

LIVE WELL gluten free

COELIAC UK MEMBER MAGAZINE

Twixmas treats

Transforming festive leftovers into
budget friendly bites

BECKY EXCELL

shares her must try
festive recipes

**THE LATEST
RESEARCH
UNVEILED**

highlights from the
International Coeliac
Disease Symposium
in Sheffield



**FIGHTING
FOR YOU**

join us to help keep
people with coeliac
disease safe and well

*Discover 18 mouth watering recipes
from just 15p per person!*

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LIVE WELL gluten free

Welcome to your winter edition of Live Well Gluten Free magazine

This issue is bursting with inspirational recipes to brighten up your winter mealtimes. Dive into delightful Twixmas recipes that make the most of your festive leftovers, explore British cuisine with a twist, discover deliciously easy dinner ideas and get festive with Becky Excell. You'll also find an important update on our cost of living campaign and a practical guide to understanding medical research. Plus, don't miss the highlights from the recent International Coeliac Disease Symposium.

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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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coeliacuk
live well **gluten free**

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IN THE NEWS

News and updates on all things gluten free

Coeliac UK calls on the new Parliament to take action for change

This July marked the election of a new UK Government for the first time in 14 years, with more than half of the newly elected MPs being fresh faces in Parliament. This provides Coeliac UK with a fantastic, fresh opportunity to engage policy makers on the key issues facing the coeliac community.

During the campaign, we released a manifesto outlining our vision for what the new administration should achieve. This includes a call to improve diagnosis, increase support for research into coeliac disease, and expand access to affordable gluten free food. Moving forward, we will use this manifesto, along with our recent policy reports on the cost of living crisis

and diagnosis, as key tools in engaging with the newly elected MPs. Our goal is to build strong support for addressing the challenges faced by the coeliac community across the UK.

This will build on the progress we made during the previous Parliament, while also reinforcing our ongoing public affairs efforts across the devolved parliaments and administrations.

Read our manifesto here:
coeliac.org.uk/our-manifesto



New website launched to support gut health diagnosis

Earlier this year, a new website was launched to assist those seeking a diagnosis for gut related issues.

Finding the right diagnosis can be challenging, which is why this comprehensive online resource addresses the needs of all involved — from healthcare professionals to individuals experiencing gut problems and parents of children with symptoms.

Every day, people across the UK visit their GP to try and understand the cause of their gut problems. Whether it's coeliac disease, irritable bowel syndrome, Crohn's disease, colitis, or another condition, getting a diagnosis can feel complex and overwhelming. The "What's Up With My Gut" website is here to make that path clearer.

For those seeking a diagnosis and their families, the website offers step-by-step guides to help them navigate the process and feel empowered to understand what to expect from their GP.



WHAT'S UP WITH MY Gut?

The path to correct diagnosis for lower gastrointestinal (GI) conditions

This includes:

- When to see a GP
- How to make the most of GP appointments
- Conditions your GP may investigate
- Tests and investigations your GP may consider
- What to do once you receive your results

We are proud to have developed the "What's Up With My Gut" website in partnership with other gut-related charities, individuals diagnosed with gut problems, and leading healthcare organisations. Our partners include The British Society of Gastroenterology (BSG), The British Society of Paediatric Gastroenterology, Hepatology and Nutrition (BSPGHAN), The Association of Coloproctology of Great Britain and Ireland (ACPGBI), Crohn's & Colitis UK, Crohn's in Childhood Research Association (CICRA), Guts UK, and The IBS Network.



Visit the website to find out more www.whatsupwithmygut.org.uk



Take action to protect gluten free food on prescription for those with coeliac disease

We are committed to making gluten free food more affordable and accessible for everyone who depends on it. Gluten free staple substitutes play a crucial role in supporting people with coeliac disease to stay healthy, yet they are significantly more expensive and harder to find available on the shelves than gluten containing equivalents.

In March 2023, we launched a campaign to address the rising costs of gluten free staple substitutes which included our report *The Gluten Free Diet: What does it cost and why does it matter?* where we presented the findings of a research study comparing the prices of gluten free products and their gluten containing counterparts across major UK supermarkets. We shed light on the growing challenges faced by those with coeliac disease, especially in the context of the ongoing cost of living crisis.

In June 2024, we published a second report with updated data showing the continuing price disparity and availability challenge. This updated report also highlighted the findings from the Coeliac UK cost and availability supermarket survey which recorded over 1000 shopping trips from the community and captured their views and shopping behaviours.

Our 2024 report findings found that:



The weekly food shop suitable for a gluten free diet can be as much as **35%** more expensive

4 in every 100 people were actively eating gluten out of cost concerns and **nearly a third** were opting to eat products with may contain statements for cereals containing gluten, for the same reason **4%**

Almost **8 in 10** people struggled to afford gluten free products



The cheapest gluten free loaf remains more than **six times** as expensive as gluten containing equivalent



7 in 10 people said shopping gluten free 'adversely affects their quality of life'

For years, the NHS has been instrumental in supporting those with coeliac disease by providing access to gluten free food on prescription. However, recent changes in Integrated Care Board (ICB) policies and uncertainties surrounding government funding jeopardise this vital support system. Whilst this remains in place in Scotland, Wales and Northern Ireland, across England, some ICBs have taken the decision to withdraw much needed provision often based on faulty evidence and ignoring the views of the public on the impact of removal.

We cannot stand by while patients with coeliac disease are left without the support they need to stay healthy. It's time to hold the Government accountable for safeguarding the health and wellbeing of vulnerable members of our community.

Join us in calling on the UK Government to uphold its commitment to health equality and ensure that those with coeliac disease have access to the gluten free food they need to thrive.

Sign our petition to make it clear to the Government that protecting access to gluten free food on NHS prescription is invaluable for keeping people with coeliac disease safe and well. Together, we can make a difference! Sign the petition at coeliac.org.uk/availability





How to make informed decisions about medical research

Coeliac UK is dedicated to providing information and guidance based on the latest evidence from medical research. But what exactly is 'evidence'? How do we distill it from the vast amount of research published each year? And does research reported in the media always qualify as evidence? Sometimes, a dramatic headline isn't what it appears to be.

Evidence is more than just one research study, however strong the findings. Repeated studies of high quality are needed to establish the facts on which we base our advice. And when the results of a research study are released, and are reported on in the media, it's important to keep a few things in mind before accepting them.

- **Who completed the study and who paid for it?** Sometimes, there may be conflicting interests; for example, a study funded by a food manufacturer is different from one funded by an unbiased medical research charity or academic institution.
- **How many people took part?** Many research studies in coeliac disease involve a small number of people, making it harder to draw evidence from them.
- **How well was the study controlled?** Controls can mean looking at the effect of a treatment, say, in comparison to a placebo – a dummy treatment. This also includes how the diagnosis of coeliac disease was made, the duration of the study – the longer the better – and things like other illnesses,

differences in lifestyle, age and so on. A study that doesn't start with a level playing field is less reliable than one that is well controlled.

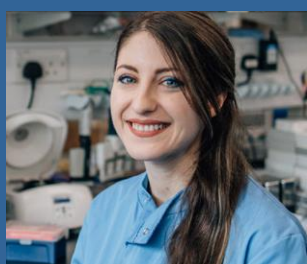
- **What's the risk?** News articles often say things like 'double the risk' or '50% increase', when the overall impact is low. For example, a risk to 1/1000 people changing to 2/1000 people is still a small risk, even though it's doubled.

We continually review research into coeliac disease and follow emerging evidence from studies that are unbiased and rigorous. This means our advice is always based on evidence, not just the latest news. We discuss new research and our position with our committee of expert advisors, including practicing gastroenterology consultants, dietitians and specialist nurses. Coeliac UK also fund focused research into the causes, treatment and socioeconomic implications of coeliac disease.

You can find out more about all of our current funded research projects here:
coeliac.org.uk/current-research



Amazing supporters raise an incredible £115,000 for research into rogue cells



Dr Lisa Ciacchi, Postdoctoral Scientist, University of Oxford. Lisa is part of the Immunology team, working to unlock the answers of rogue cells.

We're so grateful to every single one of our wonderful supporters who have generously donated to our rogue cells research appeal. Together with £90,000 matched-funding and a phenomenal 2,322 donations, a staggering 82% of the £250k target has been raised for this three-year research project, which could unlock vital answers to help take us closer to a cure for coeliac disease. Thank you!



Global experts unite for 20th International Coeliac Disease Symposium

This September, the International Society for the Study of Coeliac Disease (ISSCD) hosted its 20th biennial research conference in Sheffield City Hall. The International Coeliac Disease Symposium (ICDS) was a three day event bringing together clinicians and researchers from around the globe and across a range of disciplines, to share knowledge on all things related to coeliac disease. Here's a special roundup of all the key highlights and moments from the event.

The ICDS event is celebrated for its international reach, taking place in a different location every two years and this was the first time it has ever been held in the UK. Previous venues have included Sorrento, Paris and New Delhi, with the 2026 event set to take place in Melbourne.

Sheffield is home to the NHS England Rare Disease Collaborative Network, the national centre for non-responsive and refractory coeliac disease, plus one

of the UK's largest gastroenterology departments, boasting over 30 specialist consultants. This makes it the perfect city to host a symposium for international experts dedicated to coeliac disease research.

