

LIVE WELL gluten free

COELIAC UK MEMBER MAGAZINE

Summer is served

Perfect pastry recipes to celebrate
the season

COELIAC
AWARENESS
MONTH

Find out how you
can get involved

BACKSTAGE AT
THIS MORNING

with case study Frankie
and her mum Nicola



EXCLUSIVE AIR
FRYER RECIPES

from Becky Excell

Enjoy over 18 inspirational
recipes from just 7p per person

coeliacuk
live well gluten free



IT'S CRUNCH TIME



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*than the average cereal bar. See website for more information.



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LIVE WELL gluten free

Welcome to your summer edition of Live Well Gluten Free magazine

This issue is packed full of inspirational recipes to help you through the summer season, including our most popular sweet and savoury bakes, food ideas from around the world and the staff from Coeliac UK give their top on the go recipes. There's also an update on our month long awareness campaign coming this May, a bumper edition of our regular dietitian Q&A and an update on our Cost of Living campaign.

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All information is correct at the time of publication, please check our website for the latest updates.

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live well **gluten free**

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IN THE NEWS

News and updates on all things gluten free

Moving forward with our 'Journey to a Cure' for coeliac disease

We're thrilled to announce that thanks to your generous donations, we have been able to award £250,000 to a research project that we hope will take us further along our 'Journey to a Cure' for coeliac disease.

In July 2023, we invited researchers across the globe to apply for funding for a project that would help to improve our understanding of coeliac disease and paving the way to a cure for the condition. We were delighted to receive a number of strong applications from people based both here in the UK and further afield.

The awarded project is being carried out by researchers at the University of Dundee in collaboration with researchers at the University of Sheffield. The team will investigate how a certain group of proteins, called enzymes, trigger immune cells to

damage the tissue that lines the gut. Research will take place to test if blocking these enzymes, stops the gut damage occurring.

The project will help us to understand why the gut is damaged in coeliac disease, with the aim that it will generate new ideas to treat the condition. The project is set to start in the Autumn and run for 3 years.

We want to say a huge thank you to you our members, as we wouldn't be able to contribute to the progression of research related to coeliac disease without your support. You can read more about the research we fund here:

coeliac.org.uk/250k-research-announcement



Coeliac UK fund new student research projects on coeliac disease

In September 2023, in line with the academic calendar, Coeliac UK invited postgraduate students based at UK institutions to apply for up to £5000 worth of funding towards a research project related to coeliac disease, as part of their studies.



We received a great response with a number of strong applications and following careful review by our Research Awards Panel and our Member Review Panel, we're delighted to announce that two projects were selected for funding.

Project 1

The first awarded project comes from a student based at the University of Sheffield who will be conducting research to understand how healthcare providers, such as GPs, feel about diagnosing some people with coeliac disease via a blood test alone. Currently, most people are required to have two blood tests, an endoscopy and a biopsy to receive a diagnosis.

Project 2

The second awarded project comes from a student based at the University of Surrey, who will be designing an online Cognitive Behavioural Therapy (CBT) intervention to support adults with the psychological impacts associated with living with coeliac disease.

We're thrilled to lend our support to both of these students who are investigating topics in such an important area.



Find out more about both of these projects here coeliac.org.uk/sponsored-dissertations

How we made a difference in 2023

We're hugely grateful for the support we received from you in 2023, which meant we could continue to provide our vital work for those who need to live gluten free. Read about the impact your support helped us to deliver last year at coeliac.org.uk/impact2023 or call 0333 332 2033 to request a paper copy via post.

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Welcome to a world where **Gluten Free** means
pleasure **without compromise!**

Give them a try!



Coeliac UK plays key role in developing new national primary care pathway

We know that GPs see many patients with gut related symptoms, and they are not always aware of the steps to take to get the correct diagnosis. Different conditions have different diagnostic pathways and guidance, so knowing which one to follow can be challenging.

That's why Coeliac UK is working with a number of organisations including Crohn's & Colitis UK, Guts UK, The IBS Network and other healthcare professional organisations to develop a new joint diagnostic pathway for the UK. The project will aim to develop information and create guidance for both GPs and patients.

For GPs, the information will help to identify key symptoms of gut conditions including coeliac disease, inflammatory bowel disease and irritable bowel syndrome along with guidance on which tests should be carried out.

For patients, the aim of the project is to provide clarity on what their diagnosis journey may look like and will include resources that highlight key symptoms, common questions your GP may



ask and an explanation on what type of tests will be carried out, such as a blood test for coeliac disease.

We hope this project will help people receive the correct diagnosis as well as reduce the time it takes to get diagnosed and we look forward to sharing the final project with our community this summer.

Leading experts in coeliac disease research to gather at International Symposium

Coeliac UK will be in Sheffield this Autumn to attend the International Coeliac Disease Symposium (ICDS), a closed event, where researchers and experts from around the world will gather to delve into the latest developments and findings in coeliac disease research. The event will run for 3 days, from 5-7 September 2024 and the Coeliac UK research team will be present each day to actively engage with the discussions and represent the gluten free community.

The event will host international experts speaking about the latest advances in coeliac disease, oats and neurological aspects. Local specialist, Dr Hugo Penny, will also host a panel exploring patients expectations of potential new treatments.



Although the ICDS is a closed event and only open to researchers and experts, there will be a Patient Forum on Saturday 7 September, which will be open to the public where Coeliac UK's Chief Executive Hilary Croft will be giving a talk at the forum titled '*Charity partnerships – how to work together to get the best results for patients*'. This will be a ticketed event, so please keep an eye on our newsletter, website and social media for more information on how to book your place in the coming months.



Coeliac UK 2024 Annual General Meeting (AGM)

Our 2024 AGM will be held virtually on Saturday 15 June 2024, providing the opportunity for us to connect with our membership community, reflect on the successes and impact we have made together through 2023 and update you on our ambitious plans as we look forward.

To view your digital notice and to find out more information including how to vote ahead of the meeting, or appointing a proxy, please visit www.coeliac.org.uk/2024AGM.

For those without online access, a paper AGM Notice has been included with this magazine. You will need to register your proxy by Thursday 13 June 2024.

UPDATE 

An update on our cost of living campaign

We are on a mission to make gluten free food more accessible and affordable. Last year we launched a campaign aiming to shine a light on the additional challenges faced by the coeliac community to avoid a cost of living crisis becoming a future health crisis.

In March 2023 we launched our report, *The Gluten Free Diet: What does it cost and why does it matter?*, and called on policy makers and the food industry to do more to help make gluten free food more affordable.

To date thousands of people have pledged their support for our campaign, written to local commissioners and MPs, shared their story online and helped highlight that the cost of living crisis is having a huge impact on people with coeliac disease. Our report was cited in Parliament and the issue has been repeatedly covered in national and local media.

We believe gluten free prescriptions play an important role in supporting people to access the gluten free food that they need and have been delighted to see gluten free prescriptions re-instated in Sheffield, West Kent, Croydon, Kingston, Merton and Richmond, meaning for the first time in years people with coeliac disease in these areas can access much needed support. However, it has not all been good news and we continue to fight hard against the recent decisions to withdraw gluten free prescriptions for the coeliac community in Leeds, Calderdale and across Hampshire.

We expect more Integrated Care Boards (ICBs) in England will be looking at this issue throughout the year. With this in mind, we are taking the campaign to the next level and launching a petition calling on the UK Government to ensure all ICBs protect access to gluten free staple products for the most vulnerable across England. We also continue to work with Devolved Governments in Scotland, Wales & Northern Ireland to protect existing provision there. To show your support and for all the latest on the campaign, check out the campaign page here

coeliac.org.uk/cost-gf-food



And in the meantime, we continue to work with the food industry to ensure that everyone with coeliac disease can access the staple gluten free foods they need at an affordable price. We have met with manufacturers and major retailers in recent months and look forward to sharing more about our plans later this year.

Keep an eye out too for the launch of our next report in the summer. Finally, we are always on the look out for people to share their stories so if the cost of living has impacted you, please get in touch and tell us your story via our website **coeliac.org.uk/tell-your-story**

With your support, we can really make a difference and ensure no member of our community is left behind because of the cost and availability of gluten free food.

WIN fantastic prizes and help change lives

We'd like to introduce Ben, a dad of two who has kindly shared with us how, with the help of Coeliac UK he has learnt to adapt to a life without gluten. He shares his story below and tells us why he wants you to enter our Spring Raffle today.

"From the age of 16 I experienced extreme fatigue, which left me feeling constantly exhausted. At the time I put it down to my busy lifestyle as a student athlete. I was playing football, basketball and rugby, but as time went on I stopped playing as much and the tiredness continued.

Later on, I met my partner, we had two amazing children and I continued to endure the symptoms.

Getting diagnosed has been life changing for me and my family and thanks to Coeliac UK, I have learned how to adapt to a new life without gluten.

Coeliac UK rely on your help to support people like me who need to live without gluten. Playing the Spring Raffle is a great way to support their crucial work and help them reach more people like me – and you could win up to £5,000!"

Thank you to Ben for sharing your story. Every time you enter our Spring Raffle, your support means we can continue our work to provide trustworthy advice to those who need it, fund critical research into coeliac disease and campaign for better availability of gluten free food.

You can play the raffle today at www.coeliac.org.uk/spring-raffle or call the raffle hotline on 01628 511 708.



"Having young children is demanding at the best of times, but when they wanted me to go to the park and run around with them, I just didn't have the energy. I felt like I was letting them down and not being a very good dad. That's when I decided to get tested."

Ben, Coeliac UK supporter

The online closing date is 28 May 2024 and the draw will be held on 30 May 2024.

Second Prize

£1,000

Third Prize

£500

Spring Raffle 2024

First Prize

£5,000

Play today and you could

WIN £5,000!

Plus...

100 runner up prizes of £10

*Over 18s only, T&Cs apply. Concerns about gambling too much? Visit begambleaware.org



GambleAware



Making changes **for you**

We know that one of the toughest aspects of living with coeliac disease is finding reliable gluten free food when out and about, and this is something we're committed to keep improving. In November we asked our community to complete a survey about eating out, looking for insights about their experiences and our Gluten Free accredited venues. The response was overwhelming with 4538 people completing the survey – thank you for taking the time, your insights are invaluable to us and help to shape the work we do.

