

SPRING 2024

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magazine

MEET SKYLAR

OF THE SKYLAR PROJECT

MAKE IT

OVERNIGHT OATMEAL

GLU101

GLUTEN-FREE UNIVERSITY

DIY

BOBA TEA

BAKE IT

RED VELVET CUPCAKES

generationgf

magazine



A magazine that helps gluten-free kids stay healthy and happy.



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Gluten Intolerance Group® (GIG®) makes life easier for everyone living gluten-free.

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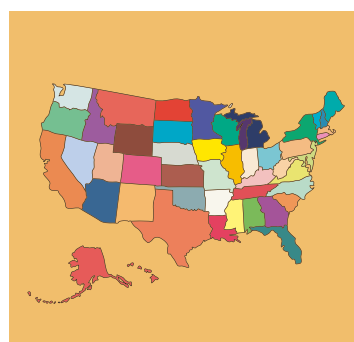
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This is an artichoke in bloom. Did you know they looked like this? How beautiful!

Spring is such a beautiful time. For many of us, we're seeing the sun and feeling its warmth once again. It's the time to plant and grow vegetables and flowers in our gardens. And for some of us, Easter celebrations need to be planned and eggs need to be dyed. Spring is also all about joy, growth, love, and happiness. February has Valentine's Day and March holds the International Happiness Day holiday. It really is a beautiful time!

Each spring, I think about how I can grow as a person. Over the changing seasons, and over the years, people blossom and grow just like plants. As I look around at my garden and see new seedlings sprout from the soil, I ask myself if I'm allowing myself to sprout and grow too. Every season is another chance to grow, to learn as much as you can, and become a better version of you.

When I look at my gluten-free journey over the seasons and over the years, I can see just how much I've grown! At first, it was really scary to think about changing my diet for the rest of my life. I had only known one way of eating, so how could I change everything I knew – for forever? But I took it day by day, season by season, and year by year. Being gluten-free is so easy now that I have many *many* years of experience. Every day, I get a little better at it. I learn something new in the kitchen. I try a new recipe. I read a little bit more about my condition. And every day, it all gets easier. Spring can show us that every day is a chance to grow, a chance to get stronger and more confident every day – and then one day you just bloom! I hope all of you get a chance to grow more confident with the gluten-free diet and living a gluten-free life – one season at a time.

WHAT'S UP WITH

Generation GF and GIG?

Right now, we're all planning for a big 2024! Summer camp season is coming up and we're making sure all our gluten-free campers can have a great time at camp. We're working directly with camp staff to prepare the menus and substitutions that create a safe space for gluten-free campers. Gluten-free friendly summer camps usually book up by the spring, but inquire with your favorite camp to see if spots are still available for this summer!

SAVE THE DATE

The Gluten Intolerance Group, the non-profit that partners with GIG Cares, is celebrating their 50th anniversary this year. Can you believe it? GIG Cares just celebrated their 10th anniversary from its founding in 2023. I think that's a great reason to throw a party!

GIG and GIG Cares are partnering for a great event this fall 2024. While we can't share all of the details now, please save the date for this magical event.

This September 6-8, 2024, we'll be in Charlotte, North Carolina for an incredible trip down memory lane. To celebrate Gluten Intolerance Group's 50th Anniversary, we're hosting a golden event that can't be missed. Please save the date for this incredible event, that will also co-host our annual teen summit. This event will be for all, with separate activities for kids, teens, and adults. We'll also host a few special events within the anniversary celebration.

TEEN ADVISORY BOARD

We want to hear directly from gluten-free teens! GIG Cares hosts monthly virtual board meetings with gluten-free teen leaders. If you're interested in applying to the teen advisory board, email CaresAdmin@GIGCares.org.

DISCORD COMMUNITY

We're always looking for new ways to connect to the community. Do you use Discord? If you're a teen or adult looking for a way to connect, join our Discord community. Email CaresAdmin@GIGCares.org and request an invite to our online Discord community!



MEET THE GROUP: TENNESSEE VALLEY

*Featuring Alexandra Kemmet of Generation GF
Tennessee Valley support group
and Jennifer Adolfie of Nick's Snack Pack*

We just love the Tennessee Valley Generation GF support group! Support group leader Alexandra Kemmet interviews a lot of cool people in the gluten-free community. We even highlighted one of her special guests in a past issue of *Generation GF* Magazine. Her latest special guest was Jennifer Adolfie, mom and founder of the 501c3 charity, Nick's Snack Pack. Nick's Snack Pack sends boxes full of certified gluten-free snacks to kids who have just been diagnosed with celiac disease in the North Carolina area (and soon nationwide). Since this was such a cool meeting, we wanted to share parts of the interview with *Generation GF* Magazine readers that might get a little inspiration from people like Jennifer and Nick's Snack Pack!

