

LIVE WELL gluten free

COELIAC UK MEMBER MAGAZINE

A taste of summer

Bright, bold, and
irresistibly fresh

**BECKY
EXCELL**

shares budget
recipes that
won't break
the bank

**COELIAC
AWARENESS
MONTH IS
COMING**

find out how you
can get involved



**A LIFELINE,
NOT A LUXURY**

taking our petition for
gluten free prescriptions
to Downing Street

*Discover over 18
delicious recipes from
just 20p per person!*

coeliacuk



ISSUE 14 - SUMMER 2025 £5.00

Deliciously gluten free



Fill your kitchen cupboards with FREEE's plant-based, gluten free foods certified by Coeliac UK. From flours and baking mixes to pasta, snacks and breakfast cereals, we've got something to help you enjoy your favourite gluten free meals throughout the day.

Visit freee-foods.co.uk to shop online and try out our recipes. You can also find us in the free-from aisles.



LIVE WELL gluten free

Welcome to your summer edition of Live Well Gluten Free magazine

This issue is packed full of feel-good, flavourful recipes to make the most of the season. From in-season dishes using the freshest ingredients to summer salad inspiration, there's something to suit every table. Beyond recipes, we take a closer look at clinical trials - how close are we to a cure, and what will it take to get there? Stay informed with the latest on our cost of living campaign and meet the faces behind our new Coeliac Awareness Month campaign.

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IN THE NEWS

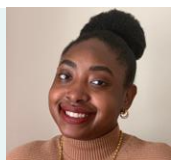
News and updates on all things gluten free

Introducing our sponsored dissertation awardees

We are delighted to be able to sponsor four UK postgraduates to complete a research project related to coeliac disease.

Melissa Figueiredo

Project: Cognitive Behavioural Therapy for people with refractory coeliac disease.



Every year, we invite postgraduate students based in the UK to apply for up to £5000 worth of funding and our support with a project related to coeliac disease as part of their studies. We feel it's important to support early career researchers who have an interest in coeliac disease.

We're delighted to introduce the four postgraduate students who we're funding and their projects:

Amelia Kopacz

Project: Exploring the role of a specific subtype of immune cells in coeliac disease symptom types and severities.



Rachel Francois-Walcott

Project: Psychological support for children with coeliac disease and their families.



Heeyeon Christina Lee

Project: Sequencing immune cells receptors for an accurate diagnosis of coeliac disease.



These projects were all selected for funding following review by our lay Member Review Panel (MRP). You can find more about our MRP here: coeliac.org.uk/member-review-panel. You can find out more about our expert Research Awards Panel here: coeliac.org.uk/research-awards-panel

You can read more about these projects on our website here: coeliac.org.uk/sponsored-dissertations



Events update: Our research conference relaunch

We're excited to be relaunching our in person research conference this Summer.

The event will take place on 19 June in London and will be a valuable opportunity for healthcare professionals working in the field of coeliac disease to hear the latest research from world renowned researchers and clinicians. Attendees will also gain an accredited certificate of continued professional development for attending.

Since 2019, the event has been held exclusively online so we're thrilled that we can finally host this event face to face once again to encourage networking and foster relationships between experts in the field.

Our Industry Day is back!

The Commercial Services team at Coeliac UK is thrilled to announce the return of our highly anticipated Industry Day! After the success of our last event in 2019, we are excited to bring together our valued partners for a day dedicated to all things gluten free.

The event will take place on 20 June 2025 in central London, providing an exclusive opportunity for businesses involved in our Crossed Grain trademark and Gluten Free accreditation schemes to connect, learn, and engage with leading industry experts.

Attendees can look forward to insightful presentations, discussions, and networking opportunities focused on gluten free innovation, regulation, and accessibility.

This year, we are proud to partner with the Free From Food Awards, which will be held at the same venue in the evening, making it a full day of celebrating and advancing the gluten free food industry.

Building better support for young people: psychological support for children with coeliac disease



Rose-Marie Satherley, Lecturer in Clinical Psychology at the University of Surrey

Managing coeliac disease requires a strict gluten free diet for life which can be extremely challenging for children and their families and caregivers.

We have funded a team of psychologists at the University of Surrey to develop a self help eBook to support families managing coeliac disease. The resource offers detailed but accessible information about coeliac disease and the importance of following a gluten free diet. It also provides strategies for positive social interactions around gluten free food and provides families with the knowledge to anticipate and

manage challenges, particularly when eating outside the home. Finally, the resource supports families to develop effective coping skills through quizzes, videos, activities and worksheets.

There was a great deal of interest in the work, and many families were interested in testing the resource. The research team are using valuable feedback to further refine the resource with the hope it might one day be a tool that is available to families managing coeliac disease.

Find out more about this project here: coeliac.org.uk/ebook

Making an impact for everyone who needs to live gluten free



Thanks to the dedication of our members, volunteers, supporters and staff team, our latest annual Impact Report is ready to read online now.

Inside the report we highlight the impact made on the lives with people with coeliac disease and gluten related conditions, made possible by the charity's work in 2024.

Read the stories and facts behind the progress made in increasing diagnosis rates for coeliac disease, funding for groundbreaking research, our work to protect gluten free prescriptions and expanding the availability of safe and affordable gluten free food options in venues and stores.

Download the report today at:
coeliac.org.uk/impact-report-2024



Enhancing support for our members

Coeliac UK has been supporting those who need to live gluten free for over 50 years, and your membership enables us to continue developing the best possible services and tools to help you shop, cook, travel and eat out with confidence.

In the last few months, we've shared the changes to our online Food Information Service and the improvements that members can expect in the coming months. You can read more about this on our website here:

coeliac.org.uk/food-information-update

The improvements do not stop there. Our Coeliac UK website is the central hub for trusted, expert information and for a number of important services that are essential to the gluten free community. Which is why we will be making important updates to our website over the summer months.



Whether you are a member, healthcare professional, supporter or volunteer, our new website will enable you to access what you need, when you need it.

This is another vital step in our mission to provide support to those who need to live gluten free, and continue to raise awareness of coeliac disease to find the estimated 500,000 people living with debilitating symptoms, unaware that it could be coeliac disease.

10 Years of Hard Rock, gluten free!

Our partnership with the world famous 'Hard Rock Cafe' was formed 10 years ago in 2015.



However, the original Hard Rock journey began in London in 1971, when Americans Isaac Tigrett and Peter Morton opened their first location in London. Combining American cuisine with a passion for rock and roll, the concept created a unique dining experience. The cafe's tradition of showcasing music memorabilia started when Eric Clapton, a regular patron, donated his favourite guitar to mark his favourite spot. This gesture inspired other artists, such as Pete Townshend of The Who, to contribute their own items, leading to an extensive collection that now includes over 80,000 pieces worldwide!

All UK venues including Manchester, Edinburgh, and the two London sites continue to blend rich musical history with dining, embodying the spirit of rock and roll. Now underpinned with a wide range of gluten free dishes on their new menus, each venue not only showcasing unique rock memorabilia, but also the coveted Coeliac UK Gluten Free accreditation.



To find your nearest Gluten Free accredited venue, visit our up-to-date GF Eating Out Venue Guide and search 'Hard Rock Cafe'.

Coeliac UK 2025 Annual General Meeting (AGM)

Our 2025 AGM will be held virtually on Saturday 14 June 2025, providing the opportunity for us to connect with our membership community, reflect on the successes and impact we have made together through 2024 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 coeliac.org.uk/2025AGM

For those without online access, a paper AGM Notice has been included within this magazine. You will need to register your proxy by 10am on Thursday 12 June 2025.



Coeliac disease: how close are we to a cure and how do we get there?



A treatment or cure for coeliac disease is widely talked about but how do we get there, and how close are we to having one available?

To be approved for use, all treatments must be shown to work and to be safe. Once a promising treatment is identified, researchers run clinical trials to provide the evidence needed. Clinical trials are tests of the treatment and happen in several stages or phases.

- **Phase 1:** the treatment is studied in a small number of people (20 to 50) to see how the body processes it, and whether there are side effects
- **Phase 2:** this stage finds the best dose of treatment, studies any side effects and determines how well the treatment works, in a larger group (100+)
- **Phase 3:** the treatment is compared to standard treatment or a dummy treatment in a large group of people (up to thousands) to establish that it works.

This process typically takes several years.

Successful phase 3 trials mean the drug can be put forward to be approved for use by national health regulators. However, clinical trials can also fail to show enough benefit, halting treatment development altogether.

Standards for clinical trials are set nationally and internationally. In the UK, the Association of the British Pharmaceutical Industry (ABPI) code of practice covers clinical trials, working closely with the government and NHS to ensure patients come first.

There are more clinical trials for coeliac disease happening now than ever before. Phase 2 studies of treatments that modify the autoimmune reaction to gluten, treatments that break down gluten, and others that might stop the body reacting to gluten, are starting to produce results. Larazotide, the only treatment tested in a phase 3 study, sadly didn't work well enough in treating coeliac disease. However, over the next 5-10 years, more treatments should enter phase 3 and some of these may prove effective.

In addition to funding research into coeliac disease, Coeliac UK works with organisations to support the development of new treatments for coeliac disease. For more information, visit: coeliac.org.uk/clinical-trials

You can find out more about our previous and upcoming research here: coeliac.org.uk/research-projects





A day of action in Westminster as our cost of living campaign reaches number 10!

In March 2023, in the face of a cost of living crisis, we launched our first cost of gluten free food report. It showed what we and what you, the community, already knew, that gluten free food was significantly more expensive, harder to get hold of and that the cost of living crisis was threatening a health crisis for our community.

Since then we have lobbied food industry and policy makers alike to make the case for improved support for people with this serious autoimmune disease. We have taken the campaign to the food industry, meeting with manufacturers and retailers to make the case for improved and more affordable provision in the shops and launched a second report at the Allergy and Free From Business Event in London in June 2024. This drew on data from 1,000 gluten free shoppers to paint a picture of limited availability and the impact cost was having on respondents' quality of life.