Under the leadership of Professor David Sanders, the local organising committee crafted a broad and engaging programme of expert talks. While the majority of the event focused on professional topics such as

diagnosis, treatments, linked conditions, and support, the Patient Forum session on Saturday, September 7, was open to the public and we encouraged our members to take advantage of the opportunity to attend.

The Forum featured a range of international expert talks including:

- Ludvig Sollid, Director of the KG Jebsen Coeliac Disease Research Centre, Norway with his talk titled *What have we learnt about coeliac disease and where should we go next?*
- Australian Associate Professor and Gastroenterologist, Dr Jason Tye-Din with his talk titled *Doctor can I eat oats?*
- Sheffield based Nigel Hoggard, Professor of Neuroradiology, with his talk *Beyond coeliac disease: Me, my headache & gluten*
- Dr Hugo Penny, Gastroenterologist and member of the NHS England Rare Disease Collaborative Network with his talk *"What does a treatment for coeliac disease mean to me?"* which featured amazing case studies including 7 year old Frankie and her mum Nicola, who shared their experiences living with Frankie's coeliac disease.



Jason Tye-Din



Given that the UK is unlikely to host this event again in our generation, the 2024 symposium presented a unique and invaluable opportunity for the UK's professional coeliac community too. To support this, Coeliac UK proudly sponsored 12 dietitians (pictured right) from across the country to attend the full event. This funding enabled these dedicated healthcare professionals to acquire crucial knowledge and insights, which they can now share with their colleagues to enhance patient care within their NHS trusts. Additionally, it offered them a rare chance to network with gastroenterologists from around the world.

Coeliac UK played an important role in supporting the symposium and highlighting the patient perspective throughout. Alongside a number of Coeliac UK funded researchers, our Head of Advocacy, Tristan Humphreys was amongst the speakers, delivering a presentation entitled 'What Patients Want' as part of the clinical forum, sharing learnings from our cost of living report and highlighting the challenges facing the UK coeliac community.

You can watch the highly engaging Patient Forum talks via our website now:

coeliac.org.uk/icds-patient-forum



Ludvig Sollid



Back row L-R: Justice Amegashie, Patricia Lima, Gemma Holloway, Kathryn Blount, Joy Whelan, Hannah Grant

Front row L-R: Roisin McToal, Daniela Aragon, Emily Vaudin, Catherine Murray, Karen Hodges, Tracy Cardigan

"The symposium packed in so many really informative talks with such a variety of topics covered, from clinical issues to associated conditions and more. The patient forum was particularly interesting, offering valuable insights into the everyday challenges faced by those with coeliac disease. I learnt so much and connected with old colleagues and new. Overall this was an amazing opportunity, and I wish to sincerely thank Coeliac UK for their support"

- Joy Whelan, Advanced Practice Gastroenterology Dietitian at Western Health and Social Care Trust, Londonderry, Northern Ireland

Gluten Free Food Market: A day to remember

In addition to the symposium, Coeliac UK proudly hosted a Gluten Free Food Market at the Steamworks in Sheffield on Saturday 7 September.



The market featured a diverse array of local and national gluten free food producers, offering attendees a chance to sample and purchase a variety of products. We were thrilled to have ambassador Becky Excell (pictured below, left) join us for several book signings, and Morgan Moore aka @howtocoeliac took over our social channels for the day. With over 1,300 attendees, it was

a truly memorable event, and we loved connecting with so many of our community. We're excited for more events like this in the future - stay tuned to our social media for announcements!



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Specially crafted with carefully selected ingredients, the range provides a tasty option for all those living to a gluten free diet. Approved by Coeliac UK and proudly displaying the Crossed Grain trademark, each cereal is fortified with vitamins and minerals, making it a tasty choice for breakfast.

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



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 getting diagnosed later in life to family member testing.



Q. It's my first time making Christmas pudding since I was diagnosed with coeliac disease. Is suet gluten free?

A. Suet is a hard, white animal fat used in Christmas puddings and dumplings. Shredded suet usually contains wheat flour so needs to be avoided. You can search our Food Information Service for a range of suet suitable for a gluten free diet. Alternatively, you can make your own shredded suet by putting lard or a vegetarian equivalent in the freezer until hard, remove and coarsely grate it and then sprinkle with gluten free flour. For more gluten free recipe inspiration, visit: coeliac.org.uk/recipes

Q. My daughter has just been diagnosed with coeliac disease and I'm worried I may have it too, as I've been experiencing gut symptoms for some time. Can I ask my GP to test me for coeliac disease?

A. Coeliac disease runs in families but not in a predictable way. One in ten close relatives of people with coeliac disease will have the condition but this means that there is a 90% chance that a family member will not be affected.

The National Institute of Health and Care Excellence (NICE) guideline on the recognition, assessment and management of coeliac disease recommends that first degree relatives



(parents, siblings or children) of individuals with coeliac disease are offered an antibody blood test for coeliac disease. It is important that gluten is not removed from the diet until all tests are complete or until recommended by a gastroenterologist. Speak to your GP about getting tested for coeliac disease. You can find out more about getting diagnosed and take our online self-assessment here: coeliac.org.uk/getting-diagnosed

Q. I've recently been diagnosed with coeliac disease aged 75 and it's come as a bit of a shock. Is it unusual to be diagnosed later in life?

A. Coeliac disease can develop and be diagnosed at any age. It may develop any time after weaning to later in life and any time between. It is most



frequently diagnosed in people aged 50–70 years old. Delayed diagnosis is common, in fact Coeliac UK research shows the average time it takes to be diagnosed is 13 years.

You can find out more about getting diagnosed, plus get help and support with your diagnosis here: coeliac.org.uk/once-diagnosed

Have you got a question for our dietitians?

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

Play today and you could **WIN £10,000!**



Becky Excell
Coeliac UK Ambassador

Hello there!

As you might know already, when you're gluten free, the best gifts don't always come wrapped and tied with a bow. Like many of us, my Christmas cheer was often overshadowed by a fear of being glutened. Yet, I must say that I genuinely feel like we've made positive strides in correcting common misrepresentations of gluten free food and coeliac disease in the public eye over the past year.

It's almost a year since I was on ITV's This Morning (politely!) setting things straight after lots of misinformation.

But as I'm sure you'll agree, there's still more that can be done to make the lives of gluten free people better. So, my hope is that by entering the Coeliac UK Christmas Raffle, we can all play a part in continuing to change things for the better – and of course, you get the chance to **win £10,000** to boot! It's an easy and fun way to support the charity in championing our collective voices now, and in the new year, and I hope you'll all join me in getting involved.

Thank you and good luck in the draw!

Becky x

Becky Excell
Coeliac UK Ambassador



"I wrote a Christmas book because I wanted to ensure that no gluten free person ever has a Christmas that was as stressful and deflating as my first."



EXTRA PRIZES FOR FAST ENTRY!

Enter by 6 December 2024 for a chance to win one of **10 signed copies of Becky Excell *Gluten Free Christmas!***

Plus, turn to page 18 of this magazine to find some of my must try festive recipes from the book!

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The draw will be held on 17 January. Over 18s and UK residents only.

For full T&Cs visit www.coeliac.org.uk/raffle.

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How the Crossed Grain trademark is expanding to more of your favourite food brands

Mizkan is a Japanese based brand with over 200 years of rich history, they began as a rice wine vinegar brewer and have since grown into one of the world's leading vinegar producers. Over time, they've expanded globally, broadening their product range beyond traditional Japanese offerings. In 2010, Mizkan acquired the iconic British brands Sarson's vinegar and Branston pickle, further strengthening their international presence and bringing new flavours to markets worldwide.

Mizkan obtained a Coeliac UK Crossed Grain trademark licence in 2021 for their rice wine vinegar and other Japanese inspired products and in 2023, following a rise in enquiries about the gluten free suitability of their Sarson's vinegar and Branston pickle, Mizkan's UK regulatory team reached out to us to explore the possibility of extending the Crossed Grain trademark to these beloved products as well.

Valuing the Crossed Grain trademark for its added customer reassurance, our collaboration with Mizkan in 2023 focused on supporting them through the process of meeting the stringent standards required by the Crossed Grain trademark scheme for their additional products.

While this might sound like a simple process, the journey to obtaining the Crossed Grain certification is rigorous with many steps involved to meet the high standards required.



Our first step was to collaborate closely with Mizkan to assess the two separate production sites involved: the Sarson's vinegar factory in Middleton, near Manchester (pictured opposite), and the Branston pickle factory in Bury St Edmunds, Suffolk (pictured left).

The Crossed Grain trademark



Coeliac UK's Crossed Grain trademark is a symbol you can trust and there are currently over 2,000 UK based products proudly displaying the trademark. The symbol means brands have exceeded stringent requirements, including meeting a dedicated gluten free standard in their production facilities, verified through independent third-party audits by accredited bodies. This ensures you can shop with confidence and find gluten free foods quickly and easily.

How can a product made from gluten containing grains be labelled gluten free?

Products made from gluten containing cereals (wheat, barley and rye) can only be labelled gluten free if the gluten content is no more than 20 ppm (parts per million). In the case of vinegar made from malted barley, during the fermentation process the gluten proteins in barley are hydrolysed which breaks the gluten protein into small pieces. Typically, this means that the amount of gluten left in the product is extremely low. However you will only know if the product is suitable for a gluten free diet if the manufacturer has made a gluten free claim on their packaging.