Jennifer: Our main mission is to bring joy to these kids who have been diagnosed with this disease that often has them feeling left out in social situations that have food associated with them. Our main mission is to just bring happiness to them. We also are trying to help parents who have children with celiac disease and help introduce them to snacks they can safely get their child.

We first saw this idea a few months ago back in July. We had received a box full of certified gluten-free cookies from the brand Partake, and it had probably 15 to 20 different flavors of cookies in it. It was just pure excitement on his face because he's so used to us finding what he can't have or only being able to choose from such a small selection of snacks at any point. It just made his day that could choose anything that he wanted out of this box. So, we thought, this is so amazing. We wish we could recreate this somehow for other kids who have celiac disease. We just want them to feel the pure joy of being able to get a box that is just for them, where they can try anything that they want. And so that's what I was thinking about the concept for Nick's Snack Pack. That's kind of how it all started.

When we first started, we distributed them locally. We met up with other kids and families who had celiac. He was able to meet kids who have to have the same strict diet as him! We initially started with



local in both Charlotte and Raleigh, North Carolina, and soon after that, we started mailing nationwide [except HI and AK]. Our goal was to get to 100 boxes by the end of this year [2023] so I'm really excited that we're able to do that. I think 500 boxes by the end of next year would be a dream. And if we could surpass it, that'd be awesome. Our main goal is to reach every single child who has celiac disease someday.

Alexandra: One thing that caught my eye when we got it in the mail was that it was almost \$10 to ship the entire box. What do the donations you're raising go towards so everyone watching can help?

Jennifer: We rely fully on donations to support our Nick's Snack Pack. It's at least \$10 to ship every time. The more partnerships we get with companies, the lower the cost of filling the boxes. So hopefully someday, we won't have to pay to fill the boxes, and we'll just be covering shipping. Right now, it's costing approximately \$15 per Nick's Snack Pack to get them to a child with celiac disease. Every \$15 helps put a smile on one child's face. Anyone who feels moved or inspired by our mission and would love to help us out, you can donate directly on our website www.nickssnackpack.com.



Alexandra: So what else could people do besides donating?

Jennifer: Thank you for asking. So definitely sharing, and spreading the word on your social media pages. You never know who what family is affected by celiac disease. Our goal is to reach every child who has celiac disease. So, by spreading the word to your friends and family, it will help us reach those people. Also, following us on social media would be helpful. It helps when we reach out to these companies to try to establish these partnerships. It helps them to see that we have a following and we have support, and there's a demand for our Snack Packs.

Alexandra: And what has Nick's reaction been? For my daughter, when she sees other kids that are like her, it just helps. It just builds up her morale a little bit. What does Nick think that now he's putting this out into the world and making a difference?

Jennifer: He took his job very seriously in the local meetups. He handed a Nick's Snack Pack to every child, and we met at parks where they could play on playgrounds, and so that was awesome to see him connect with these other kids. We could just see on his face how much he loves it. He personally helps us pack every Snack Pack, and he gets really excited about it. I think it gives him purpose, and it helps him feel like he's making a difference. He was able to see

it on the faces of the kids at local meetups. When we would hand them a Snack Pack, it would make them smile, and it made him feel good. And he loves seeing the pictures and videos that people send us or post on social media. He gets the biggest smile on his face, so it's been awesome to see. That's very rewarding for us, as parents, to see him feel connected and proud of what he's doing.

If you have a child 12 years or younger that has celiac disease, please visit our website and sign up for the emails. We will send an email blast the day before we open up sign-ups for our Snack Packs. That is the best way to be notified. They're not always available, but as we as we have them available, we'll post to sign up and alert everyone the day before that they can sign up. Follow us on social media.

If you're a company who produces certified gluten-free products, we want to get your product into the hands of potential customers. We want you guys to do well and thrive because we appreciate your business so much and producing these options for our kids.

We appreciate everyone's support, whether it be sharing the word, following us, or any sort of donation.

Alexandra: I appreciate you just sharing all of this with our group for doing something like this. I think it's really great.

Portions of the interview have been edited for clarity.

