



## February 2022 Newsletter

A very warm welcome to all our new members. Sadly we are still not in position to put on face to face events, (as advised by Coeliac UK) We will endeavour to keep you updated as soon as we are given the "green light" You can stay in touch with us via Facebook where you can interact with other members within a "closed group", Instagram & Twitter

### Food and Drink Guide:

By now you should have received your Food and Drink Guide (unless you have opted to not receive a paper copy)

Please be aware that Tesco's are again NOT listed in the guide.



### Coffee & Cake - Saturday 5<sup>th</sup> March 2022

10.30 am Priscilla's Sanderstead Recreational Ground.

We will be keeping a close eye on the weather but aim to be back in the park with coffee/tea purchased at Priscilla's and Gluten Free Cake. So why not join us?

We will continue to observe social distancing and hand sanitization.



## Venues with outside or inside seating for Coffee/Tea

- **Eat"n"mess** - Unit 4 Turvins Farm Dairy, Sundridge Road Sevenoaks  
GF&DF  
Open Wednesday – Friday 8 – 2pm  
Saturday & Sunday 9 – 3pm  
[www.eatnmesscakes.co.uk](http://www.eatnmesscakes.co.uk)
- **Coffee at Kiwi House** – High Street Limpsfield RH8 0DR  
Closed Sunday & Monday
- **Lloyd's Park Café** – Lloyd's Park Croydon

As with any eating establishment PLEASE do check for yourself about cross contamination etc. These are only recommendations.

We are adding venues to the Group Page "Croydon" on the Coeliac UK Website so please do check these out, if you have suggestions of suitable venues that cater for Gluten Free please do let us know and we will add these to the list.

[Croydon@coeliac.org.uk](mailto:Croydon@coeliac.org.uk)

## Face to Face meetings & AGM

So sadly, we have not been able to hold meetings face to face for the past 2 years and have therefore not been able to hold an AGM. Lots of changes have occurred in this time including a change in the Committee (which did not need to be done at an AGM). It is with regret that at this time we are still not able to hold face to face meetings and until advised by Coeliac UK we will continue with monthly newsletters and a socially distanced coffee and cake on the first Saturday of every month.

**Suggestions** – If there is a topic you would like us to cover in forthcoming Newsletters or an event you would like us to put on. Please do get in touch as we would welcome your suggestions/ ideas etc.

If we can help you in anyway, please do not hesitate to get in touch

[Croydon@coeliac.org.uk](mailto:Croydon@coeliac.org.uk):

## Shrove Tuesday 1<sup>st</sup> March

Here's a recipe for you so that you don't have to miss out

[Gluten-free Pancakes | Breakfast Recipes | GoodtoKnow](#)



### Ingredients

- 100g gluten-free flour
- 1 egg
- 250ml milk
- A little sunflower oil for frying
- Sugar and lemon juice or your favourite topping, to serve

### Method

- Place the flour in a bowl, make a well in the centre and crack the egg into it. Gradually add half the milk, stirring continuously until all the flour is incorporated. Beat well until smooth then beat in the remaining milk to make a smooth batter. If you have time leave the batter to stand for 30 mins, but it's not essential.
- Heat a little oil in a 20cm non-stick frying pan. Pour in enough batter to thinly cover the base of the pan as you swirl it around. Cook for about 1 min until the batter has set and is golden underneath. Turn it over using a palette knife and cook the other side for 30-40 secs until starting to brown. Slide onto a plate and keep warm while making the remaining pancakes, you should get about 8 from this mixture.
- Serve with sugar and lemon juice or your favourite topping.

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