

IGIST

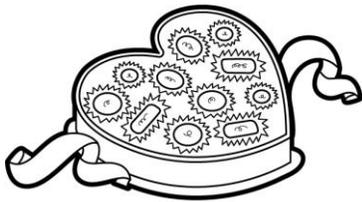
Indiana Gluten Intolerance Support Team

Our next meeting
Sunday, February 11th 2011 1:30pm
UU Church, 333 Meridian St., West Lafayette, IN
Enter near the big red mailbox near the back of the church
on Smiley St. !



It's almost Valentine's day! Bring a your favorite chocolate treat to share, along with any new gluten free finds you've seen in the past few months!

Nancy will share what she learned from the people who attended the Gluten Free Food Allergy Fest in Indy last September.



This Valentine's day, make sure your candy is gluten free! Celiac.org has their most recent gluten free candy list here: <https://celiac.org/live-gluten-free/lifestyle/gluten-free-candy-lists/gluten-free-lifestyle/valentines-day-candy-list/> A copy of the candy list will be available at the meeting.

Unfortunately, most boxed candies for Valentine's day are not gluten free; keep an eye out for Sees Candies, all of their chocolates are gluten free! You can even order online! <http://www.sees.com/> Also everything made by the Tootsie Company is gluten free!

Meetings

IGIST meets at 1:30 pm on the second Sunday five months of every year at the Unitarian Universalist Church at 333 Meridian St., West Lafayette, Indiana, unless otherwise specified. All active members and their families are welcome. Memberships are \$15/year. Guests are welcome by invitation.

Meetings are usually in January, March, May, September, and November.
Would you like to attend? Contact Nancy Linnemann at 497-0665 or
n.linnemann@comcast.net.

Celiac News

On Monday Jan. 23rd, Party City pulled their Super Bowl-themed ad and apologized for having one of the women call people who are gluten-free "gross." The ad features a woman by a large spread of snacks (her friend says something like "Wow, look at all this great food!"), and then asks about a separate pedestal with a plate and a few crackers.

"Those are some gluten-free options," one woman says.

"Do we even know people that are like that?" her friend asks.

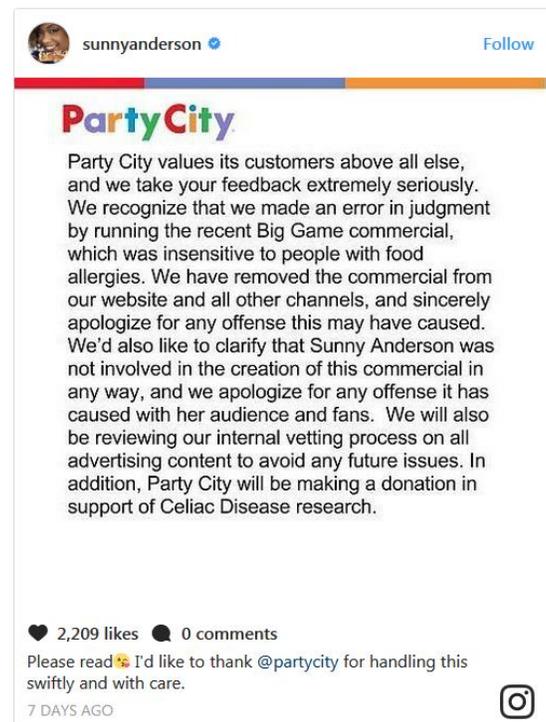
"Tina," the first woman answers.

"Oh, gross, yeah," her friend responds.

Party City's social media pages were flooded with complaints after the controversial commercial began airing. I was aired on a lot of children's channels, causing parents to explain to their kids that no, their friends with food allergies aren't "gross". Ironically enough, Sunny Anderson, who helped design some of the items in the ad, has Ulcerative Colitis. She was not aware of the company's ad, and has suffered some backlash despite the fact. Party city apologized and made a donation in support of celiac research. We hope they fire their ad company!

<https://www.today.com/food/sunny-anderson-responds-backlash-over-gluten-free-party-city-ad-t121610>

<https://www.self.com/story/party-city-pulls-controversial-ad-calling-gluten-free-people-gross>



Launched in February 2016 by the Celiac Disease Foundation, [iCureCeliac](https://icure.celiac.org/)® is a free online portal for patients, or their caregivers, to provide critical insights into life with celiac disease and gluten/wheat sensitivity. Anonymized questionnaire data, completed by iCureCeliac® participants **under informed consent**, are made available to researchers and governmental policy analysts to advance life-changing initiatives. The web site states that participation will help create better diagnostic tools and treatments for cross-contact and gluten consumption, governmental policy changes, and access to new and innovative clinical trials nationwide which may, one day, cure celiac disease. Join the more than 5,000 people who are already solving celiac disease together. If you are interested visit <https://icure.celiac.org/>

Recipes

Gluten-free Triple Chocolate Cookies

<http://mygluten-freekitchen.com/gluten-free-triple-chocolate-cookies/>

- 2 cups good quality gluten-free flour blend
- 1/2 tsp. xanthan gum (omit if using flour blend with xanthan or guar gum)
- 1/2 cup baking cocoa
- 2 tsp. baking powder
- 1/2 tsp. salt
- 16 oz. semi-sweet chocolate chunks or chips
- 4 large eggs
- 2 tsp. pure vanilla extract
- 10 Tbsp. salted butter, room temp.
- 1 1/2 cup packed brown sugar
- 1/2 cup sugar
- 1 1/2 cups semisweet chocolate chips

Instructions

1. In a medium bowl, whisk together the flour, xanthan gum, cocoa, baking powder and salt.
2. Melt the semi-sweet chocolate chunks or chips in the microwave in 30 second intervals, stirring after each. Once melted completely, set aside to cool.
3. Beat the butter at medium speed until smooth and creamy, about 45 seconds.
4. Beat in the sugars until combined, about 45 seconds. The mixture will look granular.
5. Reduce the speed to low and gradually beat in the eggs and vanilla until incorporated, about 45 seconds.
6. Add the melted chocolate in a stream and beat until combined, about 1 minute.
7. With the mixer on low speed, add the dry ingredients mixture and mix just until combined.
8. Stir in the additional chocolate chips.
9. Cover with plastic wrap and let stand at room temperature about 20-30 minutes. The dough consistency will become more fudge-like. You can skip this step, but your cookies will spread more during baking if you bake them right away.
10. Whatever you do, do NOT put the dough in the refrigerator! It will harden like concrete!
11. Preheat oven to 350°. Line 2 sheets with parchment paper. Use a medium cookie/ice-cream scoop, rounded. My cookie dough balls weighed 1-1.25 oz. each, if that helps you!
12. Scoop 12 cookies per large cookie sheet. You should have enough dough for about 3 1/2 dozen cookies.
13. Bake each cookie sheet for 12 minutes or until the edges of the cookies have just begun to set but the centers are still very soft. If baking two pans at once, be sure to rotate the pans front to back and top shelf to bottom shelf partway through the baking time. I prefer baking one pan at a time for best results.
14. Cool the cookies on the sheets about 5 minutes or until set, then transfer to cooling racks.

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