Generation GF Magazine loves this idea to help all gluten-free kids feel a part of something bigger! Thanks to Nick's Snack Pack, and our Generation GF group of Tennessee Valley for this great conversation. If you're hoping to snag a Snack Pack yourself, they currently release about 25 Snack Packs per month for mailing in the US. There is no wait list, so stay tuned to your email for their newsletter and their social media for a sign-up link! The boxes are sent on a first-come, first-served basis.

Learn more about Nick's Snack Pack at www.nickssnackpack.com. To connect with the Generation GF Group of Tennessee Valley find their group on Facebook at www.facebook.com/groups/generationgfofthetennessevalley





Gluten-Free Overnight Oats Recipe

by Erica Dermer

Gluten-free oatmeal is such a delicious and filling breakfast! If your day is packed full of school and play, consider starting your day with breakfast that is packed with protein and fiber - like oats!

Oatmeal is an easy, filling breakfast. But sometimes it takes a while to cook the oats on a stove or microwave. If you're always in a rush in the morning, but still want oats - try making overnight oats! The recipe for overnight oats can't get any easier - it's just one part oatmeal and one part milk (or dairy-free milk). You stick the mixture in the fridge overnight and it's ready to eat in the morning.

If you want your oatmeal thicker, you can add in chia seeds, or thick yogurt - like Greek yogurt (or dairy-free alternatives). If you want your oatmeal thinner, you can add in more milk.

What you need:

- Glass jar with lid
- Gluten-free oats
- Milk - dairy milk or plant-based milk
- Sweetener of choice, if needed
- Toppings, ex. Fruit or chocolate chips
- Optional: yogurt, chia seeds

Recipe:

- ½ cup gluten-free oats
- ½ cup milk (or dairy-free milk)

Toppings

Add the milk and oats into a jar and stir. Add in any toppings. Put on the lid and place oatmeal into the refrigerator overnight.

But do I eat overnight oats hot or cold?

It's up to you! It's super easy to pull these out of the refrigerator and top them and eat them right out of the jar. If you prefer to eat hot oats, just reheat these in the microwave and then top with your favorite toppings. If you are going to use a microwave, make sure you're using a microwave-safe dish.

What about oats?

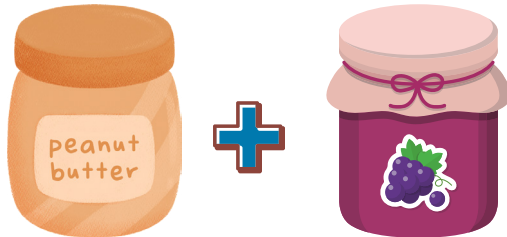
Did you know that oats are a naturally gluten-free grain? But you should always use caution when a food product contains oats. Why is that? The concern with oats is that they come into contact with gluten grains from the field to processing. The term for gluten grains getting into non-gluten grains during growth, harvest, transport, or storage is "agricultural comingling" and the proper term for gluten getting into non-gluten foods during processing is "cross-contact." So when a farmer grows oats, and they're not careful with the growing, harvesting, or with making a product containing oats - someone with celiac disease can get sick!

When you see oats in a food, put on your detective hat! Gluten-free people should be cautious of oat products that are not labeled gluten-free or certified gluten-free. If an oat product is certified gluten-free, the certification mark verifies that the product is safe to eat. When in doubt about the safety of oats, look for a mark on the packaging that says "Certified Gluten-Free" with the GFCO certification mark.

Please note that if you think you are sensitive to oats, you should consult with your doctor before adding oats to your diet.

OVERNIGHT

OAT IDEAS



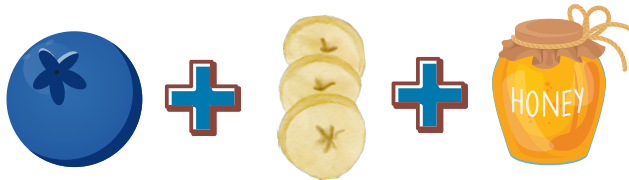
PEANUT BUTTER & JELLY OVERNIGHT OATS

Peanut butter +
strawberry or grape jam



BANANA SPLIT OVERNIGHT OATS

Mashed banana + chocolate syrup + topped
with peanuts or walnuts and whipped cream