We were pleased to hear that 90% of respondents prefer to choose a Coeliac UK Gluten Free accredited venue and 93% feel less anxious when eating at an accredited venue. However, a significant 80% of people reported that they had encountered challenges in finding gluten free food in travel and fast food settings. We will be using the information we've gathered to share with the food industry as providing gluten free options is not just crucial for our community, but also for their businesses.

We're also using these statistics to engage potential accreditation partners and advocate for more gluten free options in every setting where food is present. Our Gluten Free accreditation scheme is designed to keep our community safe, in the hospitality, education and healthcare sectors. When you see our GF symbol, you know a business has been through a rigorous programme of training and auditing to meet our standards. We currently have over 3,000 accredited venues and we're pleased to announce that Bill's has recently joined our growing list of partners.

"Whilst Bill's has had an 'Avoiding Gluten' menu for many years it is great that we can now offer our guests a 'Gluten Free' menu with confidence that our systems and processes are in line with Coeliac UK standards, giving our guests more choice and confidence. In addition to this the accreditation has allowed us to join the Coeliac UK community, bringing Bill's to those who need to live gluten free across the UK."

Eunán Baird, Head of Safety for Bill's (The Ivy Collection)

Bill's

Find the full list of GF accredited venues here coeliac.org.uk/gf-accredited-venues

Creating change is at the heart of what we do. When you speak, we listen and together, we'll continue to shape a gluten free world so that one day, no one's life will be limited by gluten.

Join our Mystery Diner programme and help improve our GF accredited venues

We are always working with our GF accredited partners to improve the experience of eating out gluten free which is why we have created our Mystery Diner programme and would love to hear from you about your experiences.

It's easy to get involved - any time you visit a GF accredited venue, head to our website to tell us about your experience.

We are looking for feedback on various aspects including staff knowledge, the visibility of gluten free options on the menu and if you were satisfied with the selection of gluten free dishes available. Completing the survey should take no more than 10 minutes and there's no closing date so you can do it as many times as you like. The more information we have, the greater the improvements we can make!



Share your experience here coeliac.org.uk/mystery-diner-2024

Ask our dietitians



Nicola



Naomi



Lorna

Our dietitians are experts in food and nutrition, specialising in coeliac disease and the gluten free diet. The team provide evidence based guidance to help you manage the challenges of living gluten free. Here they answer some of your most asked questions, from weaning your baby to ultra-processed foods and our Food and Drink Information service.

Q. I recently purchased some biscuits in the Free From section of my local supermarket and when I got home I noticed they contained wheat. I thought everything in the Free From section would be suitable for a gluten free diet, is this not the case?

A. The supermarket Free From section is generally for any products that are free from specific ingredients, so you may find products that are egg free, milk or

dairy free, nut free and/or gluten free. Not all the products in the Free From section will be gluten free, therefore we recommend that you always check that the product is suitable for a gluten free diet before you purchase them. You can find more information on gluten free food labelling here coeliac.org.uk/food-labels or use the barcode scanner in our Live Well Gluten Free app to check if a product is suitable for you.

Q. I have coeliac disease and need to start weaning my six month old baby but I'm not sure how to do this safely. Can you help?

A. NHS Choices recommends that babies need nothing but breastmilk or formula milk until around six months of age (with the exception of vitamin D in some cases). Breast milk and infant formula milk are gluten free so the first time your baby has gluten will be when they are given solid food.

Babies who have an increased risk of coeliac disease should be weaned in the same way as any other baby. This means foods containing allergens such as gluten, peanuts, hens' eggs and fish can be introduced from around six months of age, one at a time and in small amounts so you can spot any reaction.



A diet that contains gluten is required for an accurate diagnosis of coeliac disease. Symptoms of coeliac disease can vary between individuals and can appear after gluten is introduced into the diet. Symptoms can include vomiting, diarrhoea, irritability, weight loss and a bloated tummy. If you notice any symptoms once gluten has been introduced to your baby's diet and you are concerned, we'd recommend that you talk to your GP. You can read more about coeliac disease diagnosis in children here coeliac.org.uk/is-it-coeliac-disease

Gluten only causes a problem for someone with coeliac disease if it is eaten. It cannot be absorbed through the skin. If you have coeliac disease and are preparing food for your child, you can find general information on how to avoid cross contamination here coeliac.org.uk/cross-contamination



Have you got a question for our dietitians?

You can call our Helpline on **0333 332 2033** from 10.00am - 4.00pm, Monday to Friday, or email us at dietitian@coeliac.org.uk

Q. I have been hearing a lot about ultra-processed foods recently and whilst I don't generally eat a lot of ready meals I'm concerned about the ingredients in gluten free bread. Can you advise what is safe and healthy for someone with coeliac disease?

A. There has been a great deal of discussion in the media recently regarding ultra-processed foods. Currently the definition is poorly defined. Some ultra-processed foods may be fortified with different nutrients, for example calcium or iron, which might be an important contribution to the diet of some individuals.

We would encourage people to eat a healthy balanced diet to help maintain good health. This means that you should:

- Eat regular meals including starchy carbohydrates
- Aim to have five portions of fruit and vegetables each day, all of which by nature do not contain gluten

- Monitor the fat in your diet, especially saturated fats
- Keep an eye on sugar - it's often added to sweets, biscuits, cakes and full sugar fizzy drinks
- Eat plenty of fibre, and gluten free wholegrains including brown rice and corn
- Adults should have less than a teaspoon of salt a day. Children should have less than this and recommended maximum amounts vary by age.

Many ultra-processed foods are higher in fat, salt or sugar and lower in fibre.

When looking more specifically at the gluten free diet, some gluten free fresh breads are significantly higher in fat than their gluten-containing equivalents, however innovation in the production of gluten free breads has delivered improved nutritional profile, taste and texture in recent years.

The fat content of widely available breads varies and there are lower fat versions on the market. If you are concerned about the fat content, check the nutritional information on the packaging which will provide information



on the fat content per portion and per 100g. If a food contains less than 3g total fat per 100g, it's low in fat and any food containing more than 17.5g total fat per 100g is high in fat.

Research on sugar content has found that gluten free staples generally contain about the same amount of sugar as conventional gluten containing equivalents. However, there will be differences across brands. If a product contains less than 5g of sugar per 100g this means it can be deemed as low in sugar. Any foods that contain over 22.5g of sugar per 100g are high in sugar.

You can find out more about healthy eating whilst following a gluten free diet here coeliac.org.uk/healthy-eating/

Coeliac UK Food and Drink Information service

Our Food and Drink Information service aims to give you timely and reliable information through our website, app and printed publications. Find out more here coeliac.org.uk/food-and-drink-information

Q. Does 'product not found' in your Food Information Service mean it's not suitable for a gluten free diet?

A. Our Food Information Service provides information on over 150,000 food and drink products available in the UK.

'Product not found' means that the manufacturer has not provided us with any information about the product at that time. We recommend reviewing the pack information to check its suitability. You can find our labelling video to help you here coeliac.org.uk/labels.

If you're still unsure, please get in touch via our Helpline and our team will be able to assist you.



Q. What dietary preferences do I need to set up in my Live Well Gluten Free app?

A. The 'gluten' and 'may contain' filters are set as default within the dietary preferences area within the app. If you also want to exclude products that

contain certain ingredients such as 'Codex wheat starch' or 'Gluten free barley' then you need to switch the 'Extra gluten' filter to 'On'. You can also choose to exclude any of the 14 recognised allergens as appropriate by switching the filter to 'On' so all search results will be tailored to your individual needs.

Q. What do the different categories mean in the Eating Out Venue Guide?

A. The Eating Out Venue Guide lists a mixture of Gluten Free accredited (GFA) venues alongside venues that have been recommended by our community. Venues with our GFA certification are independently audited and meet the strict requirements of our Gluten Free standard. We also know that many of our community like to share their positive experiences and recommendations when eating out and so we also include 'Community recommended venues' in our Guide too. Whether you're eating out with friends and family or planning a special event, you can find a wide range of tried and tested venues to safely suit your needs.

Awareness Month 2024

GOELIAC DISEASE IS DIFFERENT FOR EVERYONE

This year we've extended our flagship awareness campaign for a whole month of action. How will you get involved?

In the past few years, diagnosis rates of coeliac disease have started trending up – but nowhere near fast enough. There are still **500,000** people in the UK estimated to be living with undiagnosed coeliac disease. That's far too many people suffering from the stress and confusion of unexplained symptoms. So this year we're continuing with our campaign *Coeliac disease is different for everyone* to find those people and get them the answers they need.

The next phase of our campaign focuses on what it's really like to live with undiagnosed coeliac disease. Through five amazing case study stories, we're shedding light on the emotions people go through before diagnosis – from anxiety and isolation over unknown symptoms to fear over the state of their health.

We'll also be putting the spotlight on little known facts about linked conditions – including Down's syndrome and autoimmune thyroid disease - as well as genetic links and misdiagnoses, to encourage as many people as possible to take our online self-assessment.

How you can help

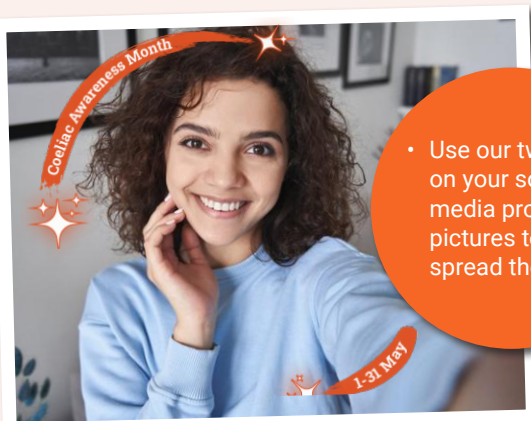
The more people that come together to spread the word about coeliac disease, the louder we can be! And there are so many ways to help amplify our message so that more people can get diagnosed with coeliac disease and on the road to recovery. However much time you have there's a way to get involved:

- Share your diagnosis story online using our hashtags **#CoeliacAwarenessMonth** and **#CoeliacStories**

- Join in with one of our fantastic online events including a cook along with our ambassador Becky Excell on facebook! Find out how to get involved here coeliac.org.uk/awareness-month-2024
- Order an Awareness Month pack and organise an awareness raising event in your work, school or local community. The pack contain A3 posters, leaflets and postcards and each item provides information about the symptoms of coeliac disease and shows where to go for help. Order yours today at coeliac.org.uk/awareness-month-pack
- Check to see if our amazing Coeliac UK volunteers have anything planned in your area: www.coeliac.org.uk/events

The Coeliac UK Sevenoaks and Tunbridge Wells Local Group have already got some exciting plans for Awareness Month in place. They'll be hosting an awareness stand at the Tunbridge Wells Sainsbury's on Saturday 11 May from 9am, where they'll be distributing our leaflets and postcards and raising awareness of coeliac disease. They are also trying to engage with local GP surgeries to increase understanding on the front lines of diagnosis.