We also highlighted the challenges facing our community in the media and the corridors of power. The campaign was covered in national papers and on ITV and BBC as well as countless articles and reports in local newspapers and news reports. It was raised repeatedly in Parliament and thousands wrote to their local MPs.

And we fought to protect access to the critical lifeline of gluten free prescriptions* for those who need it. From Bournemouth to Bradford we met with commissioners to make the case for our community and highlight the very real cost of living challenges they face. And whilst we have had many set backs and disappointments in the face of cuts at Integrated Care Board (ICB) level, we have had victories too. Thanks in large part to those of

you who joined our campaign, the people of Sheffield have access to support once again, we have seen reinstatement of prescriptions in West Kent and across South West London. We have taken the fight to commissioners who thought we would be a soft touch and held them accountable.

But there is still so much to do. Access to gluten free staple substitute foods through NHS prescriptions has been a lifeline to those with the condition. However, recent policy changes by multiple ICBs in England have led to the withdrawal of gluten free prescriptions in various regions, making access to gluten free bread and flour increasingly difficult, particularly concerning for those with lower income. A postcode lottery has become established, where access is now based on where you live rather than your clinical need. That can't be right. It's devastating for those affected, and it's bad news for the NHS that has to cover the far higher costs of treating associated conditions, such as unexplained infertility or osteoporosis, developed because the support wasn't there when it was needed.

With this in mind, in November 2024, we launched the next phase of our campaign - a petition to protect gluten free prescriptions for those with coeliac disease and the response has been incredible. More than 22,000 people have now signed it to show their support and on 19 March, we organised a day of action in Westminster to highlight the difficulties of those who rely on gluten free prescriptions in England including a hand in at 10 Downing Street. Together with patient representatives, healthcare professionals, and MPs from across the political spectrum, we took the campaign to the Houses of Parliament and Downing Street.

The day began with a rally in Parliament Square with speeches from the likes of Becky Excell, Dr Hugo Penny and Tom Rutland MP. We were joined by supporters from across the country and following the rally, we marched with our petition to Number 10 Downing Street. The petition was then delivered by representatives from the charity and supportive MPs.



Gathering with the community before the petition hand in at Parliament Square.

Following the hand in, friend of the charity Baroness Bakewell of Hardington Mandeville hosted a reception at the House of Lords where those affected met with MPs and shared personal stories of how prescription cuts have impacted their health and finances. The day of action was covered by more than 130 different media outlets across the UK and the issue was raised by Tom Rutland MP with the Minister.

The selected petitioners at the hand in included Coeliac UK members who have been directly impacted by the withdrawal of gluten free prescriptions including Kate, from Waterlooville, Hampshire, who has two daughters with coeliac disease. Since Hampshire & Isle of Wight ICB withdrew gluten free prescriptions in 2024, her family has faced increasing costs to maintain their medically necessary diet.

Kate said: "Prescriptions were a vital lifeline before they were removed, and we're now spending on average an extra £10 to £15 on our weekly shop because of it. Anything in the 'free from' aisle is really expensive. We've tried to cut down on bread but it's really hard and has a big impact on us as a family. Availability is also an issue, and we'll typically need to visit two or three shops to get everything we need for the girls."

We were also joined at Downing Street by Coeliac UK member and volunteer Ceira, Coeliac UK trustee and GP, Dr Anita Patel,

Tristan Humphreys, Head of Advocacy and Public Affairs at Coeliac UK, said: "The turnout today demonstrates the strength of feeling on this issue. Patients, healthcare professionals, and MPs have all come together to demand that the Government takes action to prevent further health inequalities. We cannot allow short-sighted policy decisions to put people with coeliac disease at risk."

Dr Hugo Penny, said: "Access to gluten free bread and flour plays a crucial role in keeping my patients well. Unfortunately, I have seen patients without access to support on prescription struggling to afford the staple gluten free substitute foods they need. Ultimately it will be the least able to afford the additional costs of this medically prescribed diet that are hit hardest. It is for this reason that our local ICB (South Yorkshire) chose to re-instate prescriptions in Sheffield on health equality grounds. I would urge the Government to look to this example and ensure other commissioners follow suit."

Dr Hugo Penny, Consultant Gastroenterologist at Sheffield Teaching Hospitals NHS Foundation Trust and Clinical Lecturer at the University of Sheffield, Coeliac UK ambassador, Becky Excell alongside Tristan Humphreys, Head of Advocacy and Public Affairs at Coeliac UK.

Baroness Bakewell of Hardington Mandeville, Tom Rutland MP, Sharon Hodgson MP, Darren Paffey MP and Amanda Hack MP were among the politicians who joined on the day to express their support, reinforcing the message that gluten free prescriptions are a medical necessity, not a luxury.

Our day of action in Parliament was an enormous milestone and we'd like to thank everyone who joined us on the day and all those of you who have supported the campaign.

But our visit to Number 10 is not the end of the journey! We are liaising with the Government and hope to be able to share positive developments with you soon, as we seek to tackle this postcode lottery. In the meantime, we will also continue to work with contacts in industry as well, so that we can ensure everyone has access to the affordable gluten free staple products they need to stay well.



Tristan Humphreys, Head of Advocacy & Public Affairs at Coeliac UK leads the way to Parliament with Baroness Bakewell of Hardington Mandeville, Tom Rutland MP, Becky Excell, Coeliac UK member and volunteer Ceira, Coeliac UK member and supporter Kate and Dr Hugo Penny.

*In Wales, Scotland and Northern Ireland, prescriptions are free of charge. In England, most people will need to pay for prescriptions. However, some people can qualify for free prescriptions so it's worth checking if you qualify. You can find out if you qualify for free prescriptions by visiting the NHS website here: www.nhs.uk/nhs-services/prescriptions/check-if-you-can-get-free-prescriptions/

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 recently asked questions.



Q. Are all butters and spreads suitable for a gluten free diet?

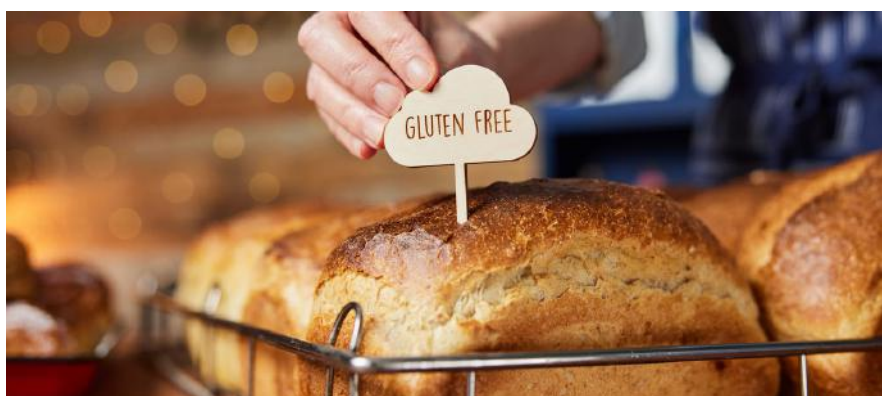
A. Butter, margarine, low fat spreads, lard, oils and ghee are foods that by their nature do not contain gluten and are suitable for a gluten free diet. However, to reduce the risk of contamination with gluten containing crumbs we do recommend having separate butters and spreads and using clean oil or a separate fryer for frying gluten free foods.

Some plant based butters and spreads may contain gluten so we would recommend checking these. All prepackaged foods bought in the UK are covered by EU labelling legislation. Prepacked foods are foods which have been put in packaging before being offered for sale to the customer. If a cereal that contains gluten has been used as a deliberate ingredient in a product it must appear in the ingredients list, regardless of the amount used. Manufacturers have to name the grain, for example, wheat, rye, barley or oats. Since the introduction of the Food Information Regulation in 2014, allergens must be emphasised in the ingredients list on packaging, for example in bold. You can find out more about the gluten free diet here: coeliac.org.uk/gluten-free-diet

Q. I've just been diagnosed with coeliac disease, but I don't have any symptoms. Is it common to be diagnosed without experiencing any?

A. Symptoms of coeliac disease range from mild to severe and can vary between individuals. Symptoms can include bloating, diarrhoea, nausea, wind, constipation, tiredness, anaemia,

mouth ulcers, sudden or unexpected weight loss and skin rash (dermatitis herpetiformis). However, some people may not have any obvious symptoms. Whether you experience symptoms or not, if you have been diagnosed with coeliac disease the only treatment is a strict gluten free diet for life. This will allow the gut to heal, symptoms to improve for those that have them and prevent any further complications. Find out more about care after diagnosis here: coeliac.org.uk/once-diagnosed



Q. I've just bought a bread that contains gluten free wheat starch but I'm not sure if it's safe to eat. Can you help?

A. Gluten free wheat starch is a specially processed ingredient where the gluten is removed to a level suitable for those on a gluten free diet. Wheat starch is produced by extracting the starch from the wheat grain through a washing process.

It was first introduced as a basis for staple gluten free substitute foods like flour and bread to improve their quality and texture making it more like the varieties which contain gluten. It must always appear in the ingredients list if it has been used. Foods containing gluten free wheat starch that are labelled gluten free are suitable for people with coeliac disease. The law on gluten free that came into force in 2012 means that all foods that are labelled gluten free must contain 20 parts per million (ppm) or less of gluten. For more information visit: coeliac.org.uk/food-labels

Have you got a question for our dietitians?

You can contact the helpline on **0333 332 2033** from 10am – 4pm, Monday to Friday, or email us at dietitian@coeliac.org.uk

Play today and you could **WIN** **£5,000!**

Plus, help thousands of people experiencing unexplained symptoms

For just £1 a ticket, you'll be in with a chance of winning over 100 cash prizes, including a top prize of £5,000! Plus, when you play our Spring Raffle you'll be helping to make sure that your charity can continue to be the leading, trusted voice about coeliac disease, on social media.