If vinegar is made from malted barley, 'barley' must be highlighted in the ingredients list. This helps consumers tell the difference between products made with ingredients that naturally do not contain gluten and those made from gluten containing grains, but processed so they may be labelled gluten free. Then the consumer can make a personal choice. Find out more here: coeliac.org.uk/barley



This required coordinated efforts between two technical managers from each location, along with Mizkan's UK regulatory manager.

Next, it was crucial to align our approach with the food industry's standards and auditing processes. Each factory operates under a specific 'scope' for food safety audits, which defines the products being produced and reviewed during assessments.

At the Middleton site, Mizkan needed to amend the existing gluten free audit scope to include products containing barley malt derivatives. Meanwhile, at the Bury St Edmunds site, no gluten free standards had previously been applied to the production of Branston products, so an entirely new process had to be established to meet our certification requirements.

The entire process spanned over 12 months and included verifying the raw materials in the supply chain, ensuring that no cross contamination occurs during production, and reviewing how complaints and recalls are handled to guarantee the safety of the gluten free customer at both factories.

Supporting Mizkan throughout the entire process, the Coeliac UK team also met with Mizkan's staff team at the two factories in June 2024, to mark World Food Safety Day and highlight the significant impact of their hard work in maintaining the gluten free status of their products and emphasising how their commitment will enhance the lives of those with coeliac disease.

After extensive efforts to expand the Crossed Grain trademark to additional products, Mizkan achieved a significant milestone this June with the expansion now including several products such as Branston pickle, Branston piccalilli, and Sarson's malt vinegar.

These newly certified products are now included in our digital Food Information service and will feature in the printed 2025 Food and Drink Guide, ensuring you, our community have visibility on even more gluten free products when out shopping.

For a full list of products that carry the Crossed Grain trademark, check out our Food Information Service via our website, app and printed Food and Drink Guide.

"Working with Coeliac UK to add a gluten free claim and the Crossed Grain trademark to our Sarson's vinegar and the Branston pickle products has been transformative for us and we are thrilled that the coeliac community will now be able to enjoy even more of our brands."



"We'd like to extend our thanks to Coeliac UK for their support throughout the process – their discussion with our employees during World Food Safety Day about the significance of gluten free foods for individuals with coeliac disease was invaluable. It not only raised internal awareness but also highlighted the crucial role of certifications like the Crossed Grain trademark."

Katy Holder, Head of Brand & Digital for Mizkan





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18

delicious gluten free dishes to inspire you



18
Becky Excell shares her
must try festive recipes



26
British classics
with a twist



22
Twixmas treats
on a budget



31
Delicious dinners
made easy



Becky Excell's ultimate Christmas classics

This Christmas, bring a touch of magic to your dining table with these irresistible recipes from Becky Excell. From a sweet and savoury festive ham to indulgent desserts like Baked Alaska and a White chocolate gingerbread cheesecake, these dishes are sure to make your festive meals unforgettable.

Hosting a gluten free Christmas this year or are your friends and family hosting you?



Discover Becky's top tips for a stress-free gluten free Christmas. Scan the QR code now!



Photography: Hannah Hughes

Mark's sticky cola ham

"My boyfriend Mark made this once for Christmas many years ago and it went down so well with family that he now has no other choice but to make it each year! With a sweet and sticky five spice miso glaze, coating the juicy, tenderised ham (thanks to the cola), don't be surprised if it becomes a new Christmas tradition in your house too."

Preparation time: 15 minutes

Cooking time: 180 minutes

Makes: 10 servings

For the ham

- 1 smoked or unsmoked boneless gammon joint (1.8–2.2kg in weight)
- 1.75 litres cola*
- 2 large carrots, chopped into 2cm chunks
- 1 small leek or onion, roughly chopped
- 1 cinnamon stick
- 2 dried bay leaves
- 4 tbsp gluten free soy sauce*
- 500–750ml gluten free ham stock*

For the glaze

- 100ml maple syrup or honey
- 50ml black treacle
- 1 tbsp sesame oil
- 1 tsp gluten free red miso paste*
- 2 tbsp Chinese five spice powder
- 3 tbsp rice wine vinegar

Method

- 1 Place the gammon in a large flameproof, ovenproof pot that has a lid, then add the cola. Add the carrots, leek or onion, cinnamon stick, bay leaves, soy sauce and enough stock to almost cover the gammon joint completely – this will vary depending on how wide your pot is
- 2 Pop the lid on, place over a medium heat and bring to the boil, then reduce the heat down to low and simmer for 2 hours
- 3 Preheat the oven to 160°C fan/180°C /Gas Mark 4 and mix all the ingredients for the glaze in a jug
- 4 Drain and discard the liquid and boiled vegetables. Place the gammon in a foil-lined roasting tray. Use a sharp knife to carefully slice off and discard the top layer of skin and a little of the fat, leaving only a thin layer of fat. Score the fat with a sharp knife, creating a criss cross pattern on the top
- 5 Spoon or brush a third of the glaze onto the ham, ensuring generous, even coverage. Place in the oven for 20 minutes, then remove and spoon/brush on another third of the glaze, before returning to the oven for another 20 minutes. Remove and spoon/brush on the remaining glaze and return to the oven for a final 15 minutes
- 6 Allow to rest for 10–15 minutes before slicing.

TIPS:

- Some cheaper brands of cola actually aren't gluten free because they contain barley, so make sure you check the ingredients of yours before using this recipe.
- Once cooled, you can slice and freeze the ham in an airtight container for up to 3 months.

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

Brie and cranberry nut roast

"If your opinion of nut roasts is that they're dry and tasteless, then this recipe is here to change your mind. Not only is it wonderfully crisp on the outside yet crunchy and moist (like a nutty, roasted vegetable stuffing) in the middle, but the flavour is indisputable. This is a nut roast for veggies and meat eaters alike!"

Preparation time: 60 minutes

Cooking time: 55 minutes

Makes: 6-8 servings

- 75g dried cranberries
- 50g gluten free bread*
- 150g mixture of shelled pistachios and pecans
- 2 tbsp dried sage or 5-6 fresh sage leaves, finely chopped
- 2 tbsp butter
- 1 medium leek, finely chopped
- 200g mushrooms, finely chopped
- 1 tbsp smoked paprika
- 125g gluten free dried red lentils
- 375ml gluten free vegetable stock*
- 100g Brie, chopped into chunks, plus an extra 40g, sliced to serve
- 2 large eggs
- Salt and ground black pepper
- 2 tbsp cranberry sauce, to serve

For the roasted vegetables

- 2 tbsp garlic infused oil
- 350g peeled butternut squash, cut into 2cm cubes
- 1 red pepper, deseeded and cut into 3cm chunks

Method

- 1 Preheat the oven to 180°C fan/ 200°C/Gas Mark 6
- 2 Line a 900g (2lb) loaf tin with non stick baking parchment
- 3 Add the cranberries, bread, pistachios, pecans and sage to the mixer. Blitz briefly until everything is broken up - take care not to over-process them into a fine powder and set aside for later. Alternatively, prepare by hand by simply using a large sharp knife to chop everything up as finely as possible and then set aside
- 4 Generously grease a large baking tray with the garlic infused oil
- 5 Add the squash and red pepper to the tray and mix around until everything is well coated. Roast in the oven for 25-30 minutes or until slightly blackened at the edges. Season with a pinch of salt and pepper
- 6 Melt the butter in a large saucepan over a medium heat, then add the leek and mushrooms, frying for 5 minutes or until the mushrooms start to soften. Add the smoked paprika and fry for 2-3 more minutes. Add the lentils and stock and bring to the boil. Simmer for 10 minutes or until all of the liquid has been absorbed and the lentils have expanded. Remove from the heat
- 7 Add the blitzed/chopped cranberry mixture to the pan, followed by the chopped Brie. Stir well until everything is evenly dispersed, then crack in both eggs and stir until combined. Season with a pinch of salt and pepper
- 8 Lastly, stir in the roasted vegetables, transfer the mixture to the prepared loaf tin and compact down well with a silicone spatula. Tightly cover with foil and roast in the oven for 35 minutes, then remove the foil and roast for another 20 minutes or until the top is golden brown
- 9 Allow to rest for 10 minutes before turning out onto a serving plate and removing the baking parchment. Serve topped with cranberry sauce and slices of Brie.

TIP:

Once cooled, you can freeze the roast in an airtight container (although don't top with cheese and cranberry sauce until serving) for up to 1 month.

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



Neapolitan baked Alaska

"If a showstopping dessert is on your festive checklist this Christmas, then look no further. With those iconic neapolitan ice cream layers surrounded by a fluffy meringue with a crisp, lightly scorched exterior, this is a Christmas dessert to remember. I'd highly advise getting a digital food thermometer when making the meringue, otherwise it's very hard to know when the sugar syrup is ready."