How will you join in? Whether you order a pack and create your own event or take part in something in your local area, you can help reach more people who need our help.



- Use our twibbon on your social media profile pictures to help spread the word

Thank you to BFree who are donating 20p for every pack sold of their Gluten Free Stone Baked Pitta Breads this May.

This generous donation will help our ongoing work to support those who need to live gluten free.

BFree
EAT HAPPY



Introducing our incredible campaign case studies



Mita

"Doctors put my health issues down to stress and painful periods, but I knew something else was wrong"



Joe

"I'm so glad I was diagnosed with coeliac disease early, so that nothing is holding me back from fulfilling my potential"



Tim

"I had anxiety around going out, I was withdrawing from my social activities and friends"



Anne

"They put the palpitations from anaemia down to anxiety, I felt like I was going mad!"



Joshua & Dawn

"I knew that Joshua's thyroid condition and Down's syndrome could be linked to coeliac disease, but I had to push hard for a test"

Keep an eye out for a deeper insight into all of our case studies' stories during Awareness Month – and find out more about Dawn and Joshua's journey on page 38.

Visit coeliac.org.uk/awareness-month-2024 or scan the QR code to find out more about how to get involved and get your Awareness Month pack today.





Frankie, Nicola and Professor David Sanders with *This Morning* presenters Josie and Dermot

Behind the scenes of Frankie and Nicola's *This Morning* TV appearance

In December 2023, we were concerned and disappointed to see that advice provided to a caller during a phone-in segment of ITV's *This Morning* was ill-informed and dismissive towards coeliac disease. The lack of understanding shown prompted us to write an open letter to ITV to express our concerns and we also asked our community to get in touch and urge them to issue an apology for airing damaging and inaccurate information.

The response we received from our community was overwhelming and the piece was one of Ofcom's highest rating complaints of the year. We can't thank you enough for coming together to make such an impact.

Our combined efforts facilitated conversations with ITV who were keen to raise awareness and present their viewers with more information about coeliac disease.

Step forward our amazing young case study Frankie, 6, and her mum Nicola, who appeared live on the show in January and shared their story of life before and after her diagnosis of coeliac disease at 18 months old.

Frankie and Nicola were also joined by Professor David Sanders, an expert in the field and chair of Coeliac UK's

Health Advisory Council, to share more information about coeliac disease and its effect on the body, the symptoms to look for and how to get diagnosed.

We caught up with Frankie and Nicola following the appearance to find out how it was meeting presenters Josie and Dermot and what it was like backstage.

Q. Nicola, how was your experience appearing on *This Morning* in January?

A. I have never been to a TV studio before so it was exciting. We saw so many famous faces, including Lorraine who was so friendly! We were told we could raise any subjects we liked, there were no restrictions on what we could say at all. The whole film crew went out of their way to put us at ease and they

gave us our own dressing room which Frankie LOVED! Overall it felt like sitting on a sofa and having a chat, everyone made it so easy.

Coeliac UK were with us in person the whole time supporting before we went on camera and after. It was a hugely memorable experience.

Q. What was your most memorable moment from the day?

A. The most memorable moment for both of us was walking on to the set, it felt surreal. We wanted to do a good job and represent the coeliac community as best we could so that was our focus. The image of the set will be a lasting memory for me, as I've never seen so many cameras in one room before, there were literally hundreds!

Q. What were the *This Morning* presenters Dermot and Josie like?

A. Dermot and Josie are awesome! Josie went out of her way to put us at ease and she was genuinely interested in coeliac disease, coming to speak to us about it afterwards. Dermot is very funny and loud! He made Frankie laugh a lot with funny voices and was really friendly. We also got to meet Joel Dommett backstage - Frankie loves the Masked Singer so that was extra exciting for her! We ended up having an extra TWO minutes than we were scheduled to have because Josie and Dermot were so engrossed in the topic.



Frankie meeting Joel Dommett

Q. What did your family and friends think of your appearance?

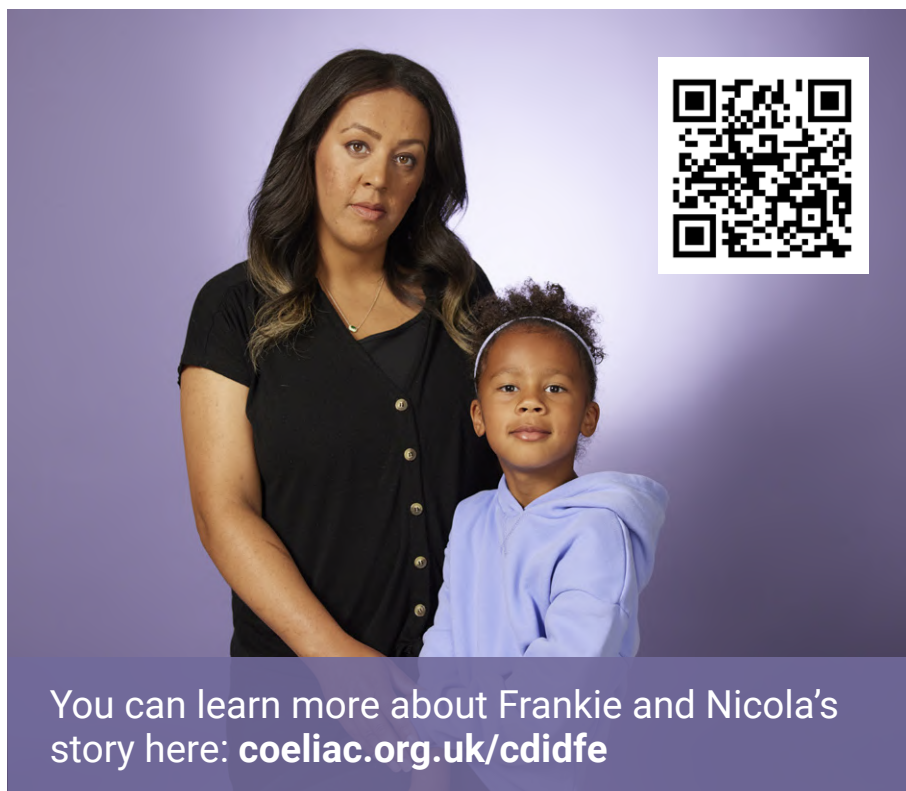
A. Everyone was so proud of us - we were overawed by the response from the coeliac community in particular, it is such an incredibly supportive community. Frankie watched it with her classmates afterwards and everyone was amazed! Lots of extended family members said they learnt a lot more about coeliac disease because of the programme.

Q. Frankie, we loved watching you smiling and working the camera on the show - what was your favourite part of the day?

A. My favourite part was the whole day! I loved seeing all the cameras moving around and that's why I was moving so much; I was trying to smile at every camera I could see! I wish I had the chance to say a little bit more but I'm glad everyone saw the photos of what life was like before I was diagnosed and how happy and healthy I am now!

A huge thank you to Frankie and Nicola for sharing your time and story voluntarily. We also want to thank Professor David Sanders for your expertise, and ITV for letting us have our own slot, it's great to see a major broadcaster helping to raise awareness of coeliac disease.

"My favourite part was the whole day! I loved seeing all the cameras moving around and that's why I was moving so much; I was trying to smile at every camera I could see! I wish I had the chance to say a little bit more but I'm glad everyone saw my photos of what life was like before I was diagnosed and now they can see how happy and healthy I am!" Frankie



You can learn more about Frankie and Nicola's story here: coeliac.org.uk/cdidfe

Celebrating our fundraising heroes

We are constantly amazed by the support we receive from so many people who choose to take on some of the UK's most difficult challenge events to raise crucial funds and awareness for those who need to live gluten free.

Whether it's running 26 miles in the London Marathon, spending several days trekking across the coast, or taking on the thrill of a terrifying skydive, we appreciate every single one of you. Here we introduce two remarkable people who are courageously embracing challenges this year to find out more about what has inspired them to put themselves forward.

Hannah Standage recently took on the London Marathon for Team Coeliac UK

"My 9 year old daughter Ava was diagnosed with coeliac disease in 2022 after a lifetime of bowel issues. I wanted to run the London Marathon to show her that something positive has come from her diagnosis and to raise awareness of coeliac disease and how living with it can affect people's lives.

Coeliac UK has had a huge impact on my daughter's understanding of coeliac disease following her diagnosis and we are so thankful for the support we have received.



In preparation for the event I threw myself into my training, increasing the distance I ran each week whilst also trying to juggle being a mum of three children, looking after a puppy and my job as a physiotherapist!

I only started running 3 years ago and this was my third big run for Coeliac UK, previously running the Great North Run and The

Yorkshire Marathon, as you can probably tell – I love a challenge!

Ava helped fundraise by making bookmarks, keyrings and bracelets to sell at a bake sale at her school with the help of her brothers and friends.

On the day of the event, I wasn't nervous at all, I was extremely excited and absolutely ecstatic to cross the finish line! Taking part in the biggest race in the country was such an amazing experience, I'd recommend it to anyone! Being able to give something back to Coeliac UK after all the years of support they have given me and my family made the many hours of training completely worth while."

Thank you to Hannah and your family for your incredible support!

Tom Goddard will be taking on the Edinburgh Half Marathon in May

"After being diagnosed with coeliac disease at the age of two, running in an event like the Edinburgh Half Marathon for Coeliac UK had always been a dream of mine growing up.

This year felt like the year I wanted to challenge myself and do something outside my comfort zone, and taking part in this event is going to be a great way to push myself while taking on the opportunity to raise funds for a great cause.



Growing up with coeliac disease was challenging for many reasons. I attended regular coeliac check ups from the age of two and felt very isolated. It was tough seeing my friends eat without limitation, while I struggled to find food that was safe to eat. But I had some great support from family, friends and Coeliac UK.

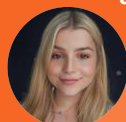
Coeliac UK provided guidance for my mum on cross contamination when I started nursery and provided inspiration for gluten free recipes she could batch cook for me. It was a real lifeline for her.