As well as a chance to win thousands of pounds, your support also means that throughout Coeliac Awareness Month, we'll be there on social media as a 'force for good' helping find the thousands of people in the UK who are unknowingly living with undiagnosed coeliac disease and helping guide them to get tested and on the road to recovery. Play today!

Win fantastic cash prizes ...



Plus... 100 runner up prizes of £10

"I was diagnosed in 2016 and thanks to supporters like you, we can build an online community where people with coeliac disease feel safe, included and supported"

Derek Roberts
Coeliac UK
Social Media
Officer

coeliacuk

Thank you and good luck in the draw!
Visit **coeliac.org.uk/raffle** or scan the QR code to play today!



The draw will be held on 29 May. Over 18s and UK residents only. For full T&Cs visit: coeliac.org.uk/raffle

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



GambleAware

Bake fresh, eat well: Gluten free bread at home with Panasonic's Mini Breadmaker

For those following a gluten free diet, finding delicious, fresh bread can be a challenge. With Panasonic's Automatic Mini Breadmaker SD-PN100, you can enjoy bakery-quality gluten free loaves at home - tailored to your taste, with less waste and more convenience.

Perfect portions for a gluten free lifestyle

Food waste is a major concern, especially for smaller households. The SD-PN100 produces perfectly sized 400g loaves, ensuring you bake just the right amount to suit your needs. No more half-eaten loaves or throwing away stale bread - just fresh, homemade goodness every time.

Effortless gluten free baking

With four dedicated gluten free programmes, this breadmaker simplifies baking for those with coeliac disease and gluten sensitivity. Whether it's bread, cakes, pizza dough, or pasta, the SD-PN100 delivers consistently great results - without the need for processed, store-bought alternatives.

Smart technology for superior results

Using dual temperature sensors and an artisan-style kneading technique, Panasonic has perfected the science of breadmaking. The SD-PN100 adapts to its environment, ensuring optimal rise, texture, and taste - so you can enjoy soft, delicious bread without compromise.

Compact and versatile

Designed for modern kitchens, the SD-PN100's space-saving design fits seamlessly into any home. With 18 automatic programmes, you can explore a variety of bakes beyond just bread, from brioche to jam, giving you endless possibilities.

35 years of breadmaking excellence

Panasonic has been a pioneer in breadmaker innovation since 1987, bringing professional, quality baking into homes worldwide. With the SD-PN100, you can trust in their expertise to deliver healthy, homemade bread with ease.

Make gluten free living simpler and more delicious with the Panasonic Mini Breadmaker SD-PN100 - freshly baked, perfectly portioned, and free from waste.



Find more products at:
<https://store.panasonic.co.uk/home-appliances/breadmakers>

 @panasonickitchen  @panasonicuk

Panasonic

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EXPERIENCE
FRESH



Gluten Free Baking with Less Waste, More Taste

Bake fresh, gluten free favourites with ease. The Panasonic PN100 Mini Breadmaker delivers perfectly sized loaves, reducing waste while maximising flavour. With dedicated gluten free programmes for Bread, Cake, Pasta, and Pizza Dough, enjoy homemade quality - no compromises, just great taste.

Scan to
Shop Now



Awareness Month 2025

This May, we'll be once again fighting for everyone with coeliac disease by raising awareness and empowering those affected to recognise the signs, ask "Could it be coeliac disease?" and take our online self-assessment.

How will you get involved?

1 in 100 people have coeliac disease, but only 36% are diagnosed in the UK, which leaves a staggering 64% living undiagnosed, often with debilitating symptoms.

Symptoms of coeliac disease can be recurrent, persistent or unexplained. They may include fatigue, mouth ulcers, anaemia, fertility issues, neurological issues such as numbness in the hands or feet and abdominal symptoms such as diarrhoea and bloating.

Our mission is to find the 64% of people living with undiagnosed coeliac disease and guide them on the road to recovery.

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:

- Join the Coeliac UK 64 Challenge! Fundraise your way this Coeliac Awareness Month and raise vital funds for those who need it. Using the theme of 64, join our virtual challenge from 1-31 May and help us raise awareness, so no one will have to face coeliac disease alone. Whether you choose to bake 64 cupcakes or run 64k - you can make a difference! Find out more here at coeliac.org.uk/64challenge

- Share your diagnosis story online using our hashtags **#CoeliacAwarenessMonth** **#IsItCoeliacDisease**
- Join in with one of our fantastic online events including a cookalong with our ambassador Becky Excell on facebook! Find out how to get involved here: coeliac.org.uk/awareness-month-2025
- 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: coeliac.org.uk/events

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.

Could it be coeliac disease?

If you, or someone you know, is experiencing persistent, recurrent, or unexplained symptoms, visit isitcoeliacdisease.org.uk and take the online self-assessment to see if you should be tested. The assessment asks a series of questions based on the NICE guidelines for the diagnosis of coeliac disease. Once completed, you will receive a recommendation of whether you should go to your GP for a simple blood test.

It could be coeliac disease

Coeliac disease affects
1 in 100 people in the UK

Symptoms of coeliac disease can be recurrent, persistent or unexplained. They may include:

Fatigue **Stomach Pain** **Nausea**
Anaemia **Neurological issues**

Find out if you should be tested

Check your symptoms by taking our online self-assessment

coeliacuk

Meet our inspiring case studies

This year, our incredible campaign case studies feature dedicated individuals sharing their personal stories and journeys to diagnosis. Their experiences shed light on the challenges of living with coeliac disease and the importance of raising awareness this Coeliac Awareness Month.

Natalie

"I had a whole range of symptoms, they included having numbness in my hands and feet and I would struggle with being able to find the right word to say. I was in a really bad way."



Anita

"I had an upset stomach while I was on holiday and then a bout of diarrhoea when I got back. I had no idea it was a sign of an autoimmune disease."



Amelie

"I was just a tiny baby when I was diagnosed, so I don't remember much. It was a really worrying time for my parents to get to the bottom of why I was so sick all the time."



Derek

"I was unable to walk up a flight of stairs without feeling exhausted. I felt like a 60 year old man, when I was only 27."



Heather

"My parents had no idea my unexpected weight loss as a baby was a symptom of coeliac disease. They could see their baby wasting away in front of them."



To find out more about our case studies and watch their stories visit coeliac.org.uk/AM-case-studies

Visit coeliac.org.uk/awareness-month-2025/ or scan the QR code to find out more about how you can get involved with this year's Awareness Month campaign, including how to order your FREE Awareness Month pack.





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Coeliac UK

DISCONCERTINGLY DELICIOUS



IT'S GLUTEN FREE. HONEST.

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Warburton's
GLUTEN FREE

19

delicious
gluten free
dishes to
inspire you



Savour the season



Summer is the perfect time to embrace vibrant flavours and what better way to do that than with fresh ingredients? This season, we're celebrating lemons and tomatoes - two summer staples that bring bright, zesty, and juicy goodness to every dish. Whether you're looking for a hearty breakfast or a light and zesty dessert, dive into these delicious creations bursting with seasonal flavours.

Baked bean shakshuka

Shakshuka is a lovely meal to make for any time of the day. We've taken a twist on a classic and added in some baked beans for added fibre. The tomato sauce has a hint of spice and sweetness and the eggs can be cooked to your liking either runny or hard.

Preparation time: 5 minutes

Cooking time: 30 minutes

Makes: 2 servings

- 1 red onion, sliced
- 2 garlic cloves, finely chopped
- ½ tsp ground cumin
- ¼ tsp cayenne pepper
- 1 tsp smoked paprika
- ½ tsp chilli flakes/chilli powder
- 1 red pepper, diced
- 1 x 400g chopped tomatoes
- 1 x 400g baked beans
- 4 eggs
- 10g coriander

Method

- 1 In a large frying pan (with a fitted lid), on a medium heat soften the sliced onion and garlic in a little oil.
- 2 After 5 minutes, add the spices and red pepper and cook for 3 minutes.
- 3 Add in the baked beans and the chopped tomato, bring to the boil and then simmer for 10-15 minutes until the sauce is thick.
- 4 Make 4 wells in the sauce and crack an egg into each one, sprinkle over the coriander and pop the lid on the frying pan.
- 5 Cook for a further 10 minutes until just set, serve with warm gluten free bread.

Nutritional Information (per serving)

Calories (kcal): 419 Protein (g) 28.5 Carbohydrate (g) 44.5 Fat (g) 12.9
Fibre (g) 12 Sugar (g) 23.4



Cherry tomato risotto with rocket and pear salad

This slow cooker risotto is not only effortless but also perfect for letting flavours develop beautifully - especially when using ripe, juicy tomatoes. The key is to fry the rice in oil before you add the liquid, and to make sure you measure the liquid accurately so that the rice is cooked, but still holds its shape.

Preparation time: 5 minutes

Cooking time: 2 ½ hours

Makes: 4 servings

- 2 tbs olive oil
- 285g Arborio rice
- 600ml gluten free vegetable stock* (hot)
- 1 x 400g tinned cherry tomatoes
- 100g sun-dried tomatoes, roughly chopped
- 1 tbsp tomato puree
- 4 cloves garlic, minced
- 1 bunch spring onion finely sliced
- ½ tsp salt
- ¼ tsp freshly ground black pepper
- 60g grated Parmesan cheese or hard vegetarian cheese

Salad

- 100g rocket
- 2 pears
- 50g pinenuts toasted
- ½ tsp mustard*
- 1 tsp white wine vinegar
- 3 tsp olive oil

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

Method

- 1 Gently fry the rice in the oil and then transfer it to the slow cooker.
- 2 Add the stock, tinned tomatoes, sundried tomatoes, tomato puree, wine, garlic, onion, salt and black pepper in the slow cooker. Cook on high for 2¼ hours.
- 3 Serve with Parmesan or other hard cheese.
- 4 To prepare the salad; wash the rocket, chop the pears and top with the toasted pine nuts. Mix the mustard, vinegar and olive oil together.