Preparation time: 60 minutes

Chilling time: 120 minutes

Makes: 8 servings

For the filling

- 2 litre tub of neapolitan ice cream

For the sponge base

- 110g butter, softened
- 110g caster sugar
- 2 eggs
- ½ tsp vanilla extract
- 85g gluten free self raising flour*
- ¼ tsp xanthan gum
- 25g cocoa powder (or swap the same weight for extra flour if you prefer a vanilla sponge)

For the Italian meringue

- 100g egg whites (about 3–4 whites)
- 200g caster sugar
- 45ml water
- ¼ tsp cream of tartar

Method

- 1 Remove the ice cream from the freezer so it softens a little. Prepare a small glass mixing bowl (use a bowl somewhere between 18–20cm or 7–8 inches in diameter) by placing 2–3 layers of cling film into the bowl with some overhang so the ice cream can be lifted out easily later
- 2 Scoop the vanilla ice cream into the base of the bowl and compact it down to create a flat layer—it should be soft enough that you can smooth it over to level it. Pop this (and the ice cream tub) into the freezer briefly to firm up. Remove the ice cream tub from the freezer again so it softens a little, then layer the strawberry ice cream on top of the vanilla in a flat, compacted layer. Finally, do the same with the chocolate ice cream. Place in the freezer to completely firm up for at least a couple of hours

- 3 For the sponge, preheat the oven to 160°C fan/180°C/Gas Mark 4. Grease a 20cm (8in) round cake tin and line with non stick baking parchment

- 4 In a large mixing bowl, cream together the butter and sugar until light and fluffy - I prefer to use an electric hand whisk for this. Add the eggs, vanilla extract, flour, xanthan gum and cocoa powder (if using). Mix together until combined

- 5 Spoon the mixture into the prepared tin and bake for 25–30 minutes until risen and cooked through. Remove from the oven and leave the sponge in its tin for about 5 minutes before turning it out onto a wire rack to cool completely. If the sponge isn't a similar diameter to the bowl that the ice cream is currently in, you can trim it down to be the same size, using a sharp knife (this is optional as the discrepancy in size can be masked when coated with meringue)

- 6 I use a stand mixer to make the Italian meringue, but an electric hand whisk will do the job just fine too. If making by hand, ensure you mix for longer, until everything is well combined and consistent. Place the egg whites in the bowl of a stand mixer with a whisk attachment in place, ready for later
- 7 Add the sugar and water to a medium pan and mix until combined and gloopy; try to avoid getting any sugar up the sides of the pan. Place over a medium heat and work quickly from this point onwards. Add the cream of tartar to the egg whites in the stand mixer bowl and whisk on a medium speed until soft peaks form

- 8 Once the sugar mixture reaches 118°C (you can check this using a digital food thermometer), remove it from the heat and carefully drizzle the sugar syrup into the stand mixer bowl while the mixer is still running. Try not to get the sugar syrup on the sides of the bowl as it will instantly harden and crystallize.

Once all the syrup is combined, continue to whisk until the meringue is stiff, glossy and cooled

- 9 Just before serving, place the sponge base on a serving plate (or a large baking tray lined with non stick baking parchment, if you don't have a kitchen blowtorch). Remove the prepared ice cream from the freezer, turn out onto the centre of the sponge and peel off the cling film. Spoon on the Italian meringue until all the ice cream and sponge is covered, creating an igloo shape
- 10 Ideally, use a kitchen blowtorch to brown the meringue. If you don't have one, simply pop the Baked Alaska into a preheated oven at 220°C fan/ 240°C/ Gas Mark 7 for a few minutes until lightly browned. As this contains ice cream, it must be served immediately, as the ice cream will completely melt when left out at room temperature. If you have space in your freezer, it can be stored in the freezer until ready to serve.

TIPS:

- Instead of creating three layers of ice cream, you could simplify things and just use one flavour, which would remove the need to keep refreezing the layers in the bowl.
- To clean the saucepan, you made your sugar syrup in, simply fill with boiling water. Add in any utensils used too. Bring it to a simmer for 5–10 minutes and all the sugar will magically dissolve into the water. Note if you use cold water to clean your pan, the sugar syrup will harden and be near impossible to remove!
- Once you've blow torched or baked your Alaska, you can freeze this in an airtight container for up to 3 months. If you can't find an airtight container that will fit, simply slice and freeze in individual freezer bags.

White chocolate and gingerbread cheesecake

"This no-bake wonder is the perfect festive dessert to make ahead of time as it can simply chill in the fridge right up until dessert rolls around - simply add the decorations shortly before serving. With a base of warming, buttery ginger biscuits topped with a creamy ginger and white chocolate filling, all that's left to do is decorate with gingerbread men and slice."

Preparation time: 30 minutes

Chilling time: 5 hours

Makes: 8 servings

For the base

- 320g gluten free ginger biscuits*
- 150g butter, melted

For the filling

- 500g mascarpone
- 100g icing sugar
- 1 tbsp ground ginger
- 300ml double cream
- 250g white chocolate*, melted and just cooled

To decorate

- 100ml double cream
- 1 tbsp icing sugar
- 50g white chocolate, grated
- 8 mini gluten free gingerbread men*
- 50g gluten free ginger biscuits, crushed*

Method

- 1 Start by preparing the base. Using a food processor, blitz the biscuits until they reach a crumb-like texture – take care not to over-process them into a fine powder. Alternatively, pop the biscuits into a zip-lock bag and bash them with a rolling pin. Add to a large bowl and pour in the melted butter, then mix well
- 2 Spoon the mixture into a round 20cm (8in) loose bottomed or springform cake tin/pan. Compact it into the base in an even layer, then chill in the fridge while you make the filling
- 3 I use a stand mixer to make the filling, but you can easily do this using an electric hand whisk. Doing it by hand is achievable, but in that case, it's vital that you whisk long enough - as you're far more likely to undermix by hand
- 4 Place the mascarpone, icing sugar and ground ginger into the bowl of the stand mixer. Mix on a low to medium speed for 10–20 seconds, then add the cream. On a medium speed, mix for 2 more minutes or until it begins to firm up.

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



Pour in the melted white chocolate and briefly mix until combined. Do not overmix, as the mixture can split. It should end up as a nice, thick, spoon-able consistency, not a pourable one

- 5 Spread the filling evenly on top of the chilled biscuit base and place into the fridge to chill for at least 5 hours, but ideally overnight
- 6 When ready to serve, whip the cream and icing sugar together in a large mixing bowl until stiff – an electric mixer is best here. Transfer to a piping bag with an open star nozzle
- 7 Carefully remove the cheesecake from the tin and transfer to a serving plate. Pipe 8 blobs of whipped cream all around the edge of the cheesecake. Sprinkle over the grated white chocolate and top each blob of cream with a mini gingerbread man. Sprinkle the remaining crushed ginger biscuits in the middle of the cheesecake and serve.

TIP:

Once chilled and set (but before piping on fresh cream), slice or leave whole, then freeze in an airtight container for up to 3 months.



Searching for the ideal gift this festive season? *Gluten Free Christmas* by Becky Excell is the perfect present for anyone looking for easy gluten free recipes this Christmas. You can find it, along with her other bestselling titles, in our shop now: coeliac.org.uk/shop



Twixmas treats

on a budget



Cost per
serving from
£1.97

Twixmas is the cosy period between Christmas and New Year – a great time to transform what's left in your fridge into budget friendly meals for the whole family. From savoury mains to indulgent desserts, we show you how to turn your festive leftovers into your new favourite dishes.

Turkey and broccoli leftover pie with stuffing crust

This turkey and broccoli leftover pie is the ultimate comfort food to make the most of your roast dinner leftovers. Your leftover turkey pairs beautifully with broccoli and any extra vegetables you have on hand, all baked under a crispy, golden stuffing crust. Perfect for saving money without sacrificing flavour!

TIP:

If you want to make your own gluten free gravy and stuffing, we've got some easy to follow recipes at coeliac.org.uk/recipes

Preparation time: 20 minutes

Cooking time: 60 minutes

Makes: 4 servings

- 400g gluten free shortcrust pastry*
- 200ml homemade or prepared gluten free gravy of your choice*
- 300g leftover cooked turkey
- 200g cooked broccoli
- 200g homemade or prepared gluten free stuffing*
- ½ red onion, sliced
- 1 sausage*, skinned

Method

- 1 Cut the pastry into 4x100g pieces. Place each piece in a large greased muffin tin, and using your hand push the pastry up the sides so that you have a thick lined pastry case
- 2 Mix the gravy with the turkey and vegetables and divide it evenly between the prepared cases
- 3 Mix the stuffing, with the onion and sausage meat so it is all combined
- 4 Divide into 4 then place on top of the turkey and vegetables
- 5 Bake in the preheated oven 180°C/350°F/ Gas Mark 4. Cook the pie for 30-35 minutes until the pastry is golden and the filling is piping hot.

Nutritional Information (per serving): Calories (kcal) 569.9 Protein (g) 24.3 Carbohydrate (g) 57.5 Fat (g) 30.4 Fibre (g) 5.2 Sugar (g) 4.6

Cheese bread sharing wreath

This is a great gluten free showstopper and a perfect way to use up your festive cheese! We have made it in a Bundt tin and filled the centre with a small camembert. If you'd prefer to make the bread without the Camembert, you can make this recipe in a 2lb loaf tin or make mini ones in a muffin tin - just reduce the cooking time for the smaller ones.