I hope that running for Coeliac UK and raising awareness of coeliac disease will help more young people feel less isolated like I did and help broaden people's knowledge of the condition. I hope there will be more gluten free options available for those who need it too.

I can't wait to take on the Half Marathon in May and hope to make my friends and family really proud."

Thank you to Tom for sharing your story, we wish you the best of luck with the challenge in May!

If you're interested in taking on a challenge for Coeliac UK, get in touch with Amy in our friendly fundraising team at amy.baddams@coeliac.org.uk or find out more at coeliac.org.uk/challenge-events



Coeliac UK Community and Events Fundraiser, Amy Baddams





Cost per
serving
73p

Tasty gluten free pastry

There's nothing better than buttery golden home-made pastry and making it from scratch doesn't need to be complicated. From sweet and savoury tarts to the classic sausage roll, pastry can be used to create a wide variety of delicious dishes made from simple ingredients.

Spinach and tomato quiche

All hail the great British quiche. Made using shortcrust gluten free pastry, it's the perfect addition to any summer occasion. Here we used spinach, tomato and cheese but the filling can be anything you fancy; why not swap the spinach and tomato for any cooked meat, fish or vegetables?

Preparation time: 15 minutes

Cooking time: 55 minutes

Makes: 8 small slices

For the pastry

- 350g gluten free plain flour*
- ½ tsp xanthan gum
- 175g unsalted butter
- 2 eggs

For the filling

- 400g spinach
- 100g cherry tomatoes, cut in half
- 4 eggs
- 350ml milk
- 150g grated cheese

* Check Coeliac UK's Food and Drink Information for suitable products

Method

- 1 To make the pastry, measure and sieve the flour and xanthan gum into a bowl and rub in the butter with your fingertips until the mixture resembles fine breadcrumbs. Add the eggs and mix so that it forms a soft dough
- 2 Roll out the dough on a lightly floured work surface and then line a flan tin with it. Leave it in the fridge to chill for 30 minutes
- 3 Preheat the oven to 180°C/350°F/ Gas Mark 5
- 4 Wash the spinach, then pour boiling water over it so it wilts. Drain and squeeze dry
- 5 Cover the raw pastry case with baking parchment and baking beans, and blind bake the pastry case for 20 minutes. Remove the beans and baking parchment
- 6 Place the wilted spinach into the cooked pastry. Mix the milk, eggs, and cheese, and pour over the spinach in the pastry case. Top with the cherry tomatoes
- 7 Bake for about 35 minutes, or until golden and cooked through.

TIP: This simple shortcrust pastry recipe is super versatile and can be used for both sweet and savoury dishes.

Nutritional information (per serving)

Calories (kcal) 481.9 Protein 20.6g
Carbohydrate 33.9g Fat 29.3g Fibre 1.5g
Sugar 3.8g



Cost per
serving
33p



Mini savoury tarts

These small individual tarts are great for lunchboxes and snacking. You can use various fillings with the same egg and milk base. We made the tarts using four different fillings but feel free to get creative if you'd prefer an alternative combination.

Preparation time: 15 minutes

Cooking time: 30 minutes

Makes: 8 tarts

For the shortcrust pastry

- 350g gluten free plain flour*
- ½ tsp xanthan gum
- 150g unsalted butter
- 2 eggs

For the egg base filling

- 2 eggs
- 175ml milk

For the fillings

Cheese and bacon

- 25g cooked bacon or ham
- 15g chopped onion
- 20g cheese (Choose from Gruyère, cheddar or mozzarella)

Broccoli and stilton

- 25g broccoli
- 20g Stilton cheese

Cheese and tomato

- 3 tbsp tomato pizza sauce
- 20g mozzarella cheese

Cheese and mushroom

- 25g sliced mushrooms
- 1 cherry tomato
- 20g cheese (Choose from Gruyère, cheddar or mozzarella)

Method

- 1 To make the gluten free pastry, measure and sift the flour and xanthan gum into a bowl and rub in the butter with your fingertips until the mixture resembles fine breadcrumbs. Add the eggs and mix to form a soft dough
- 2 Roll out the dough on a lightly floured work surface and then line your mini flan tins with it. Leave it in the fridge to chill for 30 minutes
- 3 Preheat the oven to 180°C/350°F/Gas Mark 5
- 4 Line the raw pastry case with baking parchment and baking beans, then blind bake the pastry case for 20 minutes. Remove the beans and baking parchment
- 5 Add the filling of your choice
- 6 Bake for about 15 minutes, or until golden and cooked through.

Filling ideas

Fancy something different to the fillings we tried? Why not try pea, mint or leek as alternative filling combinations?

Nutritional information (per serving) Calories (kcal) 339.7 Protein 11.9g Carbohydrate 31.4g Fat 18.5g Fibre 0.4g Sugar 1.5g

*Check Coeliac UK's Food and Drink Information for suitable products.

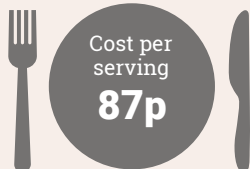
Sausage rolls

There's nothing better than a classic homemade sausage roll made with freshly made puff pastry. They're the ultimate summertime treat, perfect for picnics, parties, school lunch boxes and more!

Preparation time: 40 minutes

Cooking time: 25 minutes

Makes: 6 servings



- 200g self raising gluten free flour*
- ½ tsp xanthan gum
- 150g cold butter, diced
- ½ tsp salt
- 75ml water (enough to make a dough)
- 1 egg, for glaze
- 6 gluten free sausages*
- 150g onion marmalade to serve*

Method

- 1 To make the gluten free rough puff pastry, sift the flour, xanthan gum, and salt into a large bowl. Add the butter in small chunks; add them to the bowl and rub them in loosely. You need to see bits of butter
- 2 Make a well in the bowl, and pour in about two-thirds of the cold water, mixing until you have a firm rough dough, adding extra water if needed. Cover with cling film and leave to rest for 20 minutes in the fridge
- 3 Turn the dough out onto a lightly floured board. Knead it gently and form it into a smooth rectangle. Roll the dough in one direction only, until 3 times the width (about 20x50cm). Keep edges straight and even. Don't overwork the streaks of butter; you should have a marbled effect
- 4 Fold the top third down to the centre, then the bottom third up and over that. Give the dough a quarter turn (to the left or right) and roll out again to three times the length. Fold as before, cover with cling film and chill for at least 20 minutes before rolling to use
- 5 Preheat the oven 200°C/400°F/Gas Mark 6
- 6 Roll the pastry into a rectangle. Remove the sausage from the skin and place onto the pastry. Brush the edge of the pastry with egg and fold the pastry over to seal
- 7 Brush the top again with egg wash, score with a knife and bake for 25 minutes or until golden and the sausage is cooked.



Nutritional information (per serving)

Calories (kcal) 494 Protein 14g Carbohydrate 40g Fat 31g
Fibre 1g Sugar 11.2g

*Check Coeliac UK's Food and Drink Information for suitable products.



Fruit pastries

These easy to make sweet pastries make a great breakfast or snack if you're on the go. The apples give a fresh and fruity flavour, but if you fancy something different why not try pears or peaches instead?

Preparation time: 15 minutes

Cooking time: 12 minutes

Makes: 8



- 375g ready-rolled gluten free puff pastry*
- 1 tbsp semi-skimmed milk
- 3 Braeburn apples
- 1½ tbsp soft brown sugar
- ½ tsp ground cinnamon
- 2 tsp icing sugar, for dusting

Method

- 1 Preheat the oven to 200°C/Fan 180°C/ Gas Mark 6
- 2 Unroll the pastry and cut it into 8 equal rectangles. Place on a baking sheet and brush with milk
- 3 Half and core the apples, then cut into thin slices. Arrange half an apple on each rectangle of pastry and sprinkle the brown sugar and cinnamon over the apple and pastry
- 4 Bake for 12-15 minutes until golden and cooked through. Dust with icing sugar and serve.

Nutritional information (per serving)

Calories (kcal) 260.5 Protein 1.8g Carbohydrate 35.4g
Fat 12.3g Fibre 4.3g Sugar 10.1g

*Check Coeliac UK's Food and Drink Information for suitable products.



Apple and pear tart

This low sugar recipe can be prepared for baking in just 15 minutes. The sugar has been removed from the pastry and the majority of sweetness comes from the natural sugars within the fruit, topped with a touch of honey.

Preparation time: 15 minutes

Cooking time: 40 minutes

Makes: 8 servings

- 350g gluten free plain flour*
- 1 tsp xanthum gum
- 150g butter, cut into cubes
- 3 eggs (1 reserved for egg wash)
- 6 pears
- 4 apples peeled, cored
- 1 tbsp honey
- 25g butter melted

Method

- 1 Preheat the oven to 200°C/180°C Fan/Gas Mark 6
- 2 To make the pastry, sift the gluten free flour and xanthum gum into a bowl. Add the cubes of butter and rub together to form a crumb. Add two of the eggs, work the pastry into a ball. Cover with cling film and place in the fridge to rest
- 3 Make the pear filling. Peel and core the pears and cook in water until soft. Blend to a puree, cover and reserve
- 4 Remove the pastry from the fridge, roll out to cover a 10 inch tart tin
- 5 Line the tin with baking parchment and bake blind for 20 minutes or until set. Remove the baking paper and beans. Brush with the reserved egg using as an egg wash and bake for five minute to seal the pastry
- 6 Spread the pear puree all over the base of pastry, leaving a 1cm/½in border at the edge
- 7 Slice the apples to the thickness of a pound coin and place them onto the pear puree, fanning them out, starting from the outside and working in. The apples should overlap each other. Use the largest slices on the outside and place the smallest slices in the middle of the tart
- 8 Once all the apples have been laid out, melt the butter and honey and brush over the apples. Bake in the oven for about 20 minutes, or until the apple slices are soft.

Nutritional information (per serving) Calories (kcal) 446.7 Protein 10.6g Carbohydrate 57.8g Fat 20.5g Fibre 5.3g Sugar 7.9g

*Check Coeliac UK's Food and Drink Information for suitable products.

Cost per
serving
60p

Recipes from around the world

2024 marks the year of exciting global celebrations and sporting events so we've gathered a selection of gluten free recipes from around the world to inspire you. From Spanish hornazo to an Indian dosa, explore the rich flavours of these global recipes from home.