Nutritional information (per serving)

Calories (kcal): 614 **Protein (g):** 15.8 **Carbohydrate (g)** 74
Fat (g) 28.4 **Fibre (g)** 4.1 **Sugar (g)** 15.8



Cost per
serving from
£2.31p

Sponsored by Panasonic

Panasonic



Juicy air fryer lemon chicken

This air fryer whole chicken is a great weeknight meal. Cooked with fresh herbs and citrus, serve it for dinner and if there are any leftovers enjoy for lunch the next day too. The Panasonic air fryer “Gentle steam” function ensures your chicken roasts perfectly juicy.

Cooking time: 70 minutes

Makes: 4 servings

- 1.5kg whole chicken
- 3 tbsps olive oil
- 1 lemon
- 2 rosemary sprigs
- 3 garlic cloves
- Salt and pepper

Method

- 1 Fill the water tank on the back of the air fryer with fresh water.
- 2 Rub the chicken with olive oil making sure to coat evenly and thoroughly and season well with salt and pepper.
- 3 Stuff the cavity of the chicken with half of the lemon, the whole rosemary sprig, and the garlic cloves.
- 4 Place the chicken in the air fryer and select the “Chicken” setting, this setting defaults to include the +water (gentle steam) function.
- 5 Cook for 60 minutes at 180°C, checking half way through until the internal temp reaches 75°C.
- 6 To serve, squeeze the remaining lemon juice, top with freshly chopped rosemary and enjoy.

Lemon cheesecake

Bright, creamy, and irresistibly smooth, this lemon cheesecake strikes a delicious balance between tangy and sweet. With a buttery biscuit base and a luscious mascarpone filling infused with fresh lemon juice and curd, it's a no-bake treat that comes together in minutes - then chills to perfection. Whether you're hosting a summer gathering or just craving a refreshing dessert, this easy cheesecake is guaranteed to impress.

Preparation time: 10 minutes

Cooking time: 4 minutes

Makes: 8 servings

- 150g gluten free digestive biscuits*
- 75g butter
- 700g mascarpone cheese
- 2 lemons, zested and juiced
- 60g icing sugar
- 60g lemon curd



Method

- 1 Crush the digestive biscuits into crumbs.
- 2 Melt the butter in a pan over a low heat. When the butter has melted, stir in the biscuit crumbs and coat them all in the butter.
- 3 Press the mixture into base of an 8in tin.
- 4 In a bowl, whisk the mascarpone cheese, lemon juice, icing sugar, and lemon curd until thick and smooth.
- 5 Spoon onto the biscuit base and level the top. Add the zest to top.
- 6 Chill in the fridge for at least 4 hrs and up to 24 hrs until firm.

Nutritional information

(per serving)

Calories (kcal): 550 Protein

(g) 6 Carbohydrate (g) 25

Fat (g) 47.2 Fibre (g) 4

Sugar (g) 14.7



Cost per serving

94p



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

Sorghum and millet *super grains*

Sorghum and millet are two different types of grains, often grouped together because they are both versatile, nutritious, and suitable for a gluten free diet. Sorghum is a cereal grain, which is high in fibre, protein and antioxidants and millet is a group of small seeded grains, rich in minerals like iron and calcium.

Why not try these super easy and delicious recipes using sorghum and millet this summer?

Middle eastern spiced millet with vegetables and herbs

Bursting with warm, aromatic spices and fresh, vibrant herbs, this Middle Eastern spiced millet is a nourishing and flavourful dish. Enjoy it as a light main course or a wholesome side dish to complement your favourite protein.

Preparation time: 10 minutes

Cooking time: 10 minutes

Serves: 6-8 servings

- 125g millet grain
- 250ml water
- 1tsp ground coriander
- 1 tsp ground cumin
- 1 tbsp olive oil
- 1 red onion
- ½ cucumber
- 100g radishes
- 1 red pepper
- 100g cherry tomatoes
- 1 can chickpeas, drained
- 20g fresh mint
- ½ pomegranate, seeded
- 100g ready to eat artichokes

For the sauce

- 125ml dairy free yoghurt of choice
- 2 tbsp olive oil
- 2 tbsp lemon juice
- Salt and pepper to taste
- 2 fresh chillies, sliced to serve (optional)

Nutritional information (per serving)

Calories (kcal) 163 Protein (g) 6.5
Carbohydrate (g) 24.9 Fat (g) 4.2
Fibre (g) 4.8 Sugar (g) 5.3



Cost per
serving from
70p

Method

- 1 Wash the millet in a small sieve. Put a pan onto a stove and add the millet, water, coriander and cumin. Bring to a boil and then simmer for 10 minutes, until the water is absorbed and the millet is tender. Mix in 1 tbsp of olive oil and set aside to cool.
- 2 Meanwhile, prep the remainder of the salad ingredients. Peel and thinly slice the red onion. Add to a small bowl and cover with hot water for 2 minutes or so. This will take out some of the strong flavour of the onion. Drain and add to a large bowl.
- 3 Wash and cut the cucumber, radishes and red pepper into small bites. Chop the artichokes and cut the cherry tomatoes in half. Wash the mint and chop. Drain the chickpeas and rinse.
- 4 Add the millet, salad ingredients and pomegranate seeds to the onions and mix together.
- 5 Prepare the sauce by mixing all the sauce ingredients together and serve on the side with sliced chillies, if using.

TIP:

Once you've juiced the lemon, roast in the oven at 160°C for 20 minutes or until caramelised and then add to the salad when ready to serve.



Popped sorghum protein bars

Crunchy, nutty, and packed with protein, these popped sorghum protein bars are the perfect grab-and-go snack! Whether you need a post-workout boost or a midday pick-me-up, these wholesome bars are a nutritious and gluten free alternative to store bought options. Easy to make and endlessly customisable, they'll quickly become a staple in your snack routine.



Preparation time: 15 minutes

Cooking time: 30 minutes

Serves: 16 servings

- 2tbs oil
- 225g sorghum grain
- 150g butter
- 100g soft brown sugar
- 50g honey
- 50g almonds
- 50g pecans, chopped
- 50g desiccated coconut
- 50g pumpkin seeds
- 50g sesame seeds
- 2 tsp vanilla extract
- 3 tsp mixed spice
- 200g dark chocolate*, finely chopped

TIP:

Feel free to mix up the nuts and seeds using any combination to 250g in total.

Method

- 1 Pre-heat the oven to 130°C fan/150°C/Gas Mark 2.
- 2 Pop the sorghum grain by heating a large pan (with a fitted lid) on medium-high heat. Add a little oil and a third of the sorghum, cover and cook for 1 minute, shaking pan constantly until most of the grains have popped. When there is more than 10 seconds between pops, remove the pan from heat and transfer the popped sorghum to a large bowl. Repeat with remaining sorghum and oil in two more batches.
- 3 Take a large saucepan and melt the butter, sugar and honey.
- 4 Add the almonds, pecans, coconut, and pumpkin seeds into the large bowl. Add the vanilla and mixed spice along with the sugar and melted butter mixture and toss until evenly coated. Spread on a baking tray 21cm x 21cm, lined with baking parchment. Bake for 30 minutes.
- 5 Remove from oven. While it is still hot, top with the finely chopped chocolate and leave to melt ensuring you have an even covering. As the tray cools you can spread the chocolate around if you wish.
- 6 Once cool and the chocolate has set, cut into 16 pieces.

Nutritional information (per serving)

Calories (kcal) 344 Protein (g) 6 Carbohydrate (g) 22.6 Fat (g) 24.8
Fibre (g) 4.4 Sugar (g) 10.7

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

Millet pancakes with avocado and eggs

These pancakes are a great savoury dish for breakfast or lunch. If you want sweet pancakes instead, add 50g of sugar to the batter or sprinkle with sugar once cooked. The batter can easily be made dairy free by swapping the milk to a dairy free milk alternative.



Preparation time: 10 minutes

Cooking time: 10 minutes

Serves: 4 servings

For the batter

- 125ml milk
- 1tsp lemon juice
- 125g millet flour
- 25g cornflour
- 25g millet flakes
- 2tsp baking powder*
- Pinch of salt
- 1 egg
- 3 tbsp melted butter

To serve

- 4 poached eggs
- 2 avocados, sliced

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

Method

- 1 In a medium bowl whisk together the milk and lemon juice.
- 2 In a large bowl whisk together the millet flour, cornflour, millet flakes, baking powder and salt.
- 3 Add one egg to the milk then gently mix together with the dry ingredients until combined.
- 4 Warm a large non-stick frying pan over a medium heat. Give the pan a few minutes to fully heat up. Add a small amount of oil or to the pan to coat the bottom.
- 5 Carefully pour a ladle of batter to the greased and heated pan. Let this cook about 3-4 minutes or until you notice bubbles around the top of the pancake and edges have set. The pancake should easily lift up with a spatula when ready. Flip over and cook 2-3 minutes on the other side or until golden brown.
- 6 Transfer to a plate and repeat process with remaining batter until complete; you should get 8 pancakes.
- 7 Serve warm with poached egg and fresh sliced avocado.

Nutritional information (per serving) Calories (kcal) 465 Protein (g) 15.6
Carbohydrate (g) 30.5 Fat (g) 30.3 Fibre (g) 6.5 Sugar (g) 2.7





Sunshine on a plate

Your summer just got tastier with these gluten free summer salads. All these recipes use excellent alternatives to wheat-based grains, while offering a variety of textures and nutrients. Bursting with colour, flavour and wholesome ingredients - each dish is a celebration of seasonal goodness.

Camargue red rice salad

A delicious and nutritious salad that works well as a light but filling lunch or as a side dish. The rice is a fantastic source of fibre and the egg a great source of protein. A dish that is both gluten free and suitable for vegetarians and can easily be adapted for a vegan diet by removing the egg.



