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Celiac Disease Blog

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Homemade Gluten-Free Gnocchi and Arrancini

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Homemade gluten-free gnocchi and arrancini, simple to make? I wouldn't have thought so, but I just saw a wonderful "TV" show online, for free, called [The Missing Ingredient](#)¹. It's a cooking show, and the ingredient that's missing is gluten. I watched host Frank Baldassare prepare two Italian dishes – arrancini, and gnocchi – and honestly, I had no idea they could be done so easily! The whole show takes just a couple of minutes to watch, and it's really pleasant. There are also episodes in which Frank prepares gluten-free chicken, soups, eggplant, breakfast, and Mexican foods.

I learned about *The Missing Ingredient* from the "[Social Life](#)"² section of the Celiac Disease Foundation's website. They're a great resource, and I love to check out their site every now and then to see what links they've added to their site.

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12 [Prev](#)¹³ [Next](#)¹⁴

11

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