Indian dosa

Dosas are a traditional breakfast staple in South India, packed with protein and full of flavour. This gluten free version is made using baked and sweet potatoes and fresh spices. Feel free to adjust the spice and chilli content to suit your taste.

Preparation time: 10 minutes

Cooking time: 90 minutes

Makes: 4

For the filling

- 2 baking potatoes
- 2 sweet potatoes
- 1 tbsp oil
- 1 tsp chilli flakes
- 1 fresh red chilli
- 1 tbsp fresh ginger, peeled and grated
- 1½ teaspoons mustard seeds
- 1 tsp ground turmeric
- 4 spring onions, washed, trimmed and finely sliced
- 1 tbsp fresh coriander, chopped
- 1 lime

For the batter

- 100g gram flour*
- 100g gluten free plain flour*
- ½ tsp bicarbonate of soda
- 2 tsp mustard seeds
- 400ml water
- Oil for greasing the pan

To serve

- Mint yoghurt
- Chutney
- 1 lime

Method

- 1 Preheat the oven to 200°C/400°F/Gas Mark 6
- 2 Wash the potatoes and sweet potatoes, then bake in the oven for one hour, or until soft and cooked through
- 3 Once cooked, cut the potatoes in half and then scoop out the flesh and roughly mash
- 4 For the filling, heat the oil in a pan over a medium heat. Add chilli flakes, finely diced fresh chilli, ginger, mustard seeds and turmeric. Fry until the mustard seeds start to pop, moving the spice by shaking the pan regularly
- 5 Pour the spice mix over the potatoes, then gently mix together. Taste and season with salt and pepper. Squeeze in the lime juice, add the spring onions and coriander, then mix together
- 6 For the batter, add gram flour and gluten free plain flour to a large bowl with the bicarbonate soda and mustard seeds. Gradually whisk in the water to make a loose batter
- 7 Place a large non-stick frying pan over a medium-high heat and brush with a little oil
- 8 Using a jug, pour in enough batter to the pan and immediately twist so the batter coats the base of the pan (the amount used will depend on your pan size, you could make 4 or 8). As soon as the top looks set add a few heaped tablespoons of the potato filling and gently spread across the dosa
- 9 Once the base is crispy, loosely roll up the dosa in the pan and you're ready to go
- 10 Serve with mint yoghurt, chutney and a wedge of lime for squeezing over.

Nutritional information (per serving)

Calories (kcal) 437.0 Protein 14.8g Carbohydrate 79.2g Fat 8.1g Fibre 7.6g Sugar 11g

*Check Coeliac UK's Food and Drink Information for suitable products.



Cost per
serving
88p



Greek loaded fries

This budget friendly recipe is perfect for lunch or dinner and is great for sharing. We've given our fries a Mediterranean twist and added lamb meatballs for an easy, delicious and comforting meal that you won't regret trying.

Preparation time: 10 minutes

Cooking time: 30 minutes

Makes: 4 servings

Greek chips

- 600g chips*
- 1tbsp olive oil
- Flaked sea salt, to sprinkle
- 1tsp dried oregano
- 50g feta
- Handful of olives

Tzatziki

- 1/4 cucumber, halved and deseeded
- 100g Greek yoghurt
- 1 small garlic clove, crushed
- 2 tbsp fresh mint leaves, chopped

Lamb meatballs (optional)

- 250g minced lamb
- 1 small red onion, finely chopped
- 1 garlic clove, minced
- ½ tsp dried oregano
- 1 tbsp fresh mint, chopped
- 1 tsp ground cumin
- ½ tsp ground coriander
- 1 slice of gluten free bread*
- 1 egg
- Salt and freshly ground pepper
- Gluten free flour for coating*
- Oil for frying

Method

- 1 Prepare the meatballs by placing all the ingredients into a food processor. Mix the ingredients together, then shape into walnut sized pieces, and place in the fridge to set for half an hour, or overnight
- 2 Then you can grill, bake or fry the meatballs until cooked through. As a guide grill on high for 5-6 minutes, bake at 180°C/350°F/Gas Mark 4 for 10 minutes or pan fry for 5-6 minutes at a medium heat
- 3 To make the tzatziki, coarsely grate the cucumber. Sprinkle with a pinch of salt, and squeeze out all the juice. Add the grated cucumber into a bowl with the yoghurt, garlic, and mint, and mix well. Reserve until needed
- 4 Meanwhile cook the chips according to pack instructions. Toss the cooked chips with the olive oil and oregano
- 5 Put onto a serving platter and crumble the feta cheese over the fries. Drizzle over the tzatziki and top with the optional meatballs to serve.

Nutritional information (per serving)

Calories (kcal) 497.5 Protein 21.9g Carbohydrate 46.3g
Fat 24.9g Fibre 5.3g Sugar 5.3g

*Check Coeliac UK's Food and Drink Information for suitable products.

Spanish hornazo

This is a traditional spanish meat pie with a bread crust as opposed to the traditional pastry crust. The best part about this bread is that it is a complete meal by itself. You can change or alter the filling to suit. We have stuffed it with bacon, chorizo, and hard-boiled eggs great as a breakfast, lunch or snack!

Preparation time: 50 minutes

Cooking time: 35 minutes

Makes: 8 servings

- 6 eggs
- 2 tbsp oil
- 200g lean smoked bacon, chopped
- 350ml warm water
- 7g dried yeast*
- 1 tsp honey
- 1 tsp cider vinegar
- 2 tbsp vegetable oil
- 450g gluten free bread flour*
- 200g sliced chorizo

*Check Coeliac UK's Food and Drink Information for suitable products.

Method

- 1 First, you need to boil 4 of the eggs for the filling. To do this place them into cold water and bring to the boil. Simmer for 6 minutes, then remove from the heat and place in cold water to cool down. When cold, peel and slice. Then reserve until needed
- 2 Next, heat the oil in a pan and fry the bacon, until it's cooked through, then reserve this and the fat and oil that gets released from the bacon
- 3 To make the bread dough, mix the lukewarm water with the yeast and the honey and leave it in a warm place till it froths, or for about 10 minutes. Then add the cider vinegar and oil and two remaining eggs
- 4 In a large mixing bowl add the gluten free flour and salt, then add the yeast mix. Mix until everything has combined – the dough will be very sticky
- 5 On an oven tray, place a layer of tin foil and brush with oil. Add half the bread batter and spread it out so it's about 1 cm deep and forms a rectangle of approximately 20cm x 30cm
- 6 Leaving a 2cm gap on all sides, layer the sliced chorizo, then the bacon and fat and finally the sliced hard-boiled eggs
- 7 Spread $\frac{3}{4}$ of the remaining dough over the topping, so it's fully covered
- 8 Now place the small amount of dough that's left in a piping bag and reserve until the bread is proved
- 9 Cover the bread with a damp cloth and leave it for another 30-35 minutes till it rises to double its volume
- 10 Pipe the reserved dough into a lattice finish on top of the bread
- 11 Preheat the oven to 200°C/ 390°F/ Gas Mark 6 and bake for 30-35 mins or until golden on top. The bread is done if it sounds hollow when tapped lightly on the surface
- 12 Remove the bread from the oven, brush it with olive oil and then leave to cool completely before you slice it. The bread will seem very hard from the outside but once it cools down it will be nice and spongy inside with a slightly hard crust.



Nutritional information (per serving)

Calories (kcal) 430.5 Protein 17.5g Carbohydrate 44.1g Fat 20.4g Fibre 3.1g Sugar 1.4g

Italian panna cotta with vanilla and rose

This traditional Italian dessert translates as 'cooked cream' and is easy and quick to make – the perfect sweet treat for the summer. We have reduced the sugar in this recipe and if you want to reduce the calories further you can make it with yoghurt instead of cream. If you're struggling to find rose petals, you can use raspberries instead.

Preparation time: 15 minutes

Cooking time: 5 minutes

Makes: 6 servings

- 300ml cream
- 300ml milk
- 30g sugar or a sugar alternative
- ½ vanilla pod
- 2 tsp rose water
- 2 gelatine leaves, softened in cold water
- Dried rose petals to garnish (optional)

*Check Coeliac UK's Food and Drink Information for suitable products.

Method

- 1 Add the milk, cream and sugar in a saucepan. Warm gently over a low heat, being careful not to boil
- 2 Remove from the heat and stir through the gelatine leaves until dissolved
- 3 Scrape the seeds from the vanilla pod and add with the rose water
- 4 Leave to cool to room temperature
- 5 Once cool, stir to evenly distribute the vanilla then divide between 6 glasses or moulds
- 6 Transfer to the fridge to set for at least 3 hours. Once set, garnish with dried rose petals (if using).

Nutritional information (per serving)

Calories (kcal) 267.5

Protein 2.9g

Carbohydrate 8.8g

Fat 24.2g

Sugar 7g



Cost per
serving
58p

Prawn & chorizo jambalaya by Laura Strange

"This is a simplified version of a jambalaya inspired by the classic creole dish. In particular, the variety of jambalaya from Louisiana in the USA, which is a one pot rice dish with prawns, meat, vegetables, tomato and spices. I've used easy-to-source supermarket ingredients to make it extra easy to whip up at home, without comprising on those gorgeous creole flavours. It's naturally gluten free and dairy free, making it a brilliant dish that everyone can share. To make it family friendly, simply swap the cayenne for sweet paprika. My kids love this one!"



Preparation time: 30 minutes

Cooking time: 45 minutes

Serves: 4

- 220g basmati rice
- 1 chorizo ring (225g), thinly sliced into discs
- 1 large brown onion, finely diced
- 1 celery stalk, finely diced
- 1 green (bell) pepper, seeded and finely diced
- 2 pointed red peppers, seeded and sliced
- 2 tbsp tomato purée
- 2 garlic cloves, minced
- ½ tbsp sweet paprika
- ½ tbsp smoked paprika
- ½ tsp cayenne or chilli flakes (optional)
- ½ tsp dried thyme
- ½ tsp dried oregano
- 500ml gluten free chicken stock*
- 250g peeled and deveined raw prawns

To serve:

- Flat leaf parsley, chopped
- Lemon wedges

TIPS:

If you only have smoked paprika or sweet paprika, it's absolutely fine to use 1 tablespoon of one of those rather than the half-half split.

Similarly, you can use 1 teaspoon dried oregano or thyme in place of the half-half split if you only have one.

*Check Coeliac UK's Food and Drink Information for suitable products.