Preparation time: 10 minutes

Cooking time: 40 minutes

Makes: 4 servings

- 250g camargue red rice
- 50g small cauliflower florets
- 200g sugar snap peas
- 125g sundried tomatoes, roughly chopped
- 2 eggs, hardboiled
- 6 tbsp olive oil
- 2 tbsp red wine vinegar
- 1 red onion, diced
- Handful of parsley, roughly chopped

Method

- 1 Place the rice in a pan with double the amount of boiling water. Bring to the boil and then cover and reduce the heat to a low simmer and cook for about 20-30 minutes or until the grains are tender but still have a little bite. Drain and then set aside.
- 2 Place the cauliflower florets in a large pan and cover with water. Bring to the boil and then reduce to a low simmer and cook for around 5 minutes or until tender. Drain and then set aside.
- 3 Place your eggs in a large pan and cover with water. Bring to the boil and then reduce the heat to a medium simmer for 7 minutes. As soon as they are cooked, drain and then place under a cold running tap until they are cold enough to handle. Remove the shell and then slice.
- 4 Meanwhile, make the dressing, mixing the oil, red wine vinegar and diced onion in a bowl. Season with salt and pepper to taste.
- 5 Once the rice and cauliflower are cooked and cooled, mix together and then add the chopped sundried tomatoes, sugar snap peas and parsley. Stir well and then pour over the dressing.
- 6 Top with slices of hard boiled egg and serve.

TIP:

We love the crunch of raw sugar snap peas but if you prefer them cooked, just steam them for a few minutes and allow to cool before adding to the salad.

Nutritional Information (per serving): Calories (kcal) 524 Protein (g) 10.7 Carbohydrate (g) 55 Fat (g) 28.7 Fibre (g) 5.6 Sugar (g) 6.8

Puy lentil salad with halloumi

Puy lentils are great in a salad and this recipe is tasty, versatile and nutritious. The lentils provide a great source of iron and fibre and the cheese is a great source of calcium.

Preparation time: 15 minutes

Cooking time: 30 minutes

Makes: 4 servings

- 100g puy lentils*
- 4 tablespoons olive oil
- 1 gluten free vegetable stock cube*
- 1 tbsp finely chopped red onion
- 2 finely chopped garlic cloves
- 2 tbsp chopped parsley
- 1 tsp balsamic vinegar
- 4 handfuls rocket leaves
- 4 tbsp semi sun-dried tomatoes (optional)
- 150g halloumi cheese

Method

- 1 Place the lentils in a saucepan along with the vegetable stock cube, and cover with boiling water by 2cm. Stir the lentils to dissolve the stock cube.
- 2 Bring to the boil, removing any residue from the surface, then simmer slowly for 20 minutes or until cooked.
- 3 Pour half of the oil into a frying pan with the red onion and the garlic and cook until soft.
- 4 Toss the cooked lentils with the remaining olive oil, parsley, balsamic vinegar and the onion and garlic from the pan (also pouring in the oil used in the pan), and allow to cool.
- 5 Slice the halloumi and cook in a frying pan or griddle pan for 3 minutes on each side.
- 6 When the lentils are cool, combine with the rocket leaves, semi sun-dried tomatoes and toss well. Check the seasoning. Add the halloumi on top.

Nutritional information (per serving): Calories (kcal) 397 Protein (g) 16.7 Carbohydrate (g) 22.5 Fat (g) 26.7 Fibre (g) 3.5 Sugar (g) 6

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





Chickpea, chilli, feta and garlic salad

This warm chickpea salad is a perfect blend of bold flavours and comforting textures. Spiced with chilli, infused with garlic, and topped with creamy feta, it's a satisfying dish that's quick to prepare and packed with protein. This salad is a delicious way to bring warmth to your table.

Preparation time: 20 minutes (plus soaking and boiling time)

Cooking time: 90 minutes

Makes: 6 servings

- 300g dried chickpeas*
- 2-3 red chillies, seeded and finely sliced
- 3 cloves garlic, peeled and roughly chopped
- 2 red onions, peeled and finely sliced
- 100ml rapeseed oil
- 50ml cider vinegar
- 1 bunch coriander leaves
- 1 bunch parsley leaves
- 250ml roughly crumbled feta type cheese
- 1 bunch sliced spring onions
- 100g mint leaves
- 75ml extra rapeseed oil
- Salt and pepper

Method

- 1 Soak the dried chickpeas overnight, then drain and rinse.
- 2 Add cold water to submerge them by at least 5cm and bring to boil before turning down to a simmer for 1-2 hours. Remove any residue and keep topping up with boiling water.
- 3 Fry the chilli, garlic, and onions in rapeseed oil for 5 mins. Add vinegar and boil until evaporated.
- 4 Mix the chickpeas and onion mix in large bowl.
- 5 Add the remaining ingredients and season.

Nutritional information (per serving):

Calories (kcal) 799 Protein (g) 20
Carbohydrate (g) 36.6 Fat (g) 64.1
Fibre (g) 7.8 Sugar (g) 7.1

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



Cost per
serving from
£1.36





Quinoa, edamame and watermelon salad

Light, refreshing, and packed with goodness, this quinoa, edamame and watermelon salad is full of goodness and beautifully balances sweet, savoury and satisfying. With protein-rich quinoa and edamame paired with juicy watermelon, it's a delightful dish that's as nourishing as it is delicious.

Preparation time: 15 minutes

Cooking time: 20 minutes

Makes: 4 servings

- 200g quinoa*
- 2 tbsp of pumpkin seeds
- 2 tbsp of sunflower seeds
- 150g frozen edamame beans
- 1 small watermelon cut into chunks (seeds and skin removed)
- 160g salad leaves
- 150g radishes, thinly sliced
- 100g feta cheese crumbled
- ½ small pack of mint
- Juice of 1 lime

Method

- 1 Rinse the quinoa, then put it in a pan with a fitted lid and cover with 400ml of water. Cook, covered on a medium heat for 15 minutes or until fluffy. Fork through to separate the grains, then leave to cool.
- 2 Whilst the quinoa is cooking, tip the frozen edamame beans into a bowl and cover with boiling water for 1 minute to cook and then drain the water.
- 3 Meanwhile heat a frying pan over a medium heat and toast the pumpkin and sunflower seeds until they begin to colour. Tip these into a serving bowl or platter with the radishes, watermelon, spinach, feta, mint and cooked edamame. Toss through the quinoa, then squeeze over the lime juice with a pinch of seasoning.

Nutritional information (per serving):

Calories (kcal) 391 Protein (g) 20
Carbohydrate (g) 41.3 Fat (g) 16.1
Fibre (g) 6.9 Sugar (g) 7.7



Cost per
serving from
£1.99



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

Recipe provided by Tesco
Real Food

TESCO
freeFROM

Green summer salad with tuna and orzo

Packed with goodness, this green summer salad is ready in under 30 minutes. This quick and wholesome dish makes for an effortless midweek meal for two—perfect for busy days or al fresco dining!

Cooking time: 25 minutes

Makes: 2 servings

- 3 tbsp extra-virgin olive oil
- 2 tbsp capers, drained, rinsed and patted dry
- 2 tbsp white wine vinegar
- 1 tbsp Dijon mustard
- 200g gluten free orzo*
- ¼ cucumber, halved, deseeded and diced
- 1 celery stick, trimmed and thickly sliced
- 1 green pepper, deseeded and diced
- 1 x 200g tinned tuna, drained



Method

- 1 Heat 1 tbsp of the extra-virgin olive oil in a small frying pan. Add the capers and cook for 2-3 minutes, until they start to open and crisp up. Remove with a slotted spoon and set aside. Take the pan off the heat and pour in the remaining oil, vinegar and mustard; stir to combine and set aside.
- 2 Meanwhile, bring a large pan of water to the boil. Cook the orzo following the packet instructions, then drain and rinse under cold water.
- 3 In a large bowl, combine the cucumber, celery, pepper and cooled orzo. Drizzle over the dressing and toss to coat; season well. Flake over the tuna and scatter with the capers; toss again before serving.



On a budget with **Becky Excell**

"Here's four of my favourite budget friendly recipes that harness multiple aspects of my approach to budget gluten free cooking in many different ways: using affordable store cupboard staples, making the most of thrifty, ingredients and enjoying more meat free meals, more often, to name a few. Remember that savvy shopping is seriously important when cooking on a budget, so do ensure you source all ingredients used at their lowest possible prices!"



One pot Cajun burrito pasta

"If you're a fan of burritos and the spicy beef, veggies and Cajun-style rice that often features, then this one-pot pasta dish has all of the above and your name written all over it. Of course, the knack with one pot pasta dishes and using gluten free pasta simply boils (excuse the pun) down to this: not overcooking the pasta! On the hob, look for an al dente texture, and in the slow cooker keep an eye on it during the final 10 minutes. When it's done, it's done!"

Preparation time: 10 minutes

Cooking time: 35 minutes (hob or oven) or 6-7 hours (slow cooker)

Makes: 6-8 servings

- Vegetable oil spray
- 150g frozen chopped onion or ½ large leek, finely chopped
- 500g minced beef
- 2 tsp garlic paste (optional)
- 20g jarred jalapeños, finely chopped
- 2 tbsp smoked paprika
- 1 tbsp mild curry powder
- 1½ tbsp dried mixed herbs
- 1 tsp salt
- ½ tsp ground black pepper
- 400g frozen sliced red, green and yellow peppers
- 200g frozen green beans
- 1 x 400g can of black beans, drained
- 2 x 400g cans of chopped tomatoes
- 1 tbsp tomato purée
- 800ml gluten free beef or ham stock*, for the hob, or 600ml stock, for the slow cooker
- 500g gluten free dried pasta*
- 75g mature cheddar, grated



Method

Oven or hob

- 1 Spray the base of a large ovenproof pot that has a lid with oil and place over a medium heat. Once hot, add the onion or leek and fry until the onion is browned or the leek has softened.
- 2 Add the beef and, once it releases a little moisture, scrape anything stuck to the bottom of the pan until it's deglazed. Once the beef has browned, add the optional garlic paste, jalapeños, smoked paprika, curry powder, mixed herbs, salt and pepper. Stir well and fry until fragrant and until there's no liquid left in the pan. Stir in the peppers, green beans and black beans, and fry for 2–3 minutes.

