

IGIST

Indiana Gluten Intolerant Support Team

Meeting Sunday February 9, 2020

**Fresh Thyme Market**

**2410 N. Salisbury, West Lafayette, IN**

**1:30 PM**

Our meeting has been relocated this month to the new Fresh Thyme Market in West Lafayette where Marsh used to be.

They have easier access to the building than where we currently meet and they do not charge anything for the room.

Park in the parking lot in front of the store. Enter through the front doors and the room is just past the deli on the right side

of the store. If you have a wheelchair, scooter, cane or have to bring many things into the room you may park on the right side

of the building where there is a door and enter there which is directly into the meeting room. The store is open to the public on Sunday,

but there will be places to park. In this cold weather we can park closer to this building than we can at the church.

We are supposed to bring in only food purchased from the store, but for this meeting you may bring in items from wherever and we can look around the store the day of the meeting to see where gluten free things are.

For this meeting please bring a loaf of your favorite bread. We are having a bread tasting meeting.

You may purchase it anywhere. There will be butter, jam and peanut-butter available to put on small taster pieces of breads.

There will be coffee and tea as usual. We will also have the new Gluten Free Puff Pastry Dough by Schar available for tasting

products several of us will make for the meeting. Currently the Schar brand of this dough can be bought at Meijer.

It is in the freezer section where frozen cakes are. The boxes are on the bottom shelf. It is \$7.99 a box which is 2 long rolls of dough.

Remember this meeting is at Fresh Thyme in West Lafayette. Call Nancy Linnemann if you have any questions

765-497-0665 or [n.linnemann@comcast.net](mailto:n.linnemann@comcast.net)

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**Weather alert:**

If there is snow or ice on February 9<sup>th</sup> the meeting will NOT be held.

It will be held on March 8<sup>th</sup> instead.

**verywell** fit

# Gluten-Free Valentine's Candy (Updated for 2020)

By ~~Jane Andersen~~ Updated on June 24, 2019

Wondering which candy among all those red and pink wrappers is gluten-free? Here's the list of gluten-free Valentine's candy, as of January 2020.

Unless I've noted otherwise, this list applies to the United States only—manufacturing (and consequently, ~~gluten-free list~~) differ from country to country. In addition (again, unless I've noted otherwise), all of these candies are gluten-free to less than 20 parts per million, the currently accepted standard in the U.S.

If you're looking for a type of candy that's not on this list, check out my comprehensive main ~~gluten-free candy~~ list, which includes most widely-available candies. Otherwise, enjoy, and Happy Valentine's Day!

## Gluten-Free Valentine's Candy (Plus Some Candy That's Not Safe!)

- **Brach's Conversation Hearts.** These appear on manufacturer Ferrara Candy Company's list of candy that doesn't contain wheat, barley or rye. So you might want to consider these if you're looking for conversation hearts.
- **Dove chocolate.** Dove ~~chocolate~~ manufactured by Mars Chocolate (which also makes M&Ms), is usually gluten-free—the obvious exceptions include milk chocolate cinnamon graham and cookies 'n cream flavor, while the not-so-obvious exceptions include milk chocolate strawberry shortcake crisp (while the crisp itself is made from tapioca and rice, these have a "may contain wheat" warning on them). You can feel reasonably confident about buying Dove chocolate products for Valentine's Day, provided you *always check the label*. Mars will call out any wheat, barley, or rye sources on the label. Safe-looking Valentine's items include Dove milk chocolate candy hearts, Dove milk chocolate and red velvet swirl, dark and milk chocolate hearts, dark and white chocolate hearts, and caramel and milk chocolate. However, *some Mars' seasonal packaged items may be problematic*—Dove Milk Chocolate Truffles in a heart-shaped gift box include a "May contain wheat"

warning, indicating the company used a shared facility or shared equipment to produce those Valentine-specific candies. The bottom line: Always Check The Label.

