-Free Almond Flour Cookbook offers a twist

on gluten-free recipes using almond flour, which is the healthiest, tastiest and easiest to use gluten-free flour available. Almonds are considered superfoods—they help stabilize blood sugar, lower cholesterol, control appetite, and provide antioxidants, “good fats,” protein and other vitamins and minerals. In her innovative cookbook, Amsterdam shares her tips and techniques for erasing the limitations of gluten-free cooking along with 99 simple-to-make breakfast, entrée, bread and dessert recipes like Cinnamon Coffee Cake, Black Bean Burgers, Smoked Salmon-Leek Tart and Olive-Rosemary Bread. Learn more at elanaspantry.com. —KRISTIN MILLER

Taste of the Nation

Craving a taste? On July 18 you can sample a world of cuisine—for a cause. For \$75, all of which goes toward ending childhood hunger, you'll try creations from some of Colorado's best restaurants, including Vesta Dipping Grill, Black Pearl, Venue Bistro, and D Bar Desserts, and sips from the most innovative local mixologists. strength.org/denver



{WHAT'S COOKIN' ?}

Rueben's: A Better Bistro Burger

A job well done to Boulder's latest burger joint, which features Tour de France-inspired décor and burgers named after racers and cycling terms. But the wheels were really turning when owner Rueben Verplank decided to offer health-conscious diners a choice of veggie, turkey, chicken or beef paddies with regular, cracked wheat or gluten-free buns for each of the restaurant's 15 burgers. Some favorites: The Break Away, made with roasted beets, pepper jack and pancetta; and The Mountain Biker: avocado, Swiss and arugula. Awesome add-ons include sweet potato fries, Belgium beer, homemade cookies and cold organic milk. 1800 Broadway, Boulder 303.443.5000 ruebensburgerbistro.com



ANNOUNCING OUR

Summer Chocolate Collection

Fanciful flavors such as
Banana Cream
Blueberry Jalapeno
and our new
Sugar-Free Chocolates
highlight the collection.

We are located at
7600 Landmark Way, Suite 106
in Greenwood Village's
Village Shops at
The Landmark
Monday - Saturday 10am - 6pm

If you prefer to contact us
directly to reserve a box,
please telephone
303 - 694 - 8781
or send an email to
orders@solaceconfections.com