Credit: Photography © Lizzie Mayson

Method

- 1 Rinse the basmati rice until the water runs clear, then leave to soak in a large bowl of fresh water until needed. This will help to remove any excess starch
- 2 Add the chorizo to a large, high-sided frying pan with a lid (leave the lid off for now) and cook over a medium heat for a few minutes until the fat from the chorizo has rendered (melted out of the chorizo and turned into oil in the pan) and the chorizo is starting to crisp. Remove the chorizo from the pan with a slotted spoon and place on a plate
- 3 Add the onion, celery and green pepper to the pan with the chorizo oil. Cover with the lid and sweat over a low-medium heat, stirring frequently, for 10–15 minutes until softened
- 4 Add the chorizo back to the pan, then add the red peppers, tomato purée, garlic, paprika, smoked paprika, cayenne or chilli flakes, thyme and oregano
- 5 Drain the rice, then add it to the pan and stir through. Add the gluten free chicken stock and stir to combine
- 6 Bring to the boil, then cover with the lid, reduce the heat to low and cook for 15 minutes, or until the stock has been absorbed by the rice
- 7 Nestle the prawns into the top of the rice and cook, covered, for about 5 minutes, or until the prawns are pink and cooked through
- 8 Sprinkle with parsley and serve with lemon wedges on the side.

This recipe features in Laura's new book *Eat & Enjoy Gluten Free* out now.

Sweet and savoury **bakes**

Our biscuit, cookie and traybake recipes continue to be some of our most popular and that's no surprise! These easy to make bakes can be made using limited store cupboard ingredients for the whole family to enjoy. Here's a roundup of our favourite irresistible sweet and savoury bakes.

Millionaire's shortbread

This indulgent shortbread is the ultimate sweet treat that nobody should miss out on. It's super easy to make and tastes amazing. If you want to dial back on the caramel, you can double the shortbread and chocolate, so you have a thinner layer.

Preparation time: 10 minutes

Cooking time: 40 minutes

Makes: 12 servings

Method

- 1 Preheat the oven to 180°C/Fan 160°C/Gas Mark 4
- 2 For the shortbread: In a food processor, mix together the plain gluten free flour, caster sugar and butter until it resembles a breadcrumb mixture
- 3 Tip the mixture into an 18cm square tin. Press in firmly and prick all over with a fork. Chill for 20 minutes, then bake for 25 minutes, until just turning golden. Cool in the tin
- 4 For the caramel: In a pan, heat the condensed milk, brown sugar, syrup and butter. Bring to the boil, stirring all the time. Boil, still stirring, for 5-8 minutes until thickened. Pour the caramel on to the shortbread, then leave to cool for 30 minutes
- 5 Break the chocolate into pieces and place in a bowl, rest the bowl over a saucepan of water and bring to the boil, making sure the bowl doesn't touch the water. Stir the chocolate as it melts and once melted, pour over the cooled caramel
- 6 Chill for 2 hours until set, then remove from the tin
- 7 Sprinkle with sea salt (optional) and cut into squares.

Shortbread

- 125g plain gluten free flour*
- ½ tsp xanthan gum
- 50g rice flour
- 100g butter
- 50g caster sugar

Caramel

- 397g tin condensed milk
- 100g light brown soft sugar
- 100g butter
- 2 tbsp golden syrup

Chocolate topping

- 200g gluten free dark chocolate (or milk chocolate if you prefer this)*
- Pinch of sea salt flakes to finish (optional)



Cost per
serving from
39p



Nutritional information (per serving) Calories (kcal) 419.0 Protein 7.4g Carbohydrate 48.7g Fat 22.1g Fibre 2.2g Sugar 36.0g



Raspberry and white chocolate cookies

Enjoy the perfect summer snack with these delightful cookies, featuring sweet, fruity raspberries paired with creamy white chocolate. Perfect for baking beginners and ideal for a mid-morning snack or picnic treat.

Preparation time: 40 minutes

Cooking time: 20 minutes

Makes: 30 servings

- 225g butter, softened
- 225g caster sugar
- 200ml condensed milk
- 1 tsp vanilla essence
- 350g gluten free self raising flour*
- 200g white chocolate, chopped*
- 150g fresh raspberries

*Check Coeliac UK's Food and Drink Information for suitable products.

Nutritional Information (per serving):
 Calories (kcal) 183.8 Protein 1.8g
 Carbohydrate 24.5g
 Fat 8.8g Fibre 0.4g Sugar 15.3g

Method

- 1 Preheat oven to 180°C/350°F/ Gas Mark 4
- 2 Cream together the butter and sugar until light in colour and mix in the condensed milk and vanilla essence
- 3 Fold in the gluten free flour and mix to a soft dough. Add in the chopped chocolate
- 4 Place the mixture in the fridge for about 30 minutes
- 5 To make each biscuit, take one dessert spoon of mixture and make into a ball in your hands, flatten it out slightly and gently press one or two raspberries into the centre of the dough. Fold the sides of the dough over the raspberries so that they are enclosed in the centre of the dough and flatten dough to form the biscuit
- 6 Place onto a baking tray lined with baking paper, well spaced from other biscuits
- 7 Bake for 15-20 minutes until golden brown at the edges
- 8 Leave to cool on the baking tray for five minutes before transferring the biscuits to a wire rack to cool completely.

Cracked black pepper biscuits

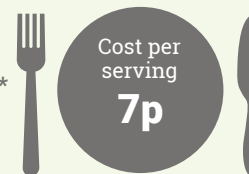
These savoury cracked black pepper biscuits are super versatile and great paired with cheese as a tasty snack for your lunch box or as an after dinner treat!

Preparation time: 5 minutes

Cooking time: 15 minutes

Makes: 4-6 servings

- 125g gram flour*
- 25g ground flaxseed
- A pinch of baking powder*
- 1 tsp olive oil
- ½ tsp salt
- ½ tsp cracked pepper
- 50ml water



Method

- 1 Combine all the ingredients in a large bowl and mix until a dough forms. If necessary, add more water or gram flour as needed until you have a pliable dough
- 2 Sandwich the dough between two sheets of parchment paper and roll out – try to get the dough to be as thin as possible, about 3mm thick
- 3 Cut into round fluted discs. Then, using a fork, poke holes into each cracker
- 4 Bake at 170°C/350°F/Gas Mark 4 for 15 minutes, until the edges are starting to brown and the crackers are firm.

*Check Coeliac UK's Food and Drink Information for suitable products.

Nutritional information (per serving)

Calories (kcal) 116.6 Protein 4.3g Carbohydrate 16.1g
 Fat 3.9g Fibre 3.8g Sugar 0.7g





Cost per
serving from
£1.08



Easy breakfast traybake

Start your weekend off right with this fuss-free breakfast traybake. This one-tray recipe takes just 10 minutes to prepare and is great as a weekend breakfast for the whole family. Sunny-side up eggs are baked with tomatoes, potato and mushrooms and infused with smoked paprika.

Preparation time: 10 minutes

Cooking time: 40 minutes

Makes: 4 servings

- 2 tbsp olive oil
- 1 small onion, finely diced
- 1 clove garlic
- 1 tsp smoked paprika
- ½ tsp ground black pepper
- 400g potatoes, 1cm diced
- 250g mushrooms, quartered
- 1 tsp salt
- 400g chopped cherry tomatoes
- 4 eggs
- Hot sauce to taste (optional)*

Method

- 1 Preheat the oven to 200°C/400°F/Gas Mark 6
- 2 Place the onions, garlic, paprika, pepper, potatoes and mushrooms into an oven tray and toss them in the oil
- 3 Place the tray into the oven for 25 minutes, so the potatoes and mushrooms are softening. Add the tomatoes and make four indentations with the back of a spoon into the mixture. Break one egg into each indentation
- 4 Cook for 10-15 minutes (10 minutes for soft yolks or 15 minutes for firm)
- 5 If desired finish under a hot grill, then serve with hot sauce.

Nutritional information (per serving)

Calories (kcal) 263.9
Protein 11.8g
Carbohydrate 24g
Fat 13.6g
Fibre 3.7g
Sugar 5g

*Check Coeliac UK's Food and Drink Information for suitable products.

Gluten free on the go

Some of the team from Coeliac UK, aka the Coeliac UK Foodies are back with their favourite grab and go recipes. Whether you're commuting to the office during the week, travelling with family during the holidays or heading away for the weekend with friends, our Coeliac UK Foodies have got you covered with their pick of snacks, packed lunch ideas and sweet treats.



Heather's spinach and feta muffins

"These on-the-go savoury breakfast muffins are a quick and easy way to get your protein in the morning when you have a busy day ahead. Loaded with feta and spinach, they are full of flavour and a great portable grab and go snack if you're commuting to work, school or college. Bake a batch and freeze them for later, then grab and go when you need them."

Preparation time: 10 minutes

Cooking time: 25 minutes

Makes: 12 servings

- 350g gluten free self raising flour*
- 100g feta, crumbled
- 200g spinach
- 1 egg
- 330ml semi skimmed milk
- 50g butter
- 1tbsp caraway seeds



Heather, Food Information Officer

Method

- 1 Pre heat the oven to 200°C/400°F/Gas Mark 6
- 2 Melt the butter in a saucepan
- 3 While the butter is melting, place the gluten free flour in a bowl and add the crumbled feta
- 4 Cook the spinach by filling a large pan with water and bringing it to the boil. Add the spinach to the boiling water. Once it has wilted, drain, and set aside
- 5 In a separate bowl, mix together the egg, milk and melted butter and add to the dry mixture
- 6 Add the spinach and caraway seeds and mix well
- 7 Divide equally between 12 muffin cases
- 8 Bake in the oven for 20 minutes or until the tops are golden brown
- 9 Leave to cool for 5–10 minutes before placing on to a cooling rack to cool down fully.

Nutritional information (per serving)

Calories (kcal) 179.6 Protein 5.1g Carbohydrate 24.8g Fat 6.6g
Fibre 0.8g Sugar 1.7g

*Check Coeliac UK's Food and Drink Information for suitable products.

Emily's raspberry, banana and almond cake

"As someone who is always on the go, gluten free snacks are an absolute must for me. This is a really moist cake, packed with bananas and raspberries and perfect for an afternoon pick me up. It's quick and easy to make and will keep fresh for 2-3 days in an airtight container. If you're not going to eat the cake straight away, cut it into slices and pop it in the freezer."