BLUEBERRY BANANA OVERNIGHT OATS

Blueberries + bananas + honey



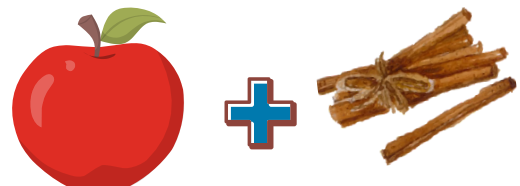
STRAWBERRY JAM OVERNIGHT OATS

Strawberry jam + topped with
fresh sliced strawberries



CHOCOLATE CHIP COOKIE-STYLE OVERNIGHT OATS

A teaspoon of brown sugar + vanilla extract
+ topped with chocolate chips



APPLE CINNAMON OVERNIGHT OATS

Cinnamon + brown sugar + a dash of vanilla
extract + topped with chopped apples

GLU101 COURSE

(GLUTEN FREE UNIVERSITY 101): NAVIGATING RELATIONSHIPS

Going off to college is a major step into adulthood. And with something so big, can come with some big changes, and big feelings. Adding in a gluten-free diet in college can be extra hard sometimes! But we want to do everything we can to prepare you for these big changes, so your big feelings can be more excited and joyful, and less anxiety, anger, or loneliness.

Picking a major and choosing classes, finding the best residence hall or housing, and dining plan that fits your needs are all very important. But navigating relationships in college is also very important. The relationships you have with other students can really impact your mental health and wellbeing. Making these healthy relationships in college, while managing your celiac disease, is a challenge we believe you can win!

Let's talk about some key relationships you might have to navigate during college.



This article was written from a presentation originally presented by Lexi Van Den Heuvel, founder of Cutting Costs for Celiacs, at the Teen Summit in 2023

LIVING WITH SOMEONE NEW



If you're living on campus - or even off campus - during school, you'll most likely be living with someone. Before this, you probably only lived with a parent, so it's a big change! You might be lucky enough to know your roommate in advance, but you might also meet them the day you're both moving into your room.

We know it can be a little awkward, but starting a conversation about your gluten-free needs can really start this relationship off on the right foot. Education is so important here - they may not know anything about gluten-free, or understand celiac disease or gluten intolerance.

Think about including the following topics when discussing your gluten intolerance to your roommate(s):



FOOD STORAGE

Create a box or cupboard of your safe, gluten-free foods, and clearly label it. Communicate to your roommate that, at times, this stash may be all that you can eat. Make sure they understand that this box or cupboard is just for you. You may even want to label each snack with a sticker or mark on the item with a permanent marker so they understand that this is your safe food, and it's only for you.



KITCHEN GADGET "SAFE SPACE"

Create a "safe space" of appliances or kitchen gadgets that are just for you. The available space in your room may vary, but having a separate-colored toaster with a label that says "gluten-free" or a drawer with your personal cutting boards could be helpful. If you have a lot of shared items, like pots and pans, let your roommate know about proper cleaning for shared items.



TALK ABOUT KITCHEN TIMING

If you and your roommate share a kitchen, inform your roommate of any specific times you might need the kitchen for meal preparation to avoid cross contact. If your roommates are planning to make gluten pizza from scratch, you should probably avoid using the kitchen at the same time.



EMERGENCY PREPAREDNESS

Uh-oh, you got glutened! Now what? Since the roommate is probably the person who is closest to you at school, they should know about what happened if you accidentally eat gluten. How can they support you during the time that you're sick?

We really hope you have a superstar roommate who becomes a close friend during your time living together. But sometimes that just doesn't happen. It's okay to not have a friendship with your roommate, as long as they respect your medical needs and special diet. If they don't, you have school resources in housing and disability resources to support you if your roommate is impacting your health.

These bullets are also recommendations for friendships and romantic relationships. The following sections briefly touch on additional points.



MAKING AND STAYING FRIENDS

It's super important to make friends - and keep friends - that do not sacrifice your mental and physical health. It's never fun to have tough conversations with friends, but sometimes that's just what you have to do. If a friend is not respecting your boundaries, making fun of your gluten-free diet, or being mean to you about *anything*, it's time for a talk. Talk to your friend about hurt feelings and your concerns about your relationship. Maybe your friend might not know that their joke about gluten-free food made you upset. If that doesn't work, the next step is to end the friendship. Sometimes it's easier to make new friends that respect you and your needs than it is to keep a friend that makes you unhappy.

When you have friends in college, you'll probably find yourself at a party or gathering with other people. Navigating social scenes might be a little difficult, but it gets easier over time, and with some preparation. As an example, you can talk about your food intolerances to the host of the event. Just throw it out there that you are gluten free. There's even a chance they are gluten-free or have other gluten-free friends at the event. You just never know until you ask. But, just in case, it's best to always bring a snack in case the host forgets, is

not careful, or does not have your preferred option. You can also bring your own food or eat ahead in case you do not know about the food in advance. Remember, never apologize for your dietary needs. You've got this!

