

***SUMMER ARRIVED LAST WEEK***

**GROUP  
ORGANISER:  
PAT SIVITER**

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Hello Everyone

I hope you are all looking forward to the rest of the summer, I hope it will continue as last week but maybe not so hot! and enjoy your summer holidays.

Following an invitation from Marks & Spencer the committee members went along to the Merry Hill branch on Thursday 11 May, to coincide with Awareness Week, to participate in their Tasting Event to promote their Gluten Free products, it was a very successful evening with quite a number of people attending and sampling the lovely goodies. We thoroughly enjoyed ourselves talking to members of the public and promoting the Group.

We are holding 2 more Coffee Mornings before the Autumn Meeting, the first is at Asda in Merry Hill on Wednesday 5 July and Tesco Kidderminster on 27 September, please come along a join us for a social chat and get together.

We will be holding our Autumn Meeting on Saturday 4 November, when there will be a cookery demonstration.

Following the success of the Fish and Chip Lunch in April we are planning on having another, this time with a Christmas theme on November 25, please remember to book your place early so that the correct portions are ordered.

If you wish to receive the newsletter by post please don't forget to let me have 4/6 sae's

**Please contact the group by email at [stourbridge@coeliac.org.uk](mailto:stourbridge@coeliac.org.uk) or 01299 832366**

**PRESCRIPTION UPDATE** at the time of writing this Newsletter I haven't any further news, as soon as I have anything to report I will post to the web page and include in the next newsletter.

**COFFEE MORNING** Our next coffee morning is at Asda Cafe in Merry Hill on Wednesday 5 July, please do come along and join us.

**NEW PRODUCTS**

**Frankie & Bennys** have launched new GF menu [www.frankieandbennys.com](http://www.frankieandbennys.com)

**Mr Kipling** have launched 3 new cakes exclusively to Tesco stores

**BFree** have launched Sweet Potato Wraps available in Sainsburys

**Schwartz** have launched new sauce mixes available in Asda, Morrisons & Tesco [www.schwartz.co.uk](http://www.schwartz.co.uk)

**RECENTLY ACREDITED**

**Bangkok Canteen** is a family run Thai restaurant in the centre of Gloucester, entirely gluten free.

Organic and vegan options as well as gluten free beers are also available. [www.bangkokcanteen.co.uk](http://www.bangkokcanteen.co.uk)

**Browns Brasserie & Bar** various locations including Birmingham City Centre [www.browns-restaurants.co.uk](http://www.browns-restaurants.co.uk)

**AUTUMN MEETING** We have arranged to hold a cookery demonstration by a local lady, Kate and will let you know further details when they are available.

**CAKES AT GROUP MEETINGS** It has been requested if we could possibly include one of our refreshment cakes as Dairy Free for any members that have dairy or lactose allergies.

**GLUTEN FREE RECIPE CORNER!  
BAKED VANILLA CHEESECAKE**

(courtesy of Tesco.com)

**INGREDIENTS**

For the base

sunflower oil, to grease

75g (3oz) almonds

110g (3 3/4oz) gluten-free oat cakes

100g (3 1/2oz) dried pitted dates

3 tbsp butter, melted

2 tbsp caster sugar

pinch of sea salt

For the filling

800g (1 1/2lb) low-fat cream cheese

160g (5 1/2 oz) caster sugar

200ml (1/3 pint) sour cream

3 tsp vanilla extract

4 eggs

fresh berries to serve (optional)



• Preheat oven to gas 3, 170°C, fan 150°C.

• Grease the side of a 20cm (8in) high-sided springform tin with the sunflower oil.

- Place the almonds, oat cakes, dates, melted butter, sugar and a pinch of salt in a food processor and blitz until it is fine and sticks together when pressed between your fingers. Press very firmly into the tin so you have a flat, even and smooth base.
- In a large bowl beat together the cream cheese, sugar, sour cream and vanilla extract. Add the eggs, one at a time, beating well to fully combine. Pour the mixture onto the base and smooth out. Place in the centre of the oven and bake for about 1 hour, until the top is slightly browned and just set with a little wobble in the middle. Once cool, refrigerate for at least 1 hour prior to serving.
- Remove the tin, slide the cheesecake onto a plate and serve with some fresh berries if liked.

**FORTHCOMING EVENTS**

Please contact Pat either by email: [stourbridge@coeliac.org.uk](mailto:stourbridge@coeliac.org.uk) or 01299 832366



**COFFEE MORNING**

**WEDNESDAY 5 JULY**

at 11 am

ASDA MERRY HILL

**COFFEE MORNING**

**WEDNESDAY**

**27 SEPTEMBER**

at 11 am

TESCO

KIDDERMINSTER

**AUTUMN MEETING**

**SATURDAY 4 NOVEMBER**

2.30 pm start

UNITED CHURCH, LYE

Cookery Demonstration



**MARKS & SPENCER OPEN EVENING - THURSDAY 11 MAY 2017**