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

- 3 Add the chopped tomatoes, purée and stock, then stir well once more. Add the pasta and ensure it is all submerged under the stock. Place the lid on, turn the heat down to low and simmer for 10–12 minutes until the pasta is cooked and the sauce is thickened.
- 4 Preheat the oven to 200°C fan/220°C/Gas Mark 7.
- 5 Remove the lid and briefly stir once or twice (don't stir too much as gluten free pasta is fragile!) then pat everything down into a flat, even layer and top with the grated cheese.
- 6 Bake in the oven for 15 minutes, until the cheese is golden brown.

Slow cooker

- 1 Spray the base of a large frying pan with oil and place over a medium heat. Once hot, add the onion or leek and fry until the onion is browned or the leek has softened. Add the beef and fry until browned.
- 2 Meanwhile, add the remaining ingredients apart from the pasta and cheese to the slow cooker and stir well. Once the beef has browned, add the beef and onion or leek to the slow cooker and stir in. Pop the lid on and cook on low for 6–7 hours or on high for 3 ½ hours, stirring in the pasta 20–30 minutes before serving.
- 3 Once the pasta is cooked, sprinkle the grated cheese on top and cover with the lid for 5–10 minutes until melted.

TIP:

Don't overcook the pasta once it's added to the pot, or when you stir it afterwards, it can easily all break and disintegrate! Take the lid off after 5–8 minutes (hob) or 15 minutes (slow cooker) to check how it's getting on. This is a reminder that this will be way too much food to cook in a small slow cooker! This recipe is made for a 6.7l slow cooker; if you don't have one, then simply halve the quantity of everything needed to serve 3–4.

Creamy mushroom hotpot

"A hearty hotpot like this never fails to be a crowd-pleaser, with crispy, golden brown potato slices concealing a mushroom, carrot and lentil filling in a creamy vegetable gravy. It's the ultimate comfort food that nobody will care is gluten free, with no fancy free-from products required."

Preparation time: 10 minutes

Cooking time: 1 hour 10 minutes (hob or oven) or 7-8 hours (slow cooker)

Makes: 6-8 servings

- Vegetable oil spray
- 1 small onion or 100g leek, finely chopped
- 750g frozen sliced mushrooms
- 4 medium carrots, cut into 1cm (½in) dice
- 1 tsp garlic paste (optional)
- 2 x 400g cans of lentils, drained
- 1 tbsp tomato purée
- 1 tsp salt
- 1½ tsp ground black pepper
- 1 litre gluten free vegetable stock*, for the hob, or 800ml stock, for the slow cooker (made with 2 stock cubes)
- 200g cream cheese
- Starch slurry - 3 tbsp cornflour or potato starch mixed with 6 tbsp water
- 6 medium potatoes, sliced 3mm (⅛in) thick
- 10g parsley leaves, finely chopped, to serve (optional)

Method

Oven or hob

- 1 To cook using the hob and oven, preheat the oven to 180°C fan/200°C/Gas Mark 6.
- 2 Spray the base of a large ovenproof pot with oil and place over a medium heat.
- 3 Once hot, add the onion or leek and fry until the onion is browned or the leek has softened.
- 4 Add the mushrooms, carrots and the optional garlic paste, and fry until the mushrooms are defrosted and have released liquid into the pan. Add the lentils, tomato purée, salt, pepper and stock, then stir well. Stir in the cream cheese, then add the starch slurry and quickly mix it in. Simmer for 10–15 minutes or until the sauce has nicely thickened.
- 5 Top with the potato slices, overlapping slightly, then spray generously with vegetable oil and bake in the oven for 40–45 minutes or until the potato slices are crisp at the edges. Top with the chopped parsley, if using, and serve.



Slow cooker and oven

- 1 To cook using a slow cooker and oven, lightly grease the base of the slow cooker by spraying it with oil. Add all the ingredients except the cream cheese, starch slurry, potatoes and parsley, then stir well.
- 2 Pop the lid on and cook on low for 6–7 hours or on high for 3½ hours. Around 20 minutes before it's done, stir in the cream cheese and starch slurry, then cover with the lid once again for the remaining time.
- 3 Preheat the oven to 180°C fan/200°C/Gas Mark 6. Transfer everything to a large ovenproof pot or suitably-sized roasting dish. Top with the potato slices, overlapping slightly, then spray generously with vegetable oil and bake in the oven for 40–45 minutes or until the potato slices are crisp at the edges.
- 4 Sprinkle over the chopped parsley, if using, and serve.

TIP:

If making this in a slow cooker, don't slice the potatoes too early! Instead, prepare the potatoes after adding the cream cheese and starch slurry.

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

Roasted sweet potato and chickpea coconut curry

"This meat-free meal uses lots of affordable, accessible ingredients, with jalapeños added for a little extra kick. Treat this recipe as a crash course in how simple budget-friendly cooking from scratch can be! Serve with long-grain rice and/or naan bread."

Preparation time: 10 minutes

Cooking time: 1 hours (oven) or 6-7 hours (slow cooker + air fryer)

Makes: 6-8 servings

- Vegetable oil spray
- 150g frozen chopped onion or ½ large leek, finely chopped
- 3 medium carrots, sliced into 1cm (½in) rounds
- 25g jarred jalapeños, finely chopped
- 3 tbsp mild curry powder
- 2 tsp salt, plus 2 pinches for the sweet potato
- 1 x 400g can of coconut milk
- 2 x 400g cans of chopped tomatoes
- 2 x 400g cans of chickpeas, drained
- 2 tbsp tomato purée
- 100ml boiling water
- 200g frozen spinach
- 1kg sweet potatoes, peeled and cut into 1.5cm (¾in) cubes
- 1 tsp coarsely ground black pepper

Method

Hob and oven

- 1 Preheat the oven to 200°C fan/220°C/ Gas Mark 7.
- 2 Spray 2 large baking trays with vegetable oil.
- 3 Spray the base of a large pot with oil and place over a medium heat. Once hot, add the onion or leek and fry until the onion is browned or the leek has softened. Add the carrots, jalapeños, curry powder and salt, then fry until fragrant.
- 4 Add half the coconut milk and bring to the boil. Allow it to bubble for 4–5 minutes before adding the rest of the coconut milk, the chopped tomatoes, chickpeas, tomato purée and boiling water. Stir well and bring to the boil, then reduce to a low heat and simmer, uncovered, for 50–60 minutes. About 20–30 minutes before it's done, add the spinach.

- 5 Meanwhile, spread the sweet potato out on the baking trays and spray well with oil before seasoning all over with the 2 pinches of salt and the black pepper. Roast in the oven for 30–35 minutes or until lightly browned all over, turning them over halfway.
- 6 Once the curry has reduced and thickened, remove from the heat and allow to cool for 10 minutes (it will thicken more as it cools). Stir in the sweet potato just before serving.

Slow cooker and air fryer

- 1 To cook using a slow cooker and air fryer, lightly spray the base of the slow cooker with oil, then add everything except the spinach, sweet potato and black pepper and stir well. Pop the lid on and cook on low for 6–7 hours or on high for 3 ½ hours.

- 2 Around 20–30 minutes before it's done, add the spinach and cover with the lid once again for the remaining time.
- 3 Place the sweet potato in a large bowl, spray well with oil and season with the 2 pinches of salt and the black pepper. Stir until evenly coated. Heat the air fryer to 200°C. Add the sweet potato cubes, making sure they're touching as little as possible, and air fry for 20 minutes until browned at the edges, shaking them halfway (or 3–4 times if particularly piled up). Stir the sweet potato into the curry just before serving

TIP:

If using fresh spinach instead of frozen, be sure to add it right at the end of the recipe and then stir it in to wilt it.



Chocolate banana bread

"Letting those overripe bananas go to waste wouldn't be anything less than a crime while this recipe exists: they're exactly what you need for the ultimate, indulgent banana bread loaf. With a velvety smooth chocolate frosting and fluffy banana bread loaded with chocolate chips, this is a loaf that all will love."

Preparation time: 20 minutes

Cooking time: 60 minutes (oven) or
50 minutes (air fryer)

Makes: 8-10 servings

For the cake

- 115g butter, softened
- 115g light brown sugar
- 2 medium eggs, beaten
- 400–500g ripe bananas, mashed (peeled weight; about 4 bananas)
- 210g gluten free plain (all-purpose) flour*
- 40g unsweetened cocoa powder, sifted
- ¼ tsp xanthan gum
- 1tsp baking soda*
- 150g chocolate chips*, plus an extra handful to finish (optional)

For the frosting

- 55g dark or milk chocolate*
- 125g butter, softened
- 90g icing sugar
- 25g (¼ cup) unsweetened cocoa powder

Method

Oven

- 1 Preheat the oven to 160°C fan/180°C/Gas Mark 4. Line a 900g loaf tin with non-stick baking parchment.
- 2 In a large bowl, cream together the butter and sugar until light and fluffy (I prefer to use an electric hand mixer for this). Add the beaten eggs and mashed banana and mix until well combined.
- 3 Sift in the flour, cocoa powder, xanthan gum and baking soda and mix briefly until no dry flour can be seen. Lastly, add the chocolate chips, if using, and mix once more.

- 4 Spoon the mixture into the prepared tin and bake in the oven for about 1 hour.

- 5 Check that it's cooked by sticking a skewer into the centre – if it comes out clean, then it's done. Allow to cool in the tin briefly, then carefully lift onto a wire rack to cool.

Air fryer

- 1 Heat or preheat the air fryer to 150°C. Make and spoon the mixture into the prepared tin as opposite and air fry for 40–50 minutes – check with a skewer to ensure it's done.

For the frosting

- 1 Meanwhile, to make the frosting, melt the chocolate (I do this in the microwave, stirring between short bursts until melted), then allow to cool slightly.

- 2 Place the butter in a large bowl and mix for 5 minutes with an electric hand mixer until the butter is fluffy and pale. Add the icing sugar and start mixing slowly to avoid creating a mini icing sugar explosion but then increase the speed as it starts to combine. Sift in the cocoa powder then mix again.
- 3 Add the slightly cooled, melted chocolate to the bowl and mix until fully incorporated. If it seems too thick, add a teaspoon of milk to loosen it up.
- 4 Spread over the top of the cooled banana cake and finish with extra chocolate chips, if you like.