ROMANTIC RELATIONSHIPS

Navigating romantic relationships while managing celiac disease can be tough, but it can also be amazing! This type of relationship is a delicate balance of open communication about your needs, caring for their needs, and prioritizing self-care. Your partner, like your roommate and friends, needs to understand how serious your gluten-free diet is to you!

Remember to have fun! Go on date nights at safe gluten-free or gluten-free friendly restaurants. Enjoy activities that don't center around food or eating. While gluten-free is important to you, it's not the most important thing about you. Find someone who loves you for who you are and how awesome you are! They will be so lucky to know you.

While this may seem a lot to think about on top of everything else at college, it's so important to have a group of friends that understand and support you and your health!



Gluten-Free Red Velvet Cupcakes

Have you ever had a classic gluten-free red velvet cupcake? Red velvet is one of the most popular cake flavors and it's also such a pretty red color! It's even better in February, where we celebrate Valentine's Day, and celebrating your heart for Heart Health Month! It is easy to make your own at home to share with friends and family to celebrate this month and throughout the year.

But why is red velvet cake so special? Red velvet cake is a very soft and tender cake flavored with cocoa and vanilla. It used to get its coloring from the chemical reaction of buttermilk with cocoa powder. This reaction gives it a subtle reddish-brown color cake. In the past, it was sweetened with beets during the Great Depression and World War II to give it a red color. But now we use food coloring because it is easier and more reliable to get that beautiful red color for the cake.

In this recipe, these red velvet cupcakes are still made with buttermilk (even dairy free) and cocoa for the classic chemical reaction and perfect red velvet flavor. But, you'll notice that they are also colored with red food coloring. You can use any red food coloring you like, even a natural red food coloring. Some natural red food colorings may not be as bright, so if the batter doesn't look red enough to you at first, you can add a little more food coloring.

Another secret to the perfect red velvet cupcake is mixing the ingredients in a different order than normal. This means that it's important to follow the instructions, step by step in order. This recipe will not be using the traditional "creaming" or "muffin" methods that are often used to make cake. In this recipe, the dry ingredients are mixed together, and then mixed with oil before adding the other ingredients. This mixture will look kind of like wet sand. In a traditional gluten cupcake, the oil being added separately is essential to the velvety texture, because it prevents the gluten from developing in the cupcakes as the batter is stirred. While the oil doesn't prevent gluten-free cupcakes from developing gluten (since they don't have any gluten at all!) adding the oil separately changes the way the flour absorbs the other liquids and helps to create red velvet cupcakes with the perfect velvety texture.



Ingredients:

- 1 $\frac{3}{4}$ cup gluten-free flour (tested with Bob's Red Mill's 1-to-1 Gluten-Free Flour)
- 3 tablespoons cocoa powder (do not use dutch processed cocoa powder)
- 1 cup white sugar
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon xanthan gum (you don't have to use this if your gluten-free flour already has xanthan gum or guar gum as an ingredient in it)
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ cup vegetable oil
- $\frac{1}{2}$ cup milk **see note for substitutions*
- 1 teaspoon vinegar
- 2 eggs ***see note for substitutions*
- 1 teaspoon vanilla
- $\frac{1}{2}$ - 1 teaspoon red food coloring

Directions:



- Preheat the oven to 350°F. Line your cupcake pan with paper liners or lightly grease each cup.
- In a large liquid measuring cup, or small bowl, mix together the milk and vinegar. Let it sit for at least 5 minutes while you mix the other ingredients.



- Mix together in a large bowl, the gluten-free flour, white sugar, salt, baking soda, xanthan gum (if your flour doesn't have any in it).



- Add the oil to the dry ingredients and mix until it resembles wet sand.



- In the large liquid measuring cup with the milk and vinegar, add and mix together the eggs, vanilla extract, and red food coloring.



- Gently pour the liquid ingredients into the brown sandy flour mixture



- Stir until you have a smooth red batter.



- Fill your prepared cupcake pan cups $\frac{1}{2}$ - $\frac{3}{4}$ full and bake until the cupcake springs back when you touch it, about 20-25 minutes for regular gluten free red velvet cupcakes and 18-22 for mini red velvet cupcakes. If you are making regular sized cupcakes, evenly divide the batter between 24 cupcakes.

- Let the cupcakes cool before frosting.

Notes

*You can use dairy milk or any dairy-free milk for this recipe. Adding the vinegar to your milk of choice - and letting sit before using - makes it become "buttermilk" and is super important to the red velvet flavor and texture of this recipe.