Preparation time: 10 minutes

Cooking time: 60 minutes

Makes: 10 servings

- 350mls warm water
- 1 tsp sugar
- 7g sachet of dried yeast*
- 1 tsp cider vinegar
- 4 tsp vegetable oil
- 2 medium eggs
- 450g gluten free bread flour*
- 1 tbsp chopped rosemary
- 200g Cheddar cheese grated (reserving 50g for the 2nd bake)
- 50g parmesan
- 50g sweet drop red peppers
- 50g butter
- 1 tsp fresh parsley
- 2 cloves of garlic
- 1 small Camembert
- 6 sliced cooked streaky bacon
- 4 sprigs of rosemary to garnish

Method

- 1 Pre-heat the oven to 200°C/400°F/Gas Mark 6
- 2 Place the warm water, sugar, and yeast into a bowl and leave for 10 minutes so the yeast can start to work
- 3 Mix the cider vinegar, vegetable oil, and egg, and reserve
- 4 In another bowl, place the gluten free bread flour, adding the water, yeast mix and egg, and mix for 5 minutes at medium speed
- 5 Add the cheeses, half of the sweet drop red peppers, and herbs and mix for a further minute to combine
- 6 Place into a greased Bundt tin and leave for 40 minutes to prove or until it doubles in size
- 7 Then place into the oven and bake for 40-45 minutes, so a knife inserted comes out clean
- 8 Leave to cool, placing on a sheet of foil, then score the bread diagonally one way and repeat in the opposite direction but do not cut through the bread. Place the small Camembert in the middle
- 9 Combine the butter, garlic, and parsley
- 10 Brush this mixture over and into the cuts of the bread. Place the cooked bacon between the cuts, followed by the reserved grated cheese, and sweet drop red peppers
- 11 Bake for 10-15 minutes, until lightly golden and the cheese has melted.

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



Cost per
serving from
£1.07



Nutritional information (per serving)

Calories (kcal) 437.8 Protein (g) 18 Carbohydrate (g) 37.3 Fat (g) 24.1
Fibre (g) 0.6 Sugar (g) 0.6

Bubble and squeak

This delicious veggie breakfast is an excellent way to use up any leftover mash and vegetables. Whether served as a centerpiece for the table or individually plated, it's a hearty and flavourful addition to any breakfast spread.

Preparation time: 5 minutes

Cooking time: 10 minutes

Serves: 4

- 2 tbsp oil
- 15g butter
- 300g cooked potatoes, mashed
- 100g cooked cabbage (a mix of green cabbage and savoy works well)
- 100g cooked carrots, diced
- 100g cooked Brussels sprouts, halved (optional)
- 4 large eggs

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

Method

- 1 In a large frying pan, heat the oil and butter over medium heat
- 2 Add the mashed potatoes and vegetables to the pan and season with salt and pepper
- 3 Fry for 10 minutes, stirring often so you get crispy bits throughout
- 4 Once cooked through and piping hot, remove from the heat while you fry the eggs
- 5 In a small frying pan, fry the eggs and then serve sunny side up on top of the bubble and squeak.

Nutritional information (per serving):

Calories (kcal) 243.4 Protein (g) 9.6 Carbohydrate (g) 15.6 Fat (g) 16.3

Fibre (g) 2.7 Sugar (g) 3.2



Cost per
serving from
68p

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

Christmas trifle with Cointreau, orange and cranberry

Give your Christmas leftovers a festive makeover with this delicious trifle, featuring layers of orange, cranberry, and a splash of Cointreau.

Bursting with flavour, this trifle is a sweet and indulgent treat to share with family and friends, making the most of any leftover panettone or sponge cake after Christmas day.



Preparation time: 1 hour, plus setting time

Cooking time: 20 minutes

Serves: 10

- 6 oranges
- 50g fresh or dried cranberries
- 1 packet orange jelly
- 150ml Cointreau
- 600ml double cream
- 200g leftover gluten free panettone or gluten free sponge*

For the custard:

- 50g caster sugar
- 50g cornflour
- 1 tsp vanilla extract
- 2 large eggs, plus 1 egg yolk
- 300ml milk
- 300ml whipping cream



Method

- 1 Peel and slice four of the oranges. Arrange half of the slices at the bottom of the dish, and sprinkle with half of the cranberries
- 2 Prepare the orange jelly using 50ml of Cointreau to replace 50ml of the water needed. Pour $\frac{3}{4}$ of the jelly into the bottom dish to set to the oranges. Place the remaining jelly into a separate bowl to set so it can be used later
- 3 To make the custard, combine the caster sugar, cornflour and vanilla extract in a mixing bowl. Add the eggs and egg yolk to the mixture and whisk until smooth
- 4 In a saucepan, heat the milk and whipping cream gently until hot, but do not let it boil. Gradually pour the hot milk mixture over the egg mixture, whisking constantly to blend. Pour the mixture back into the saucepan and heat gently, stirring constantly until the custard thickens. Once thickened, pour the custard into a jug, cover with cling film to prevent a skin from forming, and set aside to cool
- 5 Once the jelly has set, arrange some of the reserved orange slices around the edge of the bowl. Pour half the cooled custard over the jelly layer in the trifle bowl which will hold the orange slice in place
- 6 Cut up the leftover gluten free panettone or gluten free sponge into bite-sized pieces. Toss in the remaining Cointreau then layer on the custard. Chop the reserved set jelly and any orange slices that are left. Top with the remaining custard
- 7 Lightly whip the double cream to soft peaks, then spoon or pipe the whipped cream over the custard layer, creating a topping
- 8 Segment the remaining 2 oranges and add the segments on top with the remaining cranberries. Chill the trifle in the refrigerator until ready to serve.

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

Nutritional information (per serving) Calories (kcal) 861.8 Protein (g) 9.1 Carbohydrate (g) 65.8 Fat (g) 59.8 Fibre (g) 5.7 Sugars (g) 52.3

British classics with a *twist*

Cost per
serving from
43p

Rediscover your favourite British dishes with an exciting new twist. We've selected a number of iconic recipes from every corner of the UK and given them a modern makeover. Get ready to enjoy these classics in a whole new way!

Apple and almond crumble

Treat yourself to a new twist on the beloved British apple crumble with this recipe that adds almonds for extra crunch and a subtle nutty flavour. Packed with calcium and iron, this dessert brings a healthy twist to a classic favourite.

TIP:

You can replace the gluten free oatmeal with 40g of gluten free flour if preferred.

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

Preparation time: 25 minutes

Cooking time: 40 minutes

Makes: 8 servings

For the filling

- 3 Bramley apples
- 50g caster sugar
- 5 tbsp water

For the topping

- 150g gluten free plain white flour*
- 50g ground almonds
- 40g gluten free oatmeal*
- 50g demerara sugar
- ½ tsp ground ginger
- 100g butter
- 30g flaked almonds

Method

- 1 Preheat oven to 180C/350F/Gas Mark 4
- 2 Peel and slice the apples and arrange in an oven proof dish. Sprinkle over the caster sugar and add the water
- 3 In a separate bowl, mix together flour, ground almonds, oatmeal, demerara sugar and ground ginger
- 4 Melt the butter in a pan or in the microwave
- 5 Pour butter into the dry ingredients and use a fork to mix. It should be a crumbly texture that doesn't stick together
- 6 Sprinkle the crumble topping over the fruit mix and level out. Sprinkle the almond flakes on top
- 7 Bake in the oven for 40 mins, or until top is golden in colour.

Nutritional Information (per serving):

Calories (kcal) 319.5 Protein (g) 6.5 Carbohydrate (g) 36.9 Fat (g) 16.4 Fibre (g) 2.4 Sugar (g) 20.7

Scotch eggs

We have swapped the sausage meat and flour for gluten free alternatives and for the twist used grated potato for the coating. The recipe serves 4, so feel free to scale it up or down to make as many as you wish.

Preparation time: 30 minutes

Cooking time: 20 minutes

Makes: 4 servings

- 5 eggs
- 250g gluten free sausage meat or 4 gluten free sausages*
- 50g cornflour, for dusting
- 1 large potato, cooked and grated
- Salt and pepper
- Vegetable oil for frying

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

Method

- 1 Put 4 eggs into a pan of cold water and bring to the boil. Boil for 3 to 3½ minutes for a soft centred egg, or 6-7 minutes for a hard centre, then transfer to a bowl of cold water. Once cooled, carefully peel the eggs
- 2 Divide the sausage meat into 4 balls, or skin your sausages, leaving them separate
- 3 Using 3 plates, add the gluten free flour to one, add the grated potato, salt and pepper onto a second plate and add the beaten egg onto a third plate and set aside
- 4 To make the scotch eggs, flatten the sausage-meat into an oval-shaped patty. Gently shape the meat evenly around the egg, moulding it with your hands
- 5 Roll the meat-wrapped egg in the flour, shake off any excess, then dip into the beaten egg, followed by the potato. Repeat until all four are prepared
- 6 Heat the oil in a deep pan or deep fat fryer to 180°C. Carefully lower the eggs into the pan and cook for about 8 minutes or until the sausage meat is cooked, turning them every so often, until golden. Remove with a slotted spoon and drain on kitchen paper.

Nutritional information (per serving)

Calories (kcal) 414.8 Protein (g) 22.6 Carbohydrate (g) 16.8 Fat (g) 28.3

Fibre (g) 0.2 Sugar (g) 0.8





Tattie scones

'Tattie' is another word for potato, commonly used across Scotland, where tattie scones originated. This is a great way to use any leftover potatoes but if you don't have any on hand, you'll need 650g potatoes to make the mash. We've paired our tattie scones with scrambled eggs, mushrooms, and tomatoes for a delicious vegetarian breakfast.

Preparation time: 10 minutes

Cooking time: 15 minutes

Makes: 8

- 600g leftover mash
- 2 tbsp milk
- 15g butter
- 175g gluten free plain flour*
- Salt and pepper to taste
- 4 tbsp oil

Nutritional information (per serving)

Calories (kcal) 238 Protein (g) 3.9 Carbohydrate (g) 28.8

Fat (g) 12.4 Fibre (g) 1.6 Sugars (g) 0.9

Method

- 1 Warm the milk and butter in the pan over a low heat, then add the potatoes to the pan and mash them. Stir to combine, then leave to cool
- 2 Stir the gluten free flour into the mash mixture, with a pinch of salt and pepper
- 3 Divide the mash into two, then roll each into a disk about ¾cm thick. Cut each disk into 8 equal wedges by halving it three times
- 4 Heat the oil in a large frying pan over a medium heat and fry the wedges for 3 minutes on each side until golden and cooked through. We would recommend you cook them in batches by making four at a time. Keep the cooked ones warm in the oven while the rest are cooking.