Becky's new book *Budget Gluten Free* is now available to buy via our shop at coeliac.org.uk/shop, perfect for anyone looking to enjoy delicious gluten free meals on a budget! You can find it, along with her other bestselling titles on our shop now!





Baking outside the box

These three unexpected yet utterly delicious recipes take classic sweet treats and give them a unique twist - using vegetables in creative ways. From the rich, earthy sweetness of our chocolate and beetroot cake to the moist, fresh, zesty flavours of Becky Excell's courgette & lime loaf cake, these bakes prove that veggies belong in desserts just as much as on your dinner plate.

Chocolate and beetroot cake

Rich and packed with a deep chocolate flavour, this sweet cake gets an unexpected twist from beetroot. The earthy sweetness enhances the cocoa while keeping the cake irresistibly moist. You'd never guess there's a vegetable hiding in this indulgent treat!

Preparation time: 20 minutes

Cooking time: 40 minutes

Makes: 12 servings

- 200g butter, plus extra for greasing
- 250g-300g cooked and peeled beetroot
- 200g dark chocolate*
- 60ml boiling water
- 2tbsp instant coffee
- 135g gluten free plain flour*
- 1½ tsp gluten free baking powder*
- 3 tbsp cocoa powder
- 5 eggs, separated
- 200g caster sugar

Beetroot frosting

- 50g cooked beetroot reserved from the cake ingredients
- 125g butter
- 250g icing sugar
- 2tsp vanilla essence
- 20g chopped dark and white chocolate* (optional)
- 1tsp freeze dried raspberries (optional)

Method

- 1 Preheat the oven to 160°C fan/180°C/Gas Mark 4. Grease a 23cm (9in) cake tin with a little butter and line the bottom of the tin with a disc of baking parchment and pieces around the side.
- 2 Blend the beetroot in a food processor to a purée, if you are going to make the beetroot icing reserve 50g of the beetroot purée for later.
- 3 Melt the chocolate in a bowl over a pan of hot water (do not allow the bottom of the bowl to touch the water). Next mix the instant coffee to the boiling water and add to the melted chocolate.
- 4 Stir the butter into the chocolate and leave to melt, then remove from the heat and allow to cool slightly.
- 5 Meanwhile, sift the gluten free flour, baking powder and cocoa together in a bowl and set aside.
- 6 Whisk the yolks in a bowl until frothy. Stir the egg yolks into the chocolate and butter mixture, then fold in the beetroot purée.
- 7 Whisk the egg whites until stiff peaks form. Fold in the sugar to the egg whites.
- 8 Fold the sugar and egg whites into the chocolate mixture, then fold in the flour and cocoa mixture.
- 9 Pour the batter into the prepared tin and bake for 40 minutes, or until a skewer inserted into the cake comes out clean. Allow to cool in the tin.
- 10 To make the frosting, beat together the softened butter, icing sugar, the reserved beetroot purée and vanilla essence until incorporated and light and fluffy.
- 11 When cake is completely cooled, top with frosting, finish with the optional chocolate and freeze dried raspberries.

Nutritional information (per serving) Calories (kcal) 525.8 Protein (g) 5.8 Carbohydrate (g) 53.4 Fat (g) 31.3 Fibre (g) 5.7 Sugar (g) 31.9

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



Sweet potato muffins

A delicious sweet treat. The sweet potato adds moisture and a subtle caramel-like flavour, making them ideal for breakfast, snacking, or even a healthy dessert option. They can be stored in an air-tight container for up to three days and also freeze well.

Preparation time: 10 minutes

Cooking time: 18 minutes

Makes: 12 servings

- 240g gluten free plain flour*
- ½ tsp xanthan gum
- 1 tsp baking soda*
- ½ tsp ground cinnamon
- 200g light brown sugar
- 2 eggs
- 70ml vegetable oil
- 225g sweet potato, finely grated
- 80ml milk
- 1 tsp vanilla extract
- 1 tsp white wine vinegar

Method

- 1 Preheat oven to 180°C fan/200°C/Gas Mark 6. Line a muffin tin with 12 paper cases or spray generously with non-stick spray.
- 2 In a medium bowl, whisk together the gluten free flour, xanthan gum, baking soda and cinnamon.
- 3 In a large bowl, whisk together the brown sugar, eggs, oil, grated sweet potato, milk, vanilla extract, and vinegar. Add the dry ingredients to the wet ingredients and stir until completely combined.
- 4 Transfer the batter to the prepared baking cases and fill them evenly between the 12 muffin cases. Bake the muffins for 16-18 minutes or until baked through.
- 5 Cool the muffins for 5 minutes in the muffin tray and then transfer to a cooling rack.

Nutritional information

(per serving)
 Calories (kcal) 220
 Protein (g) 5.1
 Carbohydrate (g) 34.6
 Fat (g) 6.7 Fibre (g) 0.8
 Sugar (g) 15.5



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

Becky Excell's courgette and lime loaf cake

"Adding courgette to this sweet and zesty cake isn't just a ploy to make it go further – it actually makes the cake incredibly moist without adding any unwanted flavour. Plus it's a great way to use up courgettes if you grow your own at home like we do! Gardening for baking is definitely something I didn't expect to add to my list of hobbies, but it's something I can most definitely get behind."

Preparation time: 15 minutes

Cooking time: 55 minutes (oven)
or 50 minutes (air fryer)

Makes: 8-10 servings

- 150ml vegetable oil
- 175g light brown sugar
- 3 medium eggs
- 200g gluten free self-raising flour*
- 1/4 tsp xanthan gum
- 1 tsp baking soda*
- 1 tsp ground cinnamon
- 175g grated courgette, weight after water squeezed out by hand
- Grated zest of 2 limes

For the cream cheese icing

- 100g butter, softened
- 100g icing sugar
- 200g full-fat cream cheese
- 1 tsp vanilla extract
- Lime zest, to finish

Method

- 1 To make this in the oven, preheat the oven to 160°C fan/180°C/Gas Mark 4. Line a 900g (2lb) loaf tin (pan) with non-stick baking parchment.
- 2 Add the oil, sugar and eggs to a large bowl. Mix together, ideally using an electric hand mixer, until well combined.
- 3 Add the flour, xanthan gum, bicarbonate of soda and cinnamon and mix in to combine. Ensure you've squeezed out a lot of liquid from the grated courgette, then fold that in alongside the lime zest.
- 4 Spoon the mixture into the prepared tin and bake in the oven for about 50–55 minutes.
- 5 Check that it's cooked by sticking a skewer into the centre – if it comes out clean, then it's done.

Air fryer

- 1 To make this in an air fryer, heat or preheat the air fryer to 150°C (300°F). Make and spoon the mixture into the prepared tin and air fry for 40–50 minutes – check with a skewer to ensure it's done.
- 2 Allow to cool in the tin briefly and then carefully lift onto a wire rack.

For the Cream cheese icing

- 1 For the cream cheese icing, place the butter in a large bowl and mix for about 3 minutes using an electric hand mixer until it has turned a lot paler in colour. Add the icing sugar and mix for a further 3 minutes.
- 2 Before you add the cream cheese, ensure that there is no excess liquid in the tub – simply drain it if needed. Add to the bowl with the vanilla and mix for 2 more minutes until well combined, and the icing is light and fluffy, without lumps.
- 3 Spread the icing on the cooled loaf and finish with some extra lime zest.



Photography @ Hannah Hughes

The Coeliac UK Foodies' must-try sandwich ideas



Looking to up your sandwich filler game this summer? Whether you're packing lunch for work, prepping a quick bite at home, or craving something new, the Coeliac UK foodies have you covered! From hearty classics to vibrant veggie options - mix up your lunch time routine and be inspired by the Foodies' favourite sandwich filler ideas!

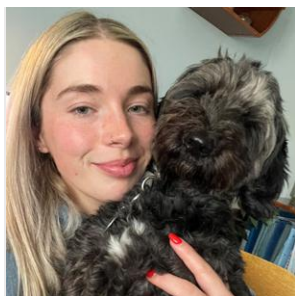


Anita

Coeliac UK Trustee

Club sandwich with turkey, bacon, lettuce, tomato, mayo

"The club sandwich has always been a favourite of mine - it's the perfect mix of crispy bacon, tender turkey, fresh lettuce, and juicy tomato, all tied together with creamy mayo and toasted gluten free bread. It's high in protein which is great for when I'm on the go."



Imy

Regular Giving Coordinator

Veggie wrap

"My go to gluten free lunch is a simple yet delicious veggie wrap. It's so easy to throw together using gluten free tortilla wraps plus a mix of fresh textured veggies like peppers and avocado. It's a great way of using any combination of in season veggies and no two wraps are ever the same!"



Kate

Diet and Health Manager

Falafel salad pittas

"Falafel salad pittas are a staple in our house—they're quick to make, packed with protein, and full of flavour. I often prep them for my daughter's school lunches because they're a tasty, nutritious option that she loves. Plus, the gluten free pittas hold up well in a lunchbox, making them perfect for busy mornings!"



James

New Business Development Manager
GFA (Gluten Free accreditations)

Chicken, tomato & pesto panini

"My go to gluten free sandwich has to be a chicken, tomato, and pesto panini. Using any gluten free bread of choice, the combination of cooked chicken, pesto, and melted cheese is just unbeatable - crispy on the outside, gooey on the inside, and packed with flavour!"



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Looking for some gluten free inspiration?



**Cinnamon Honey Corn Flakes
Mix Recipe – Go Free® Corn Flakes**



**Gluten Free Berry Oatmeal
Muesli Recipe – Go Free® Corn Flakes**

Sign up to join the Go Free community through their **Better Breakfast Club** and be the first to hear about your favourite cereals, promotions, prize draws, exciting recipes and breakfast tips!

www.nestle-cereals.com/uk/brands/go-free



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Charlie bear teddy, £12



Lunch Bag, £8



Coeliac UK apron, £15



Budget Gluten Free by Becky Excell, £20

This new essential guide to everyday, gluten free cooking on a budget, from the 'Queen of Gluten Free' is bound to make a great gift for any occasion.