**If you can't eat eggs, I have used a flax egg substitute in this recipe with very similar results. For each egg needed

in a recipe, mix 1 tablespoon ground flaxseed with 3 tablespoons of warm water. Let this flax mixture sit for about 5 minutes to thicken before adding to the batter. For this recipe you need the equivalent of 2 eggs. I used 2 tablespoons of ground flaxseed with 6 tablespoons of warm water to make the egg substitute for this recipe.



Cream Cheese Frosting Recipe

Red velvet cupcakes are often frosted with cream cheese frosting. Many packaged cream cheese frostings are gluten-free and some are even dairy-free. To save time, you can use one of these premade frostings, just make sure to double check the ingredients. If you use this packaged frosting, it will be much easier to use and fluffier if you scoop one can of frosting into a medium bowl and whip it for 3-5 minutes with an electric mixer before frosting your cupcakes.

You can also make homemade cream cheese frosting; our favorite recipe follows the cupcakes. We've made the cream cheese frosting with both dairy ingredients, and dairy-free substitutes. Both were delicious!

Ingredients:

- 1 8-ounce package of cream cheese
- $\frac{1}{4}$ cup butter or shortening
- 5 $\frac{1}{2}$ cups powdered sugar
- 1 teaspoon vanilla extract
- 1-3 tablespoons milk

Directions:

1. In a large mixing bowl, beat the cream cheese and butter (or shortening) with an electric handheld mixer until light and fluffy, about 2-3 minutes.
2. Add the powdered sugar and slowly mix. Add the vanilla extract, and then add the milk a little bit at a time, until the mixture comes together into a smooth and creamy frosting. You can always add more milk, but can't take it out once you add it, so add it very slowly, about a teaspoon at a time.
3. Once combined, beat the frosting for another minute or two with the electric mixer until it is very fluffy.
4. Frost and decorate your cooled red velvet cupcakes.

Finished and frosted cupcakes will stay fresh in an airtight container in the fridge for 3-5 days, and up to a month in the freezer.

Boba Time

MAKE IT A BETTER DAY



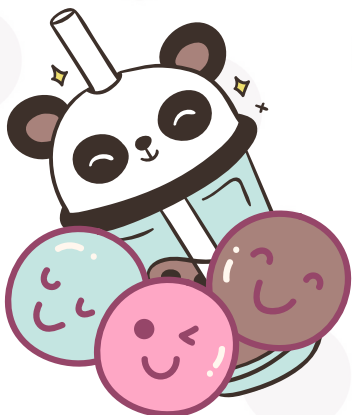
DIY BOBA TEA RECIPE

Recipe provided by the Culinary Institute of America from the Gluten Intolerance Group's Gluten-Free Teen Summit Cooking 2022 Boot Camp.

Did you know that you can make bubble tea from scratch? Yes - tapioca pearls, or boba, are naturally gluten-free and you can make them at home! These chewy tapioca drinks are so popular but sometimes it's hard to find out the other ingredients inside these teas when you're out at a restaurant or tea shop. This is a fun recipe to do on the weekend where you have a few hours to prepare the tapioca pearls from scratch.

INGREDIENTS

- 12 cups of water
- 3/4 cup granulated sugar
- 1/3 cup light brown sugar, packed
- 1 cup uncooked tapioca pearls
- 12 bags of black tea
- 1 quart of whole milk or unflavored milk alternative



RECIPE

Combine 1 cup of water with the light brown sugar and granulated sugar in a large pot, and bring to a boil. Reduce the heat to medium and simmer for about 2-3 minutes, stirring constantly, until it is syrup consistency with no granules of sugar left. Set aside to cool.

Next, to prepare the tapioca, bring 7 cups of water to a boil in a large saucepan and add the tapioca pearls. Reduce the heat, and simmer uncovered, stirring frequently, until the tapioca pearls are mostly transparent and slightly gummy.

Note: this recipe requires the use of a stove. Please make sure you use adult supervision when handling hot items. This recipe also uses black tea, and black tea contains a lot of caffeine. Other types of boba tea can use green tea, which contains less caffeine. Make sure you ask an adult before drinking caffeine!





This might be a little different with the size of the pearls you use! This takes about a half an hour, but can take up to 40-50 minutes. Smaller size pearls take less time to cook than larger pearls. Remove the tapioca pearls from the heat and cover the pan. Let them cool in the pan for about 30 minutes. Then drain the boba through a wire-mesh sieve or small colander and rinse the balls with cool water.