Fifteens

This classic Northern Irish fridge cake is an easy and fun no bake sweet treat, that will keep in the fridge for up to a week. The recipe's name derives from the fact that a batch is typically made with 15 digestive biscuits, 15 marshmallows and 15 glacé cherries, which are combined with condensed milk and desiccated coconut. The twist? We've made them gluten free!

Preparation time: 10 minutes, plus setting time

Makes: 15 servings

- 15 gluten free digestive biscuits*
- 15 marshmallows
- 15 glacé cherries, cut in half
- 175ml condensed milk
- 75g desiccated coconut, to coat

Method

- 1 Crush the gluten free digestive biscuits in a food processor or in a plastic bag with a rolling pin, then put them in a large mixing bowl
- 2 Cut each marshmallow into 4 pieces and add to the bowl with the cherries and the condensed milk. Mix until the ingredients are well combined and you have a sticky mixture. If it's too dry, add a bit more condensed milk until it comes together
- 3 Sprinkle the coconut over a large piece of cling film. Tip the biscuit mix onto the coconut and shape into a long sausage, about 30x5cm
- 4 Wrap the cling film tightly around, twisting the ends together. Leave in the fridge to chill for 4-6 hrs, then cut into 15 slices and serve.

Nutritional information (per serving)

Calories (kcal) 175.6 Protein (g) 2.4
Carbohydrate (g) 25.3 Fat (g) 7.2
Fibre (g) 1.3 Sugars (g) 17.1

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

Cost per
serving from
43p

Cherry and almond Welsh cakes

Welsh cakes are a traditional sweet bread, also known as griddle cakes or bakestones. Delicious served hot or cold, and sprinkled with caster sugar – they are perfect as a teatime treat and are great for making with children.

We've swapped the sultanas for cherries and almonds.

Preparation time: 10 minutes

Cooking time: 15 minutes

Makes: 12

- 85g caster sugar, plus extra for sprinkling if needed
- 180g gluten plain flour*
- 45g ground almonds
- ½ tsp xanthan gum
- ½ tsp mixed spice
- ½ tsp baking powder*
- Pinch of salt
- 50g butter, cut into small pieces
- 100g lard, cut into small pieces
- 75g glacé cherries, chopped
- 1 egg, beaten

TIP:

If the cakes don't get eaten all at once, they'll stay fresh for a week if kept in an airtight container.

Method

- 1 Place the caster sugar, gluten free plain flour, ground almonds, mixed spice, baking powder and a pinch of salt into a bowl. Then, with your fingers, rub in the butter and 50g of the lard until crumbly. Mix in the glacé cherries
- 2 Work the egg into the mixture until you have soft dough.
- 3 Roll out the dough on a lightly floured work surface to ¼cm thick. Cut out rounds using a 6cm cutter, re-rolling any trimmings
- 4 Grease a heavy frying pan with some of the remaining lard, and place over a medium heat. Cook the Welsh cakes in batches, for about 3½ minutes each side, until golden, crisp, and cooked through.

Nutritional information (per serving)

Calories (kcal) 509.8 Protein (g) 3.3

Carbohydrate (g) 23.3 Fat (g) 44.9

Fibre (g) 0.8 Sugars (g) 11.7

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



Cost per
serving from

22p



Delicious dinners made easy

Some of the team from Coeliac UK, also known as the Coeliac UK Foodies, are back with their favourite easy dinner recipes. Whether you're juggling a busy schedule or just looking for simple, delicious and nutritious meals, these recipes will make dinner a breeze.



Chris' vegetable and bean lasagne

"This gluten free lasagne is a hearty, fibre-packed option that's great for an easy and comforting weeknight dinner. I've swapped out the usual pasta sheets for thin slices of butternut squash and used gluten free flour in the white sauce. You can throw in whatever veggies you have on hand for the filling, or even mix in different beans like cannellini or chickpeas."



Chris, Director of Commercial Services

Preparation time: 20 minutes

Cooking time: 40 minutes

Makes: 6 servings

For the filling:

- 3 tbsp olive oil
- 1 onion, chopped
- 1 small aubergine, chopped into 1cm cubes
- 2 medium courgettes, chopped into 1cm cubes
- 2 cloves garlic, crushed
- 1 small yellow pepper, de-seeded and cut into 1cm squares
- 100g fresh spinach
- 1 tin of black eye beans, drained
- 2 tins chopped tomatoes
- 1 tbsp cornflour, mixed with 1 tbsp cold water
- 2 tbsp fresh basil leaves, torn
- 1 butternut squash, peeled deseeded and sliced

For the sauce:

- 35g gluten free plain flour*
- 40g butter
- 500ml milk
- 50g grated hard Italian cheese
- 75g mozzarella
- Salt and pepper

Method

- 1 Pre heat the oven to 180°C/ 350°F/ Gas Mark 4
- 2 Heat the oil in a large saucepan
- 3 Add the onions, aubergine, courgettes, garlic, and pepper, and continue to cook for 4 minutes. Then add the spinach, drained beans, tinned tomatoes, and cornflour and simmer for 10 more minutes. Season with salt and pepper
- 4 Meanwhile, make the cheese sauce by placing the butter and gluten free flour over a medium heat in a pan so the butter melts and combines with the flour
- 5 Add the milk and whisk together to bring the milk up to a boil and to allow the sauce to thicken. Now add half the cheese
- 6 To build the lasagne place $\frac{1}{3}$ of the vegetables and bean sauce into an oven proof dish. Top with a layer of the thinly sliced butternut squash. Then repeat until all the vegetable and bean filling and butternut squash is used up
- 7 Top with the cheese sauce. Add the reserved cheese to the top, and bake for 35-40 minutes or until the top is crispy and golden
- 8 Serve with salad.

Nutritional information (per serving)

Calories (kcal) 384.6 Protein (g) 17.3
Carbohydrate (g) 34 Fat (g) 20.1 Fibre (g) 6.2
Sugars (g) 17.6



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



Fiona's gluten free gnocchi

"This is such a simple dish to make at home, and it's great for busy weeknights. You can easily batch cook the gnocchi and mix it with a variety of sauces and toppings to suit your taste. I've chosen to pair it with a lamb ragù (see serving suggestion) which is full of flavour. Plus, it freezes well, so you always have a delicious meal to hand that can be ready in no time."



Fiona, Evidence & Policy Advisor

Preparation time: 25 minutes

Cooking time: 15-20 minutes

Makes: 4 servings

- 600g floury potatoes, peeled cut into 1inch chunks
- 2 eggs, beaten
- 200g plain gluten flour* (you might not need to use it all)

Nutritional Information (per serving):

Calories (kcal) 319.5

Protein (g) 6.5

Carbohydrate (g) 36.9

Fat (g) 16.4

Fibre (g) 2.4

Sugar (g) 20.7

Method

- 1 Steam the potatoes for 10-15 minutes until soft
- 2 Place the steamed potatoes in a bowl, and pass through a potato ricer or masher, so it's lump-free. Leave to cool for a few minutes
- 3 Then, make a well in the middle of the potatoes, add the eggs and sprinkle over half of the gluten free flour. Start to blend everything with a spoon, adding more gluten free flour if needed. You are looking for a soft dough that holds together and doesn't feel sticky so it can be easily shaped
- 4 Divide the dough into three equal pieces. Roll a piece at a time into long, 2cm thick cylinders. Using the flour to lightly coat the surface
- 5 Keep the surface well-floured as you don't want the gnocchi to stick. Sprinkle some more flour onto two large baking sheets. With a sharp knife, slice the strip crosswise every 1cm
- 6 Arrange the gnocchi in a single layer on the baking sheets, making sure they don't touch. Repeat until you run out of dough
- 7 To cook the gnocchi, place in boiling saltwater and boil them for 1 minute, or until they float, then strain.

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



Serving suggestion

Lamb ragù

Preparation time: 25 minutes

Cooking time: 50 minutes

Makes: 4-6 servings

- 1 tbsp olive oil
- 1 onion, peeled and diced
- 2 carrots, cut into 0.5cm pieces
- 2 celery stalks, cut into 0.5cm pieces
- 400g lamb mince
- 2 garlic cloves, finely chopped
- 10g fresh rosemary, leaves finely chopped
- ½ tsp dried oregano
- 1 bay leaves
- 2 tbsp tomato purée
- 250ml red wine (optional)
- 500ml gluten free chicken stock*
- 1 can lentils, drained
- 30g grated parmesan
- Basil to garnish (optional)

Method

- 1 Heat the oil in a large, heavy-based saucepan, then add the onion, carrots, and celery. Cook over a medium heat for 5 minutes, then add the minced lamb and cook for a further 10 minutes or until lamb is browned
- 2 Add the garlic, rosemary, oregano and bay leaves and cook for 3-4 minutes, then stir in the tomato purée and wine. Increase the heat and boil rapidly for 3-4 minutes, until the alcohol evaporates. Add the stock, and drained lentils. Season and simmer for 30 minutes, or until the lamb is tender and coated in a thick sauce and season
- 3 Serve the ragù with the gluten free gnocchi, parmesan and basil.