- **Gimbal's Fine Candies.** These aren't found as commonly in stores, but they're worth mentioning because they're free of many common allergens (including gluten). Gimbal's makes jelly beans, sour jelly beans, sour heart-shaped gum drop-style candies, heart-shaped cherry candies, heart-shaped and round cinnamon-flavored candies, and gluten-free licorice shaped like a Scottie dog. All are peanut-free, tree nut-free, gluten-free, dairy-free, soy-free and egg-free, and are made in a gluten-free facility.
- **Hershey's Kisses.** Hershey's reports that plain milk chocolate Kisses are safe on the *gluten-free diet*, as are four out of five filled Kisses (as of 2020, there are five filled varieties: dark chocolate with chocolate truffle, mint truffle, vanilla creme, caramel, and cherry cordial crème, and everything *except for* the chocolate truffle variety is considered gluten-free). Milk chocolate Kisses are considered gluten-free regardless of what color foil is used to wrap them, so those pink and red foil Valentine's packages are safe, as are Hershey's Conversation Kisses in milk chocolate. However, Hershey's Lava Cake Kisses marketed for Valentine's Day contain wheat. If you're buying Kisses in a heart-shaped tin, make sure *they're all gf varieties* (some tins are and some aren't). In addition, avoid the giant (7 oz.) Hershey's Kisses, as they do not appear on the company's gluten-free list. Also avoid Hershey's Hearts, since they do not appear on the company's gluten-free list.
- **Junior Mints (Heart-Shaped).** These are produced by Tootsie Roll Industries, which states that all its products are considered gluten-free.
- **Lifesavers Candy 'n Stickers.** Lifesavers, made by Wrigley, are considered gluten-free, as are these Valentines candy-and-stickers packets, which are aimed squarely at people who need a box of treats that will cover the entire elementary school class.
- **M&Ms.** There are plenty of Valentine M&M products from which to choose, including specially colored pink and red M&Ms and M&M "Sweet Sayings" (kind of like M&M conversation hearts). M&Ms, like Dove Chocolates, are made by Mars Chocolate, which says it will call out any gluten grain ingredients on the label. Obviously, pretzel M&Ms aren't safe, but other types of M&Ms that might tend to sound safe can suffer from the risk of gluten cross-contamination. This will be called out on the label in a "may contain wheat" warning. I've seen M&Ms "Cupid Messages" with that "may contain wheat" warning. Again, the bottom line: *always read the ingredients list*—Mars will disclose these cross-contamination risks, so you can avoid products that are at risk for gluten cross-contamination.
- **Peeps.** It's easy to find Valentine's Day heart-shaped Peeps, and manufacturer Just Born labels packages "gluten-free" (look for the designation in the same area as the nutritional

information) if those Peeps have been produced in a way that's safe for us. However, you shouldn't just assume all Peeps are gluten-free; a few are made in facilities with the opportunity for gluten cross-contamination—I've seen Peep pops (Peeps on a stick) and filled Peeps with that warning. Always check the label.

- **Reese's Peanut Butter Cups.** These peanut-y treats appear on Hershey's current gluten-free list and come in a variety of Valentine's Day-specific wrappers. However, the *heart shaped ones and the minis are NOT considered gluten-free*. When purchasing Reese's candy, make sure the peanut butter cups you're buying are manufactured by Hershey's itself; the candy giant licenses the treat to other companies for special holiday versions, and those candies are *not* considered safe. For example, I examined a package of Reese's Peanut Butter Cups Miniatures in a heart-shaped tin that was produced by a different company. The label will state clearly whether the manufacturer is Hershey's or someone else, so just make sure to buy only Hershey's-made regular-shaped Reese's (Hershey's also is marketing a heart-shaped *box* of regular peanut butter cups this year that the company manufactured itself, and those would be considered safe). Bottom line: Be careful, as it's easy to make a mistake with these. They're very confusing.
- **Starburst Candy 'n Stickers and Jelly Beans.** Like the Lifesavers (which come in a nearly identical package), these treats are gluten-free.
- **Sweethearts Conversation Hearts.** These tiny confections with the cute sayings on them (like "Be Mine," "New Love" and "Dream") are made by Necco, and the company considers them gluten-free. Note that the *large* Necco hearts include a "may contain wheat" warning, so they may not be safe.
- **Tootsie Rolls with Conversation Messages.** According to the company, all Tootsie Roll products are gluten-free with the exception of Andes cookies, so these Valentine products should be safe.
- **York Peppermint Patties.** An alert reader reported seeing these with "gluten-free" on the package. If you find Peppermint Patties labeled this way, then they're safe (don't buy any heart-shaped Peppermint Patties that *don't* carry a gluten-free label!).

## Valentine Candy That's Not Gluten-Free

Valentine's Day features lots and lots of specialty candy, and unfortunately, a good deal of it isn't safe for people who need to follow the gluten-free diet. The following candies marketed specifically for Valentine's Day are not gluten-free, and people with celiac disease or non-celiac ~~gluten sensitivity~~ should avoid them:

- Balmer Cuddly Cuties chocolate teddy bears and dogs (made on shared equipment)
- Butterfinger heart-shaped candies (note that the regular Butterfingers are safe)



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<https://www.verywellfit.com/gluten-free-valentines-candy-562457?print>

- Elmer Chocolate boxed Valentine's candy (made on shared equipment)
- Ghirardelli boxed chocolates (most of these actually are safe, but a few do contain wheat and barley ingredients, so double-check the label to be sure)
- Lindt Lindor truffles (they contain barley)
- Lindt chocolate mints (they contain wheat flour)
- Mrs. Field's assorted chocolates in a heart-shaped tin (contains wheat flour)
- Russell Stover boxed candy (for the limited list of gift-boxed candy that is safe, read about [\(Gluten-Free Candy Boxes\)](#))

Remember, you can refer to my overall Gluten-Free Candy article (the link is above) if you find a Valentine's Day candy that's not on this list.