Add the cooked tapioca pearls to the cooled sugar syrup. Stir and coat the pearls with the syrup. Store the coated pearls in the fridge in a covered container. Take the remaining syrup and put it in a separate and sealed container, and store in the fridge.

Next, make tea. Boil 6 cups of water in a large pot and turn off the burner. Place tea bags into the pot and steep for 5 or 6 minutes. This tea will be extra strong. Discard the tea bags and cool the tea to room temperature.

Now that you have all of these parts of boba tea, let's put it together! Put 1/3 cup of those cooked and coated tapioca pearls into a large glass or boba tea tumbler. Add in 3/4 cup of the cooled tea, 1/2 cup cold milk, and 3 tablespoons of the sugar syrup. Stir it thoroughly and serve right away with a wide boba straw.

Note: If cooking tapioca pearls takes too much time and you really want boba tea fast, there are several boba tea kits available at grocery stores. These kits come with pre-packaged cooked chewy boba balls. You can prepare these balls in the microwave or on a stove top using a little bit of water. Make sure that any package of boba is labeled gluten-free!



Meet the **Gluten-Free Kid**



Skylar of The Skylar Project

We love it when gluten-free kids and teens do something to make a difference! This issue, we're highlighting The Skylar Project, and its founder Skylar, and her mom Shari Weitz.

Skylar makes the coolest jewelry, and profits from the jewelry sales go towards celiac disease charities. We caught up with Skylar to talk about what inspired this project!

Erica: Wow, Skylar, this is cool. What was the inspiration behind making bracelets?

Skylar: Growing up, my parents have always emphasized the importance of giving back. When I was diagnosed with celiac, I wanted to find a way to give back to the celiac community. I have always had a love for jewelry, and as a creative and driven person, I knew creating bracelets could be my way to give back. I started making and selling bracelets with navy blue beads, the celiac colors, and have since expanded my line to various colored gemstones, metal-tone beads, and even bangles.

Erica: Why is celiac disease research important to you?

Skylar: I was diagnosed with celiac disease in 2012, when I was almost 7 years old. Growing up with celiac disease was a challenge and being gluten-free wasn't as common or "normal" as it is now. I could never eat the school lunch or pizza or cake at birthday parties, and I had to be very careful eating out at restaurants. I had to carry snacks on me and bring bagged lunches to playdates. In October of 2016, I created The Skylar Project. I partnered with my aunt, who has a jewelry business, to design and sell bracelets to raise funds for celiac disease research and awareness. I donate all profits to the Celiac Disease Foundation and Columbia Celiac Center, where my doctors are located. Celiac disease research is important to me because I am hopeful that one day there will be a cure for this disease.

Erica: What an inspiration! I saw that you also take donations to your local JCC (Jewish Community Center) community needs bank. What inspired you to choose that organization specifically? Do they have a lot of gluten-free people at your JCC?

Skylar: I'm continuously looking for new ways to spread my message! I began using a portion of proceeds from bracelet sales to buy and donate gluten-free food to the JCC Community Needs



Bank. The JCC Community Needs Bank has always had a gluten-free section, but it wasn't as stocked as the other sections. My hope is to grow this section to the same size as others. I donated Thanksgiving food so that everyone had access to a safe Thanksgiving meal! As a result of my efforts, I was honored and received the "Shine a Light on Hunger" Award twice!

Erica: Congratulations. If a *Generation GF Magazine* reader wants to support The Skylar Project, how can they order a bracelet?

Skylar: The Skylar Project is currently in two retail locations across Long Island, Head Rush Salon in Roslyn and Let's Accessorize in Merrick. If unable to shop in person, readers can direct message @theskylarproject_ on Instagram, and I would be happy to take orders there!

Erica: As you get older, where do you see the project going?

Skylar: As I get older, I'm looking for even more ways to improve my project and give back to more communities. I plan to study business in college and enhance my marketing and advertising skills to expand The Skylar Project. I am confident that using the skills I gained through my celiac journey that I will be able to advocate for myself while at college.

Skylar's mom (Shari): From a young age, Skylar has always been independent and responsible. Since her celiac diagnosis, she has learned how to better advocate for herself and use her voice to speak up. Skylar knows what she can and can't eat, and she is determined to not let this diagnosis hold her back. As her mom, I will always worry about her, but not because I don't trust her. It's because having any type of food restrictions requires extra planning and proper preparation in addition to relinquishing control. I must trust that others will take this matter as seriously as we do.



As for college, Skylar just committed to Tulane University where she is excited to start her next chapter this fall. We met with the dietitian, toured the dining hall, and will continue to work with food services to ensure all students with food restrictions can succeed.