Nutritional information (per serving)

Calories (kcal) 272 Protein (g) 1.6

Carbohydrate (g) 14.5 Fat (g) 12.9

Fibre (g) 3 Sugars (g) 4.8

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

Cost per
serving from
£1.30

Hannah's kale and greens soup

"This soup is super easy to whip up and great for batch cooking for lunch on the go. You can play around with fresh herbs as a garnish – basil, coriander, or mint are great for adding a little extra flavour. It's full of nutritious greens and packed with iron, so it's a simple way to sneak in more veggies to your meals."



Hannah, Commercial
Account Manager

Preparation time: 15 minutes

Cooking time: 20 minutes

Makes: 4 servings

- 1 tbsp, olive oil
- 1 white onion, diced
- 2 garlic cloves, finely chopped
- Pinch of salt
- 1 litre gluten free vegetable stock
- 300g kale, rib removed and chopped
- 200g broccoli, florets only
- 200g peas
- Juice of ½ lemon
- 1 tbsp cornflour (optional)
- Small bunch flat leaf parsley, chopped

Method

- 1 Heat the oil in a large pan, add the onion, garlic and salt
- 2 Add the vegetable stock and the kale, broccoli and peas
- 3 Bring to the boil, then simmer for 15 minutes or until the broccoli is cooked
- 4 Add the lemon juice and blend the soup together. If the soup is too thick for your preference add a splash of water. If the soup is too thin, dissolve the cornflour in some water, add to the soup and bring to a simmer, the soup will then thicken
- 5 Stir through the parsley and pepper and serve with some natural yoghurt.

TIP:

This soup is great served with our gluten free baguette recipe. Find it at: coeliac.org.uk/recipes

Nutritional Information (per serving):

Calories (kcal) 139.1 Protein (g) 9.6

Carbohydrate (g) 15.4 Fat (g) 4.3

Fibre (g) 6.4 Sugars (g) 6.2

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



Cost per
serving from
97p



Mark, Head of Account Management and Sales

Mark's fish goujons with a pea dip

"These fish goujons are a lifesaver! They're ready in just 20 minutes, making them ideal for a quick weeknight dinner. If you want the goujons extra crispy, just toss them in the air fryer. They're great for those nights when you want something homemade but don't have much time"

Preparation time: 20 minutes

Cooking time: 15 minutes

Makes: 4 servings

For the pea dip

- 200g frozen peas, defrosted
- 1 clove garlic, peeled
- 2 tbsp olive oil
- 2 tbsp fresh mint, finely chopped
- 2 tbsp tahini
- 1 lemon, zested and juiced
- Salt and pepper to taste

For the goujons

- 500g skinless cod fillet
- 150g gluten free breadcrumbs*
- 2 eggs, beaten
- 75g gluten free plain flour*
- Salt and pepper

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

Method

- 1 To make the pea dip: Place all the pea dip ingredients in a small food processor. Blend for 2-3 minutes until you have a puree. Season to taste and reserve until needed
- 2 If you're oven baking your goujons, preheat the oven to 200°C/390°F/Gas Mark 6 and grease a non-stick baking tray with a little oil. If you're deep fat frying, heat oil to 180°C
- 3 To make the goujons: take three plates and place the gluten free breadcrumbs onto one, the gluten free flour and salt and pepper onto a second plate and add the beaten egg onto a third plate and set aside
- 4 Cut the cod fillet into strips; you are looking for about 20 pieces, so 5 per portion
- 5 Coat each piece of cod in flour, then egg, then finally the breadcrumbs, ensuring an even coating
- 6 Bake in the oven for 12-15 minutes, or deep fry for 3 minutes or until the goujons are golden brown and the fish is cooked through
- 7 Serve hot with the pea dip.

Nutritional information (per serving)

Calories (kcal) 520.2 Protein (g) 37.1 Carbohydrate (g) 50.2

Fat (g) 18.2 Fibre (g) 6 Sugars (g) 3.8



Celebrating the life of a loved one

Losing a loved one is incredibly difficult. Taking time to reflect on the special moments you shared can be a comforting way to hold onto those happy memories during a time of sadness.

Sharing this experience with family and friends often uncovers stories and memories that add depth and richness, celebrating a life well lived.

Creating a webpage in their memory can help to make this easier and is a place where people may like to share treasured stories about your loved one. Setting up a tribute fund can be a thoughtful way to continue supporting a cause your loved one cared about or a way to recognise the help they received when they were in need.



Judy Bushby

"Those we love don't go away, they walk beside you every day"

A tribute to Judy Bushby from a MuchLoved contributor

At Coeliac UK, we have partnered with an online tribute organisation called MuchLoved. Their online platform can help create a special place online dedicated to your loved one, where friends and family can share precious stories, videos and photos, as a lasting way to celebrate their life.

You can find out more via our website here: coeliac.org.uk/gift-in-memory or please contact Caroline at caroline.norris@coeliac.org.uk for more information.



Helping children with coeliac disease to shine

We understand that managing a gluten free diet at a young age isn't easy – from attending friends' parties to navigating lunch time at school – we know how challenging it can be.

That's why Coeliac UK is here to help with our recently updated Young Champions Pack designed to give everyone aged 5-11 years the confidence to talk about their coeliac disease.

The pack includes lots of activities for children to do with their classmates, family or community, with games, recipes and fun ideas for sharing information about coeliac disease.

We hope that through raising awareness, your child's peers and their parents, teachers and leaders will gain a better understanding of coeliac disease and what it's like living on a gluten free diet, which we hope will make a positive difference to your child's daily life.



If you are a member and your child is aged between 5-11 and would like to receive one of our new Young Champions packs, you can order one here:

coeliac.org.uk/young-champions-pack



Gluten free baking with less waste, more taste

Introducing the Panasonic Automatic Mini Breadmaker SD-PN100, the must have appliance for those with coeliac disease and gluten free households looking to bake fresh, healthy bread at home. Compact yet powerful, this breadmaker is designed for smaller kitchens and households, making it easier than ever to enjoy freshly baked, gluten free bread every day – without waste.

Supporting different dietary needs

Panasonic is proud to partner with Coeliac UK to support the health and wellbeing of people living gluten free. Panasonic's range of kitchen appliances, equipped with gluten free features, ensures you can enjoy delicious, safe and nutritious food at home. Together with Coeliac UK, Panasonic strives to make gluten free cooking easier, more accessible and incredibly tasty.

Small loaves, big impact

Food waste is a growing concern in the UK, with households throwing away millions of slices of bread each year.* Panasonic's SD-PN100 helps tackle this by offering smaller, perfectly portioned loaves (approx. 400g). It's an ideal solution for individuals or couples, ensuring you bake just the right amount to avoid waste. For those seeking larger loaves, Panasonic offers alternative models with a range of capacities.

Gluten free baking made easy

Panasonic's SD-PN100 is perfect for those who need to live without gluten and features four dedicated gluten free programs. Whether you're baking bread, cakes, pizza dough or even pasta, the SD-PN100 ensures bakery quality results at the touch of a button, without the need for highly processed store bought options.

Versatile and user friendly

With 18 automatic programs, including options for wholewheat, brioche, and even homemade jams, this breadmaker is versatile enough for all your baking needs. Its compact design fits neatly into small spaces, making it the perfect addition to any kitchen.

Legacy of innovation

Panasonic has been a leader in breadmaker innovation for over 35 years, being the first to introduce these appliances globally. Each feature from precise temperature control to expert kneading techniques is designed to make home baking effortless and enjoyable. With its compact size and advanced features, the SD-PN100 is perfect for modern, mindful living, allowing you to bake healthy, homemade bread while reducing food waste.

Now that you've learned how the Panasonic breadmaker can enhance your baking, why not take your culinary skills even further? Enter our giveaway for a chance to win a Panasonic Air Fryer and unlock even more possibilities in your kitchen!

* Wrap UK Food Waste & Food Surplus November 2023 - <https://www.wrap.ngo/sites/default/files/2024-01/WRAP-Food-Surplus-and-Waste-in-the-UK-Key-Facts%20November-2023.pdf>



WIN a Panasonic Air Fryer!

Enjoy the delicious crunch and juicy flavour of your favourite foods with the 6L Panasonic Air Fryer, designed for healthier cooking with little to no oil. Featuring an innovative viewing window, 360° air flow, and gentle steam technology, it ensures quick, easy, and perfectly cooked meals every time – satisfying your cravings while supporting your wellbeing.

Panasonic is offering one lucky winner the chance to win an NF-CC600 Air Fryer, valued at £169.99. Simply **scan the QR code** for your chance to win!



Terms and conditions apply. For full details visit coeliac.org.uk/win-a-panasonic-air-fryer or scan the QR code.

Find more products at:
coeliac.org.uk/panasonic.co.uk/air-fryer



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Panasonic



**EXPERIENCE
FRESH**

The New Mini Breadmaker SD-PN100

Small Loaf. Big Taste. Less Waste.



So good,

you wouldn't know

it's gluten free



FREEE's range of naturally gluten free flours make it easy to bake any festive treat at home that'll taste so good, no one will guess it's gluten free! Explore our range of flours and recipes at **freee-foods.co.uk**. From mince pies and Christmas pudding to Yule logs and gingerbread, celebrate with delicious gluten free food that brings everyone together.