#### Article Sources

Verywell Fit uses only high-quality sources, including peer-reviewed studies, to support the facts within our articles. Read our [editorial policy](#) to learn more about how we fact-check and keep our content accurate, reliable, and trustworthy.

- Celiac Disease Foundation. [What Should I Eat?](#) Fact Sheet.

# Parmesan Puff Pastry



Recipe courtesy of Paula Deen



**Level:** Easy

**Total:** 22 min

**Prep:** 10 min

**Cook:** 12 min

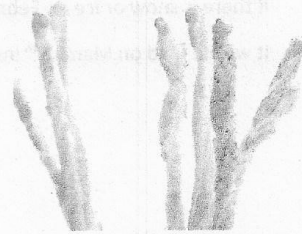
**Yield:** about 26 breadsticks

## Ingredients:

- 1 (17.6-ounce) package frozen puff pastry sheets, thawed
- 1 cup freshly grated Parmesan
- 1 teaspoon dried basil
- 1/4 teaspoon garlic powder
- 1/4 cup butter, melted

## Directions:

- 1** Preheat oven to 400 degrees F. Lightly grease a baking sheet.
- 2** On a lightly floured surface, unfold pastry sheets. Cut each sheet into 13 strips, about 3/4 by 10-inches apiece.
- 3** In a shallow dish, combine cheese, basil, and garlic. Brush pastry sticks with melted butter. Roll pastry in cheese mixture, lightly coating each side. Gently twist pastry sticks, and place on a prepared baking sheet. Bake for 12 minutes. Remove to wire racks to cool.



## Easy gluten free fudge

- 1-16 oz can of Betty Crocker chocolate frosting
- 1-16 oz jar of Jif peanut-butter
- Take lid off peanut-butter jar and put jar in microwave for 90 sec.
- Pour melted peanut-butter in a bowl.
- Take lid off frosting container and put container in microwave for 60 sec.
- Put melted frosting in bowl with peanut butter and stir well.
- Put mixture in 8 x 8 pan and spread evenly. Put in refrig until cold and firm.
- Cut into squares. And enjoy!

1/20/2020

Zucchini Parmesan Crisps Recipe | Ellie Krieger | Food Network

# Zucchini Parmesan Crisps



Recipe courtesy of Ellie Krieger

Show: Healthy Appetite with Ellie Krieger Episode: Tricks of the Trade



Level: Easy

Total: 50 min

Prep: 20 min

Cook: 30 min

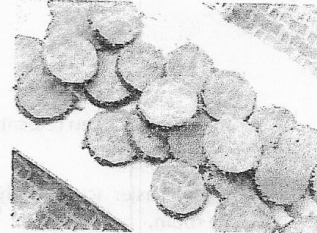
Yield: 4 servings, serving size 1/2 cup

## Ingredients:

- Cooking spray
- 2 medium zucchini (about 1 pound total)
- 1 tablespoon olive oil
- 1/4 cup freshly grated Parmesan (3/4-ounce)
- 1/4 cup plain dry bread crumbs
- 1/8 teaspoon salt
- Freshly ground black pepper

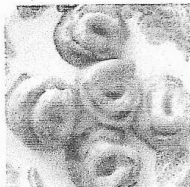
## Directions:

- 1** Preheat the oven to 450 degrees F. Coat a baking sheet with cooking spray.
- 2** Slice the zucchini into 1/4-inch thick rounds. In a medium bowl, toss the zucchini with the oil. In a small bowl, combine the Parmesan, bread crumbs, salt, and a few turns of pepper. Dip each round into the Parmesan mixture, coating it evenly on both sides, pressing the coating on to stick, and place in a single layer on the prepared baking sheet.
- 3** Bake the zucchini rounds until browned and crisp, 25 to 30 minutes. Remove with spatula. Serve immediately.



1/20/2020

Ham and Cheese Pinwheels - Printer Friendly - Allrecipes.com



## Ham and Cheese Pinwheels



Prep	Cook	Ready In
15 m	15 m	30 m

Recipe By: Annika

"These puff pastry pinwheels make very delicious finger food for a party. Prepared in just 30 minutes, and economical, too. It never takes long for them to disappear!"

## Ingredients

- 1/2 (17.5 ounce) package frozen puff pastry, thawed
- 7 slices mild Cheddar cheese, or as needed
- 7 slices deli ham

## Directions

- 1** Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with parchment paper.
- 2** Dust a flat work surface lightly with flour. Unroll puff pastry and roll out to a rectangle. Cover with Cheddar cheese slices, leaving a 1-inch border. Add a layer of ham slices on top. Roll puff pastry up tightly like a jelly roll.
- 3** Slice puff pastry roll in 1/4-inch-thick slices and lay on the prepared baking sheet.