Preparation time: 10 minutes

Cooking time: 30 minutes

Makes: 8 servings

- 100g butter
- 150g caster sugar
- 2 eggs
- 4 bananas
- 150g raspberries
- Gluten free self raising flour*
- 1 tsp baking powder*
- 75g ground almonds



Emily, Head of Food Policy

Method

- 1 Pre-heat the oven to 180°C/ 350°F/ Gas Mark 4. Grease and line an 20cm square cake tin with baking parchment
- 2 Place the butter and sugar into a mixing bowl and cream together. Add the eggs, and two bananas, and whisk to break up the bananas. Combine with the sugar and butter to create a batter
- 3 In a separate bowl, lightly mix together the gluten free flour, baking powder and ground almonds. Once mixed, fold into the batter. Once combined add ¾ of the raspberries and stir them through
- 4 Place the batter into the prepared tin, cut the two remaining bananas in half lengthways and lie them on top of the batter. Arrange the remaining raspberries and then bake in the pre-heated oven for 30-35 minutes or until a knife comes out clean.

Nutritional information

(per serving) Calories (kcal) 365.6 Protein 5.8g Carbohydrate 48.6g Fat 17.1g Fibre 3g Sugar 27.3g

*Check Coeliac UK's Food and Drink Information for suitable products.



Cost per serving
53p



Kate's easy chocolate cheesecake bar

"This cheesecake traybake is a great gluten free sweet treat for my daughter's packed lunch box. Once baked, you can portion the traybake, freeze and then place them in lunch boxes straight from the freezer. They are quick to defrost and ready to eat by lunchtime. Plus, they're a great source of extra calcium for anyone with coeliac disease."

Preparation time: 10 minutes

Cooking time: 25 minutes

Makes: 24 servings

- 100g butter, melted
- 320g gluten free biscuits, crushed*
- 25g cocoa powder, plus extra for dusting*
- 340g soft cheese
- 250ml mascarpone
- 200g sour cream
- 3 eggs
- 2 tbsp cornflour*
- 80g caster sugar



Kate, Diet & Health Manager



Method

- 1 Heat oven to 160°C/320°F/Gas Mark 3. Line the bottom of a 24x33cm tin with greaseproof paper
- 2 Melt the butter in a saucepan. Add the crushed biscuits and stir.
- 3 Add the cocoa to combine, then press into the tin
- 4 Whisk all the other ingredients in a large bowl until thoroughly combined. Pour into the tin, then bake for 25 minutes until the cheesecake has just a slight wobble
- 5 Leave to cool. When it is completely cooled, dust with cocoa powder and remove from the tin. Slice into 24 portions.

Nutritional information (per serving)

Calories (kcal) 181.7 Protein 3.4g Carbohydrate 14.2g Fat 12.4g Fibre 1.3g Sugar 7.2g

*Check Coeliac UK's Food and Drink Information for suitable products.

Derek's on the go noodles

"I love batch making this meal to help me save time during the week. It's healthy and contains protein, so ideal for a pre or post gym pick up. Simply add boiling water and microwave it for 3 minutes when you're ready to eat. You can mix and match the flavours using different vegetables, meat and spices."



Derek, Digital Marketing Officer

Preparation time: 5 minutes

Cooking time: 3 minutes

Makes: 2 servings

Flavour boost (2 pots)

- 1 tsp sesame oil
- 1 tsp cornflour
- Pinch of Chinese five spice
- Pinch chilli flakes (optional)
- Juice from small wedge of lime
- 1 gluten free stock cube*



Per pot

- 50g dried flat rice noodles*
- 2 mushrooms, sliced
- Handful of kale
- 2 tbsp cooked chicken, finely shredded
- 300ml boiling water from the kettle

Method

- 1 Mix all the ingredients for your flavour boost and divide into two
- 2 For the noodle pot, place a portion of your flavour boost in a pot. Add the rice noodles, kale, mushrooms, and chicken. Cover and refrigerate until you're ready to make and eat
- 3 To prepare, pour 300ml of boiling water from a kettle into the pot. Then microwave for 3 minutes (or longer if the noodle instructions suggest so) and stir before serving.

Nutritional information (per serving)

Calories (kcal) 252.8 Protein 8.1g Carbohydrate 45.1g Fat 4.0g
Fibre 1.3g Sugar 1.0g

*Check Coeliac UK's Food and Drink Information for suitable products.



Quick and easy air fryer recipes from **Becky Excell**

On the look out for some budget friendly lunch and dinner inspiration? Look no further, our ambassador Becky Excell has come to the rescue with three gluten free air fryer recipes – perfect to add to your summer meal rotation.



Portrait photography: Hannah Hughes
Food photography: Becky Excell

Air fryer triple cheese arancini

"With a golden crisp exterior that you'd swear was deep fried, my ultra cheesy arancini are the perfect side or savoury snack. Don't forget once you made the risotto part you can enjoy that for dinner as it is. Plus, any flavoured leftover risotto can be used to make these arancini!"

Preparation time: 15 minutes

Cooking time: 35 minutes, plus chilling time

Makes: Approx 20 arancini

For the risotto:

- 1 tbsp butter
- 1 tbsp garlic-infused olive oil
- 100g leek greens, finely chopped
- 300g risotto rice
- 100ml white wine (optional)
- 1 tsp Dijon mustard (optional)
- 1.2 litre gluten free hot chicken or vegetable stock*
- 50g parmesan cheese, grated
- 70g cheddar cheese

For the arancini:

- Mozzarella, grated or cubed
- 3 tbsp gluten free plain flour
- 2 large eggs, beaten
- 60g gluten free breadcrumbs*
- Vegetable oil in a spray bottle, for greasing

Method

- 1 Place a large pan over a medium heat and add the butter and garlic oil. Once the butter has melted, add the leeks and fry until just softened
- 2 Add in the risotto rice and mix for about a minute so it gets nicely coated. If you're using the white wine and mustard, add to the pan and increase the heat and stir until the wine has been completely absorbed
- 3 Gradually pour in the hot stock over a 20 minute period, stirring between each addition until it's absorbed before adding more. The rice should be perfectly cooked by this point
- 4 Reduce the heat, stir through the parmesan and cheddar, allowing it to melt. If you just want to enjoy this as risotto - it's ready to eat!



Cook along with Becky!
Watch the step-by-step video
for this recipe here



- 5 Spread the risotto over a large baking tray to help it cool quicker. I cover mine with clingfilm and pop it in the fridge to firm up. You want it to be cold so it's easier to handle
- 6 Grab a golf ball-sized amount of the cooled risotto at a time, flatten it and pop a little mozzarella (grated or a chunk) in the centre then roll the rice up around it
- 7 Place the gluten free flour, beaten eggs and gluten free breadcrumbs into separate bowls. Coat each rice ball firstly in gluten free flour, then in beaten egg, then in gluten free breadcrumbs
- 8 Spray the air fryer basket with a little oil as well as the arancini; then air fry at 200°C for about 12-15 minutes until golden
- 9 Serve with a tomato dip.

TIP: You can easily make this dairy free by using a dairy free 'buttery' spread instead of butter and the equivalent amounts of dairy free cheese instead of parmesan and cheddar. Instead of using mozzarella, use any grated dairy free cheese that melts well.

*Check Coeliac UK's Food and Drink Information for suitable products

Air fryer creamy cheesy stuffed chicken

"You wouldn't believe how easy it is to transform a chicken breast into a cheesy stuffed chicken parcel with a perfectly crisp bread crumbed coating. Serve with mashed potatoes, sliced on top of a side salad or with some air fried chips."

Preparation time: 20 minutes

Cooking time: 35 minutes, plus chilling time

Makes: 2

- 2 chicken breasts, skinless and boneless
- 3 tbsp cream cheese
- ½ tbsp fresh parsley, roughly chopped
- 1 tsp dried mixed herbs
- 1 tbsp sundried tomatoes, finely chopped
- 1 tsp garlic-infused oil
- Pinch of salt and ground black pepper
- 2 tbsp gluten free plain flour*
- 1 large egg
- 50g gluten free breadcrumbs*
- Vegetable oil in a spray bottle, for greasing

Method

- 1 To prepare the chicken breasts, butterfly them carefully using a sharp knife. Lay them flat and slice so you can open each like a book - be careful not to cut all the way through! If you're not familiar with this technique, search 'how to butterfly a chicken breast' online
- 2 Place each chicken breast onto a wooden board, each with a sheet of clingfilm beneath and another on top of the chicken. Pound using a rolling pin until much thinner - but don't make holes in them!
- 3 Mix the cream cheese, parsley, mixed herbs, sundried tomatoes, garlic oil, salt and pepper in a small bowl until combined
- 4 Lift off the top clingfilm and spread a thin layer of the mixture onto each chicken breast, leaving a 1cm gap around the edges. Using approximately half of the mixture per breast should be about right - chicken breasts always differ in size so you might need a little less or a little more
- 5 Carefully and tightly roll up the chicken breasts into a sausage-shape and then roll up tightly in the clingfilm. Twist the ends of the clingfilm well to secure. Place in the fridge for 2-3 hours to chill or even quicker still, into the freezer for about 30 minutes until chilled and firm
- 6 Place the gluten free flour, beaten eggs and gluten free breadcrumbs into three separate bowls
- 7 Remove the clingfilm and coat each rolled chicken breast firstly in gluten free flour, then in beaten egg, then in gluten free breadcrumbs until well coated
- 8 Spray the air fryer with a little oil, place the chicken in and then spray well on top. Then air fry at 180°C for about 20 minutes until golden, carefully turning halfway through. Check if it's cooked by using a digital food thermometer - it should read 74°C
- 9 Serve up whole or sliced with your choice of sides.



Cook along with Becky!
Watch the step-by-step video
for this recipe here



*Check Coeliac UK's Food and Drink Information for suitable products

Air fryer lemon pepper salmon traybake

"This all-in-one weeknight favourite is a quick and easy way to transform a bunch of simple ingredients into a meal that everyone will love. With perfectly air fried veggies and crispy salmon with a lemon pepper coating, this will be requested time and time again."