Available online and at major retailers




freee

   @FreeFoods
freee-foods.co.uk

Your gluten free gift guide

...we've got you this Christmas!

When you shop with us, you're making a difference - every purchase supports those who need to live gluten free. Remember, we have even more fantastic gift ideas and Christmas essentials available online.

Thoughtful stocking fillers

Browse these practical stocking filler gifts everyone will love.



Coeliac UK apron, £15



Lunch bag, £8

Trolley coin key ring, £2.50



Toastie bag, £5 (pack of two, 100 uses each)



Charlie bear teddy £12

Gift a membership

Purchase an annual Coeliac UK membership, as a digital gift card from £15 and give the gift of support. Membership includes useful resources and access to tools like our Live Well Gluten Free app - offering peace of mind to those shopping and eating out gluten free.

Find out more at coeliac.org.uk/giftmembership



Find all of these items and more at coeliac.org.uk/shop or call 01227 811 640 to place an order.



Christmas cards

eCards from just £1!

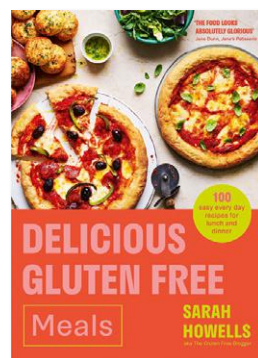
Share your own animated eCard with friends, family and loved ones, including your own personalised message. At £1 a card, 100% of the cost goes directly to Coeliac UK.

Christmas cards, from £3.75 (supplied in packs of 10)

Choose from our festive range of paper cards, with personalisation available on selected designs when you order by 6 December.

Gifts for gluten free foodies

Get your gluten free taste buds tingling with these fabulous foodie Christmas gifts!



Delicious Gluten Free Meals by Sarah Howells, £22



Vegetarian Hassle Free Gluten Free by Jane Devonshire, £18



Gluten Free Christmas by Becky Excell, £22



Gluten Free Air Fryer by Becky Excell, £22

**Gluten
FREE**

Look out for the Gluten Free logo on Co-op products across the store, as well as in our Free From range



Discover our Free From range at your local Co-op

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Mega fudgy choc chip brownies, golden sweet brioche slices and juicy, fruity teacakes.

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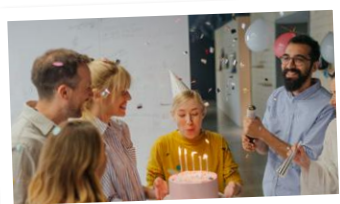
genius
Deliciously
Gluten Free

Are you ready to make a difference?

Getting involved with fundraising for Coeliac UK is more than just raising money, it's about raising awareness, being part of a community and having lots of fun! Every event, race, challenge and £ raised can help us towards a future free from coeliac disease. So why not get creative, do something you love and get started today? Here are some fundraising ideas to help inspire you...

Celebrate

Celebrate a birthday or anniversary with a Facebook fundraiser for Coeliac UK. Set a goal and encourage your friends and family to donate! Or request donations instead of gifts. If you're celebrating with an event, we can support you with balloons and banners.



Albie and his family taking on Yr Wyddfa

Turn clutter to cash

Do you have used ink cartridges, broken jewellery, stamps, foreign currency...or even an old car? Our recycling partners can turn all of these to funds for Coeliac UK.



Take on a challenge

You could take on a challenge like Albie and his family (mum, dad, and grandad) who came together to climb Yr Wyddfa in Wales via the Llanberis path. They raised an incredible **£2,255** for Coeliac UK!

Earlier this year, Albie, aged 8 was diagnosed with coeliac disease.

Reflecting on their journey, Albie's mum Jenny shared:

"Navigating life with coeliac disease felt overwhelming, but Coeliac UK became our lifeline. The support and guidance have been absolutely essential in keeping Albie safe. Nine months on from his diagnosis we have our bright, energetic and happy little boy back!"

Shop and give

The pennies soon add up when you use a charity cashback site. **Give as you Live** and **Top Cashback** both give Coeliac UK a percentage of your online shopping spend - at no extra cost to you.



Bake sales and dinner parties

Show off your best gluten free recipes while raising money. Let us know what you are planning and our fundraising team will support you every step of the way.



This year, Fraser (pictured) teamed up with his sister to put on a bake sale, and later gave an awareness talk at his school, raising over £300! He's already bursting with excitement and full of incredible ideas for what he's going to do next to fundraise for Coeliac UK.

Ready to get started?

Visit our website to find out more:
coeliac.org.uk/fundraise-for-us

Alternatively, you can call **01494 796136**
or email fundraising@coeliac.org.uk



We'll be right beside you on your fundraising journey – you can get in touch for advice about organising events or taking part in sponsored challenges. We can also provide resources such as t-shirts, balloons, banners, sponsorship forms and collection boxes.

Remember, no matter what you choose to do, whether it's wearing an orange Coeliac UK t-shirt, organising a quiz, baking for your colleagues or skydiving - the money and awareness you raise, will make an incredible difference to those who need to live gluten free.

Meet Marie-Claire and Amelia

As part of our ongoing efforts to raise awareness and increase support for young people living with coeliac disease, we recently had the pleasure of speaking with two inspiring young volunteers, Marie-Claire and Amelia. Both have been navigating the ups and downs of life with coeliac disease for a number of years and share their top tips for others, including their favourite recipes and more.

Q. Can you both tell us a little bit about your diagnosis journeys?

A. Marie-Claire

When I was diagnosed with coeliac disease at 16, I was shocked. I had originally gone to the GP regarding something completely unrelated that required blood tests to be taken. When the bloods came back, I had several nutrient deficiencies and after a couple of months, I got tested for coeliac disease and it came back positive. When the GP told me I didn't even know what coeliac disease was. I didn't experience the usual, well-known symptoms of coeliac disease and nobody in my family has it, so for the first couple of weeks I was in complete denial. I was convinced that the test was wrong. Today, I look back on my diagnosis with a sense of gratitude, because the gluten free diet has helped prevent any further long-term damage to my health.

A. Amelia

I believe that I was living undiagnosed for many years but my symptoms became unbearable when I had just turned 18. I visited my GP and gave her a very long list of symptoms and luckily she tested me for coeliac disease straight away. It was a huge shock to be diagnosed as I never thought coeliac disease would be the cause of my poor health. Within weeks of going gluten free I noticed huge improvements and after around 6 months I was feeling better than ever! Although it was difficult to come to terms with initially, I was grateful that I was in control of my health and didn't require any medication.



Amelia (pictured left) and Marie-Claire

Q. What is one piece of advice you would give a newly diagnosed young person?

A. Marie-Claire

Be compassionate towards yourself. Coeliac disease involves a huge lifestyle change that can be exhausting, especially at the beginning when you are new to reading labels and having to educate people about cross-contamination. Some people won't understand the severity of the condition or the constant energy that you must put in to prevent yourself from becoming unwell. You are allowed to feel upset about the diagnosis, angry that you must stop eating your favourite foods or overwhelmed at the idea of something as simple as going out for a family dinner. Getting diagnosed is a really emotional time and you must remember to tell yourself that you are doing great!

A. Amelia

I would say to make sure you focus on all of the delicious foods you can eat rather than dwelling on the things you can't. Those feelings are only natural but maintaining a positive mindset really does help! I have found a love for cooking and experimenting in the kitchen and I honestly don't think I would have tried so many new foods if it wasn't for my diagnosis.

Q. Do you have a favourite recipe from Coeliac UK's Home of Gluten Free Recipes that could inspire others to get cooking?

A. Marie-Claire

My favourite recipe is the deep filled mince pies by Becky Excell. Christmas can be a really difficult time for those with coeliac disease, because a lot of the traditional Christmas foods are not gluten free and sometimes the gluten free versions just don't taste the same. However, these mince pies hit the mark in both texture and flavour. I make them for my whole family at Christmas and nobody knows they're gluten free! Find the recipe here:

coeliac.org.uk/deep-filled-mince-pies

A. Amelia

One of the best Coeliac UK recipes I found is the Profiteroles recipe. I used to eat these a lot when I was younger especially at birthday celebrations! The texture of the pastry is so good and you can fill the choux buns with so many tasty fillings too! You can find the recipe here:

coeliac.org.uk/profiteroles

Thank you, Marie-Claire and Amelia, for sharing your story and helping to raise awareness of coeliac disease. Keep an eye on our social media channels and website for more updates on our work with Marie-Claire and Amelia, to support young people with coeliac disease.

Calling all members aged 12–15 years!



Our Teen Virtual Club is exclusively for young members of Coeliac UK*. We meet over Zoom and everyone is welcome whether newly diagnosed, or diagnosed earlier in childhood. The Club provides a relaxed safe space to chat with other young people living with coeliac disease and to share your experiences.

Themed meet ups, such as eating out, travel and talking to others about coeliac disease, as well as sharing recipe tips and ideas, are hosted by our brilliant team of 16–18 year old

volunteers. Plus, there are fantastic cook-alongs with our fabulous ambassador Becky Excell too.

To make sure you get your invitation to our next Club please ask your parent or carer to login into their online membership account and make sure everything is up to date. We look forward to seeing you at the next event!

*Teen Virtual Clubs are only available to Coeliac UK members. The child/dependant will need to be linked to a current parent, carer or household lead membership account. Clubs are free and supported by a DBS checked Coeliac UK staff member.

The New Breakfast Club



Certified by Coeliac UK
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