Skylar plans on continuing The Skylar Project in college and hopes to get involved with local food pantries in New Orleans and any food pantries on campus to address food insecurity on college campuses. The Skylar Project goals will always be raising money for celiac disease research, spreading awareness about this disease, and fundraising to provide safe gluten free food to those in need, and we are hoping to grow these goals even further.

Thank you to Skylar and her mom for this opportunity to feature The Skylar Project with Generation GF Magazine.

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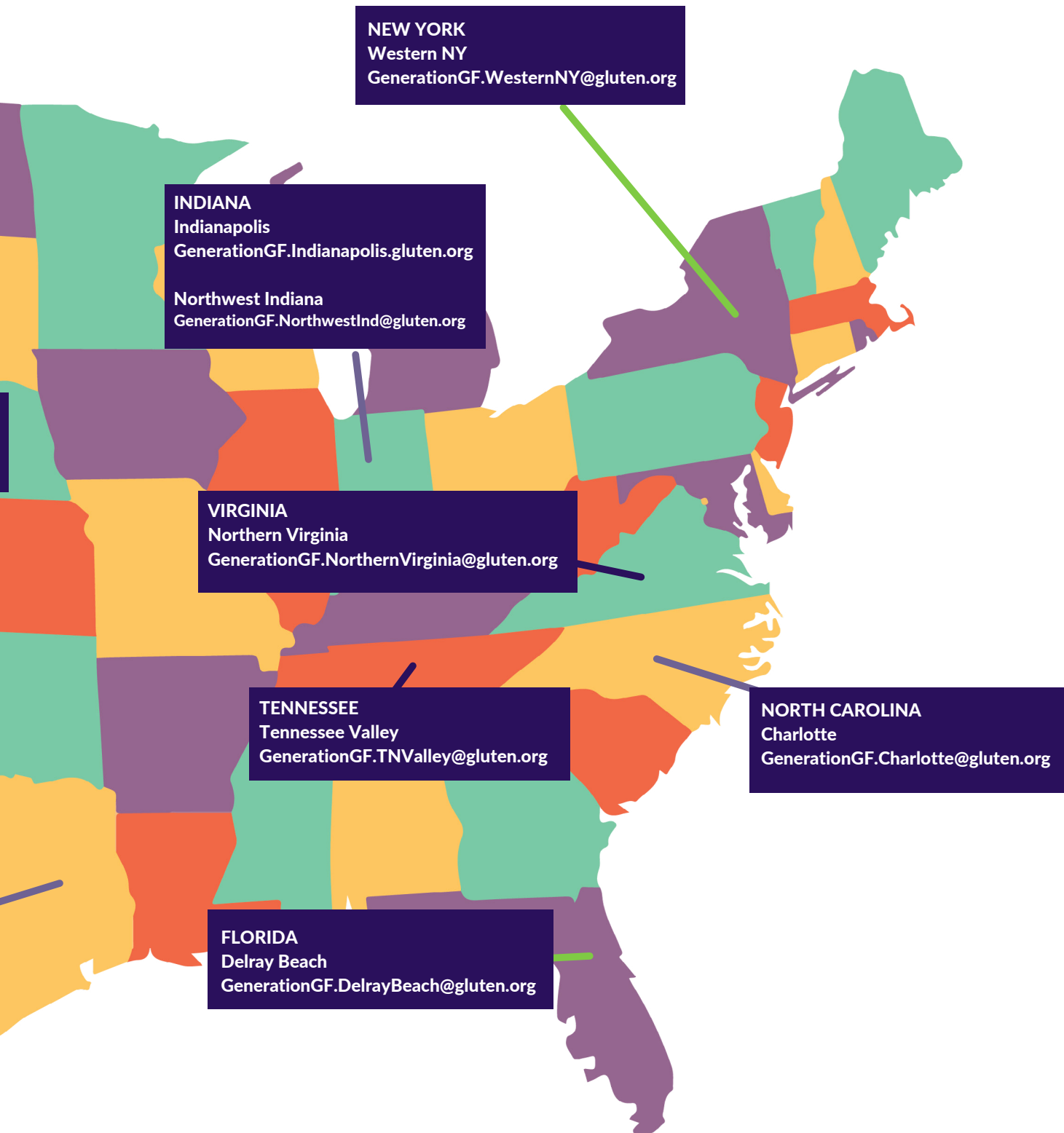
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If you are interested in starting a chapter of Generation GF support group in your area, please contact us at GenerationGF@Gluten.org





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