The brand new book is the seventh cookbook by Becky Excell. Multi-award winning and Sunday Times Bestselling author Becky has spent years developing flavoursome gluten free recipes – next she wants to show you how to enjoy following a gluten free diet with budget in mind.

Learn all about Becky's own personal approach to budget cooking and baking and start reducing the costs of your weekly shop.

And don't forget, when you choose to shop with us, you're making a difference – every purchase supports those who need to live gluten free.

Gift a membership

Unlock a Coeliac UK membership package for a loved one and give them the ultimate gift of guidance and support. Our annual membership packages offer exclusive access to resources from our in house experts and start from £15.

Find out more at coeliac.org.uk/giftmembership



Find all these items and more at the Coeliac UK shop

We have even more fantastic gift ideas and gluten free essentials available online at coeliac.org.uk/shop or call 01227 811 640 to place an order.



Celebrating more Gluten Free Lottery winners!

Between them, our lucky Gluten Free Weekly Lottery players have won more than £40,000 in the last 12 months*, while also supporting those who need to live gluten free.

Play today and you could win cash prizes!

gluten free
LOTTERY



Susan from Bromley scooped £1,000 and she's delighted her lottery tickets are making a difference:

"Coeliac UK has been an important lifeline offering a wealth of information to me and my dad. The charity continues to be a champion and progressive voice for those who suffer with coeliac disease and being able to support them by playing the lottery feels good. It gave me a real boost in the new year when I got telephoned to say I was a £1,000 winner!"

Where else can your £1 do so much?

It's fun, easy and for just **£1 per line**, you can enter the draw for a chance to win a whopping **£10,000 every week** - and you'll be helping your charity to fight for everyone with coeliac disease.

Marion from Gainsborough has enjoyed multiple smaller wins since she began playing in 2018. She kick-started her new year in January with a fabulous **£1,000 win**. Marion exclaimed "**You've made my year!**" when we shared the good news with her.

*1 January – 31 December 2024

Play today!

Give yourself a boost every week and join over 3,500 of our wonderful Gluten Free Weekly Lottery players at coeliac.org.uk/lottery or scan the QR code



EVERYTHING YOU WANT FROM A FINE *Italian* PASTA **WITHOUT GLUTEN.**

Everyone deserves a great pasta. That's why we make Rummo gluten free with our usual attention to detail. Following our method, *Lavorazione al Vapore*[®], we mix non-GMO corn and brown rice using pure steam. The pasta is then bronze-cut for a flavour absorbing surface. Everything you want in a fine Italian pasta, without gluten.



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Young People's Hub



This space is all about children and young people! Here, you'll find a quick roundup of all the support resources available.

New and improved Young Champions resources

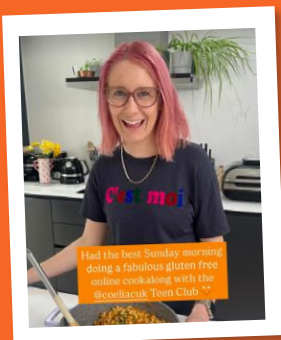
Especially designed for 5 - 11 year old members, our updated Young Champions packs give a range of information and activities to share with friends and family so they can better understand coeliac disease. From games, recipes and even a presentation template, there are lots of ideas to share, so that friends, teachers and club leaders can support young people who have coeliac disease.



Go to coeliac.org.uk/young-champions-club to download your pack today.

Teen Virtual Club news

Our Teen Virtual Clubs for 12 - 15 year old members have been a hive of conversation and activity this year. Our amazing volunteer teen hosts have been creating a regular, safe online meet up to share experiences, tips and ideas on living with coeliac disease as a young person. They even invited Becky Excell to join a live cookalong where everyone got involved and baked smash burger mac 'n' cheese.

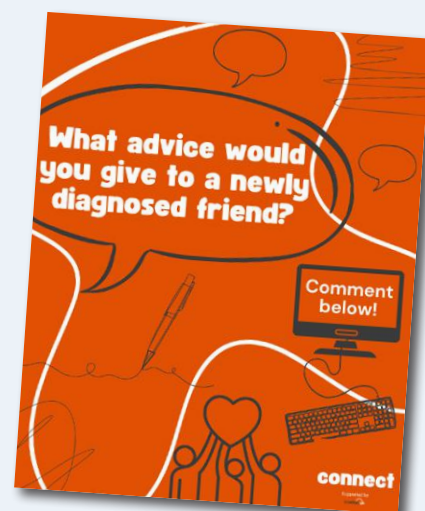


More dates, including mid week catch ups, are being added regularly. Invites will be sent to the registered parent/carer up to one month beforehand to all those with an up to date membership.

CoeliacUK_Connect

At the beginning of this year, with the help of our two fantastic volunteers Amelia and Marie-Claire, we launched a new private group on Instagram for our 16 - 19 year old members. CoeliacUK_Connect shares a whole host of ideas, tips and information to help young people navigate living gluten free with confidence.

Invites from Coeliac UK to join the group are sent to the main membership contact for those with a young person aged 16 - 19 years connected to the membership, or to anyone that has their own membership from 16 years old.



Have you got your Young Champions card?

As a young member of Coeliac UK, you can have a card to keep with you to help make it easier when talking to others about coeliac disease and your gluten free diet. If you're 16 years or over then you can request your card at generalenquiries@coeliac.org.uk, or you can ask your parent/carer to get in touch.



Fancy some gluten free pizza?

Whether you're looking to host a party with a difference, planning a fundraising event, want to upskill your gluten free cooking or show others just how easy it is to make gluten free options then our new and improved Pizza Party pack is for you.

Suitable for all ages, we've pulled together our very best recipes to host your own Gluten Free Pizza Party with all the extras. With a range of different gluten free pizza base options to dough balls, garlic tear 'n' share and mozzarella sticks, there is something for everyone. We've also got all your sides and sweet options covered too.

You can go all out and use our invitation and menu board templates as well as even more fun designing your own chefs hats.

Check out our digital Gluten Free Pizza Party recipe book and more at: coeliac.org.uk/pizzaparty



Keep in touch

We'd love to hear from you about how you've enjoyed getting involved with any of these resources and any other feedback you'd like to share at youngchamps@coeliac.org.uk


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Amy's mission: supporting you

The community is your charity's greatest asset. From supporting each other in local areas to raising awareness and vital funds, the work you do is never underestimated.

Since joining Coeliac UK's fundraising team 18 months ago, Amy Baddams has been inspiring and supporting amazing charity champions to get out and about - challenging themselves to take on all sorts of fundraising feats.

We asked Amy to share how she helps cheer our community on every step of the way, what she enjoys most and what she's looking forward to this year.

"What I love most is connecting with our incredible community, hearing personal stories and the unique motivations behind their dedication to raising money for Coeliac UK. Whatever the reason for supporting Coeliac UK, I'm always blown away by the passion for our cause. That's what drives me to do all I can to support everyone in their efforts, however large or small.

I like to make sure I'm always at the end of the phone or an email away. It's important to me that fundraisers know and feel that they are being supported and cheered on the whole way through. This goes for everyone, be they taking on one of our challenge events, arranging a bake sale at school or someone who wants to fundraise for Coeliac UK but isn't sure where to begin - that's what I'm here for!

The best part of my role is travelling across the country with the Coeliac UK cheer squad - shouting our supporters' names at the top of our lungs and making as much noise as possible. We want every person to feel our energy



Amy Baddams, Coeliac UK Community Events and Fundraising Coordinator

and encouragement as they pass by. The look on their faces when they spot us is priceless, and at the London Marathon, we even earned a reputation on Tower Bridge for being the loudest cheer squad around!

I also love helping people who contact us looking for ideas and inspiration for how they can get involved in raising money. We've got a fabulous new fundraising pack full of fun and interesting ways to create your own fundraiser.

You can get your own here - **coeliac.org.uk/fundraising**
The children who fundraise at school are truly inspiring too. Sometimes they do it because their mum or dad is

running a marathon and they want to do their bit. Many children have coeliac disease themselves. So, as well as giving them the resources to help them run a fundraiser, we also have information, stickers and activity sheets to help their classmates, teachers or club leaders to understand more about living gluten free - which means children experience both the satisfaction of raising money for a cause close to their heart and their needs are better understood by those they spend time with away from home.

This year, one of the things I'm most excited for is spreading the word about our 64 Challenge. Created as part of Coeliac Awareness Month, the campaign acknowledges the 64% of people with coeliac disease that do not have a medical diagnosis. Using the theme of 64, get creative and find a fundraiser that you'll enjoy doing. Whether you choose to walk 64 miles, run 64k, leapfrog 64 times a day, or knit squares on a blanket, it's YOUR challenge and an amazing way to make a difference in the fight for everyone with coeliac disease. No matter what you choose, we'll be here to support you, every step of the way! Read more about the 64 Challenge and our Coeliac Awareness Campaign on pages 14 & 15.

I'd love for you to get involved, so please do not hesitate to contact me if you're looking for help and inspiration. And most importantly, a HUGE thank you for all our community and event fundraisers - I couldn't and wouldn't want to do this wonderful job without you!"

If you'd like to find out more about fundraising or take on a fundraising challenge, contact Amy at:
amy.baddams@coeliac.org.uk



Whether you are newly diagnosed or have been living gluten free for a long time, our team of expert dietitians have created a series of videos to guide you on some of the most talked about topics related to living with coeliac disease.

Videos available:

- > What care should I receive after my diagnosis?
- > How important are calcium and iron on a gluten free diet?
- > What is cross-contamination and how can I prevent it?
- > What happens if I accidentally eat gluten?

Visit coeliac.org.uk/dietitianvideos to find out more.

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★★★★★ **Best shop bought gluten free pizza**
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★★★★★ **Gluten free and lactose free!**
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