Preparation time: 15 minutes

Cooking time: 35 minutes, plus chilling time

Serves: 2

For the veg:

- 2 medium carrots
- 1 red pepper
- 1 green pepper
- 2 medium potatoes
- 3 tbsp garlic-infused oil
- Pinch of salt and ground black pepper

For the salmon:

- 2 fillets of salmon, skin-on
- Zest of 2 lemons and the juice of half a lemon
- ½ tsp sea salt
- ½ tsp coarsely ground black pepper
- ½ tsp dried thyme
- Drizzle of garlic infused oil
- Freshly chopped chives, to serve

Method

- 1 Prepare the vegetables - peel the carrots and chop into 1cm cubes, chop the peppers into 5cm chunks. Peel and chop the potatoes into 1cm cubes
- 2 Place all the vegetables in a bowl, drizzle with garlic oil and season with a pinch of salt and pepper. Mix so the vegetables are well coated
- 3 Place the vegetables into the air fryer and air fry at 180°C for 15 minutes, shaking occasionally to help evenly cook
- 4 Whilst the vegetables are cooking, prepare the salmon. In a small bowl mix together the lemon zest, sea salt, black pepper and thyme
- 5 Drizzle a little oil over the salmon and then coat both fillets with the lemon zest mixture on both sides



Cook along with Becky!

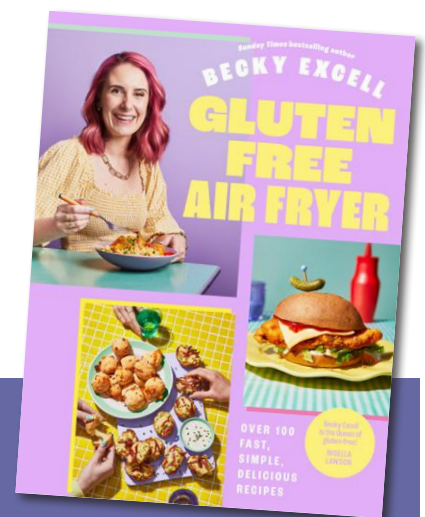
Watch the step-by-step video for this recipe here



- 6 After the vegetables have been cooking for 15 minutes, open the air fryer, squeeze on the lemon juice and place both pieces of salmon on top of the vegetables, skin side up, and air fry for a further 10-12 minutes until the salmon is crispy and golden
- 7 Finish with a sprinkling of freshly chopped chives and serve.



Discover even more air fryer recipes from Becky in her new book **Gluten Free Air Fryer**, available now to pre-order via our shop at coeliac.org.uk/coeliac-uk-shop





Mozzarella and pesto grilled cheese pittas

Enjoy these new Gluten Free Pittas with creamy mozzarella and pesto for a tasty treat at any time of the day. Packed with flavour, and great for sharing (or not!)

Preparation time: 10 minutes

Cooking time: 6 minutes

Makes: 2 pittas

- 2 Warburton's Gluten Free Pittas
- 4 sun blushed or sun soaked tomatoes in oil
- 2 tbsp pesto (either the fresh gluten free pesto from the chiller or alternatively a jar of gluten free pesto)
- 1 ball of fresh mozzarella (or you can use the little mini mozzarella pearls)
- Large handful of spinach leaves
- Olive oil, for cooking
- Salad leaves and cherry tomatoes

Method

- 1 Cut the Gluten Free Pittas in half widthways and carefully open up the pocket
- 2 Lift the tomatoes from the oil and roughly chop. Tear or cut the mozzarella into chunks
- 3 Spread a spoonful of pesto over the insides of the pitta pockets then stuff with the mozzarella, spinach, and tomato pieces. Add another dollop of pesto to each pocket
- 4 Heat a griddle pan or frying pan over a medium heat and when it's hot, add a very small drizzle of oil. Place the pittas onto the griddle and cook, without turning, for a couple of minutes until the cheese is starting to melt and the bread is toasting nicely
- 5 Add a drizzle of oil then turn the pittas and cook the other sides for a further 2-3 minutes
- 6 Serve with salad or a side of your choice.

Warburton's
GLUTEN FREE



Help shape our future - become a Trustee for Coeliac UK

For over 50 years, Coeliac UK have been the experts on coeliac disease and the gluten free diet. We help people living without gluten to live happier, healthier lives.

We do this by providing our 60,000+ members, along with over 1 million people from the gluten free community with trustworthy advice and support, funding critical research into coeliac disease, working with healthcare professionals to improve diagnosis and championing better availability of gluten free food. We do it all so that one day, no one's life will be limited by gluten.

We have an income of approximately £4m and a team of around 60 staff, all led by our highly experienced CEO. The charity is governed and guided by a team of volunteer Trustees who provide their expertise and insight to help drive the charity forward.

We currently have vacancies for two Trustees who are committed to what we do and are able to contribute to our complex agenda in a fast moving environment.

We are ideally looking for Trustees with experience in:

- **Law: including corporate, trademark and IP**
- **Food industry: including manufacturing and retailing**
- **Research: including medical and scientific**
- **Charity sector**

It's an exciting time to join us as we think about our next strategic phase and what we need to do to increase our effectiveness and impact for our beneficiaries.

We are a friendly, supportive and committed organisation, ultimately, all working to one common goal – to end coeliac disease. Meanwhile, there is lots to do to help our community.

If your skills aren't listed here but you feel like you have useful experience then please do apply, as even if the Trustee role isn't for you, you may be able to help us in other ways.

Appropriate training and inductions will be provided and all reasonable out of pocket expenses will be reimbursed.

Applicants are invited to submit their CV and covering letter to chiefexec@coeliac.org.uk

The closing date is **31 May 2024**, but the charity may close the opportunity sooner if a high volume of applications is received.

To find out more scan the **QR code** or visit www.coeliac.org.uk/working-as-a-trustee



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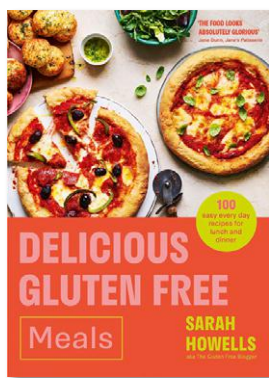
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Find all of these items and more at coeliac.org.uk/shop

Or call 01227 811 640 to place an order over the phone, between Monday to Friday 8.30am – 4pm.



Meet Dawn and Joshua

Let us introduce two of the faces from our 2024 Coeliac Awareness Campaign. Here, Dawn shares the story behind her son, Joshua's diagnosis, the profound effect coeliac disease has had on her whole family, and what life is like for them now.

Q: What was your journey to Joshua's diagnosis with coeliac disease?

A: "It all started when we came back from a family holiday in Ibiza. Joshua was experiencing some really bad stomach problems, including stomach pain and diarrhoea. It was so bad that I had to put a towel down in his buggy before putting him in – I was scared to go from A to B! I knew that something wasn't right, so I took him to the doctors. But they just said that he'd picked up some kind of infection while we were away. Two or three weeks later he was still the same and I was getting concerned. I knew that his diet hadn't changed at all, so it couldn't be anything to do with that, and it didn't seem like an infection either. I was sure something was wrong. But again, the doctor didn't seem to believe me. I'd say overall we were waiting for about 12 weeks and the whole time Joshua was dealing with really unpleasant symptoms. With hindsight, I feel like Joshua's Down's syndrome impacted the wait for a diagnosis – I think the doctor may have taken him and his symptoms less seriously as a result. Eventually I just googled what he was dealing with – 'diarrhoea in a kid with Down's syndrome'. As soon as I read about coeliac disease, I knew that could be the issue as there's a higher chance of having it when you have Down's syndrome. Joshua was already diagnosed with autoimmune thyroid disease, which is known to be linked. We went back to the doctor and this time I insisted that Joshua was tested for coeliac disease.



Joshua and Dawn who feature in the 2024 Coeliac Awareness Campaign

"To any parents out there wondering about their child's symptoms, I'd say ask for a coeliac disease blood test and don't stop until you get one."

In the end, it was down to the endocrinology team that Joshua was diagnosed quickly. They helped get us seen early for bloods as part of one of his existing appointments for his thyroid condition. I'll always remember, I was on the bus when I got the phone call with the results. I got off to take the call and walked down Princes Street in tears. It was a relief to know that I was right about the coeliac disease, but also very emotional because I hadn't been listened to. One GP said that Joshua's symptoms hadn't been severe enough to warrant testing, which was upsetting."

Q: What happened after Joshua's diagnosis?

A: "As a result of Joshua getting diagnosed with coeliac disease, the rest of the family was tested, and we now know that my partner and my other son Joe both have it too. Joe never had any symptoms whatsoever, so we're lucky that he was diagnosed when he was! Dr Peter Gillett, the paediatric gastroenterologist we were referred to, changed my life. Now, at 17, Joshua is doing really well. It's quite easy to stay gluten free as he's a creature of habit and likes the same things. I'm glad he was diagnosed so young as it might have been a struggle adjusting to a gluten free diet otherwise."

Q: Why did you volunteer to share your story as part of our campaign?

A: "Coeliac disease still baffles me. I keep saying that you should get your child tested because the earlier they're diagnosed, the happier and healthier they can be. I really want to encourage other people to get tested and raise awareness of the fact that coeliac disease is more common in people who have Down's syndrome. To any parents out there wondering about their child's symptoms, I'd say ask for a coeliac disease blood test and don't stop until you get one."

A huge thank you to both Dawn and Joshua for sharing your story and helping raise awareness of coeliac disease. Read more about our Coeliac Awareness Campaign here: coeliac.org.uk/get-involved/awareness-month-2024/



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www.whipsiderry.co.uk

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The best support comes from people who understand.

We've got you because we get you.

Make the most of your membership by checking out all the support and resources available to you in your gluten free hub
coeliac.org.uk/my-account

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Could you be a Coeliac UK Local Meet Up host?

Our volunteer hosted Local Meet Ups were launched in 2023 to allow our community to connect face to face with others in their local area. The Meet Ups have gone from strength to strength - we now have nearly 30 running regularly and more than 120 individuals joined a Meet Up in February 2024!

"I really enjoy arranging regular Meet Ups. It's lovely to see both familiar and new faces at each event and I really do feel it has a positive impact on others living with coeliac disease. It feels great to share tips, recipes, stories and smiles with others as well as spreading awareness about coeliac disease."

Katherine – Volunteer Local Meet Up Host (pictured right)

We'd love to grow this network so that everyone can access a Meet Up near them. So, we're looking for friendly, welcoming volunteers with lived experience of coeliac disease who could host a Local Meet Up in their area. We are particularly keen to hear from potential hosts in North Scotland and the Islands, North and West Wales, Cumbria, Cornwall and Greater London.



If you are interested in getting involved, please register your interest here:
coeliac.org.uk/volunteer-for-us and we'll be in touch!



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