

# Jan. meeting at U of A's College of Pharmacy room 325



## Black-Bottom Banana Bars

1/2 cup butter or margarine  
1 cup granulated sugar  
1 egg  
1 teaspoon GF vanilla extract  
1 1/2 cups mashed ripe bananas  
(about 3 medium)  
1 1/2 cups GF flour (Bette's Gourmet Featherlight Flour Blend is a good one)  
1 teaspoon baking powder  
1 teaspoon baking soda  
1/2 teaspoon salt  
1 teaspoon xanthan gum  
1/4 cup baking cocoa  
1/2 cup GF chocolate chips added to the dark batter

Use contact info on this website

[Optional: You could also add chopped pecans if you wanted and/or dust with powdered sugar after they cool.]

In a mixing bowl, cream butter and sugar. Add egg and vanilla extract and beat until thoroughly combined. Blend in the bananas.

Combine the flour, baking powder, baking soda and salt; add to creamed mixture and mix well. Divide batter in half (note: 1/2 of the batter consists of a scant 2 cups). Add cocoa and chocolate chips to half of the batter and mix in. Spread the chocolate batter into a greased 13 x 9-inch baking

pan. Spoon remaining batter on top of the chocolate batter and spread with a knife but don't cut through. Bake at 350 degrees F for 25 minutes or until the bars test done.

Yields about 2 1/2 to 3 dozen bars. These bars are better the day after baking. And, they freeze very well. (These were taste-tested at the Nov. 13, 2004 general meeting.)



## Health news to use

### Long-term antacid use may increase risk of pneumonia

Gastric acid-suppressive therapy increases the risk of community-acquired pneumonia, according to the results of a case-control analysis study published in the Oct. 27, 2004 issue of *JAMA*.

The suppression of stomach acid allows the proliferation of bacteria that can find its way into the respiratory tract and cause pneumonia. Prescription and OTC acid suppressors are aggressively marketed by pharmaceutical companies in the media and through physicians.

If you find yourself relying on this class of drugs, it might be prudent to investigate alternative treatments for gastric acid related problems.

### Brain perfusion abnormalities common in untreated Celiac Disease

Celiac.com reported an Italian study to determine the incidence of brain perfusion abnormalities in those with celiac disease, and whether gluten intake and associated autoimmune diseases may be considered risk fac-

tors in causing cerebral impairment. Perfusion scans measure blood supply to brain tissue.

The researchers used brain single-photon emission computed tomography to examine the brains of 34 adult celiac patients--16 on a gluten-free diet, 18 on a gluten-containing diet, and 18 with other autoimmune diseases--and compared them to 10 age and sex-matched controls with normal small intestine linings. The researchers found that 24 out of the 34 in the study--a full 71%--had brain tomography abnormalities.

The most significant brain abnormalities were found in the patients with untreated celiac disease (74%), and in those with associated autoimmune disease (69%). The abnormalities mainly affected the frontal region of the brain. The researchers conclude that brain perfusion seems common in celiac disease, but does not appear to be related to associated-autoimmunity diseases, and the condition may be improved by a gluten-free diet.

Check your diet if your memory or thinking seems impaired.

