

# FREE-FROM MAGAZINE

*a lifestyle resource from Food Equality Initiative*

## **BAKING, ADVOCACY, & BLOGS**

How to talk to your friends and family about your allergies and experiences

## **CARING FOR OTHERS**

How do you talk to your friends and family about your allergies and experiences

## **HEY, VALENTINE!**

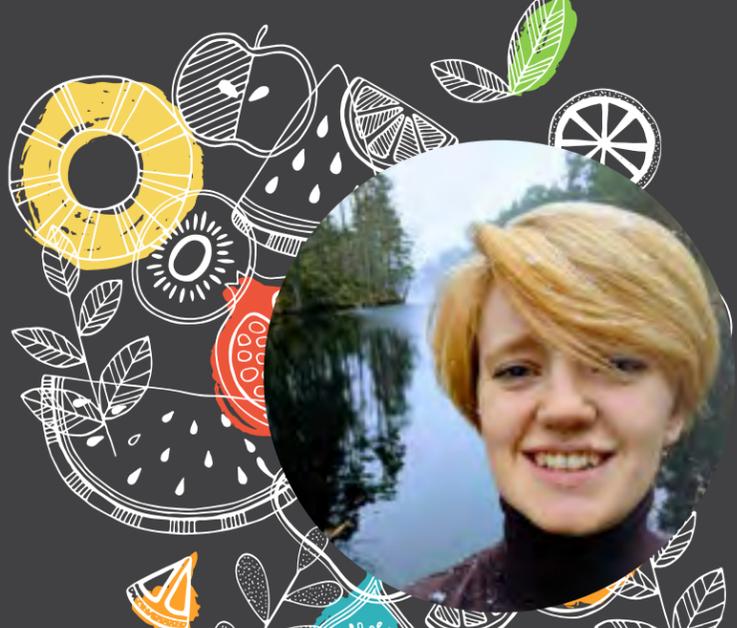
Taking a moment to celebrate and love yourself is something we all deserve

## **ALLERGY AMULET**

Bringing something new to the food allergy community in 2021

## **3 DELICIOUS FREE-FROM AND INDULGENT RECIPES**

Treat yourself this month with some baked treats



## LETTER FROM THE EDITOR

Dear Readers,

Welcome back to the Free-From Magazine! A lot has happened since we met last, the most prominent being that we have sworn in a new president. While our nation is experiencing a heap of changes, we hope that among these changes will include more comprehensive legislation to protect our food-allergic and celiac individuals. We hope to see more labelling regulations, accommodations in public settings, and as always, more access to safe, free-from foods for everyone. FEI will continue to advocate for this community in 2021 in all levels of government, local, regional, and national. After all, for those with

special dietary needs, food is medicine. Our founder says it best:

***“Food avoidance is the prevailing standard of care for patients with both food allergies and celiac disease. Access to safe food is not only a matter of sustenance, rather a matter of treatment.”***

**- Emily Brown**

The February theme is self love and self care. The issue contains a collection of food allergy testimonials about the ups and downs of having a food allergy, but each has come into their own path of caring for their individual needs in their own way. There is no “one-size-fits-all”

in healthcare, but maybe in reading these stories, you will feel less alone in your allergy journey. We are in this together.

One more thing. It is Black History Month! Take some extra time this month to learn about black history, there is a lot of amazing information out there. Check to see if there are any virtual events at your library or around the city for you to join. And as always, be sure to support your local black-owned businesses and organizations such as FEI. Take care and I hope you enjoy!

Sincerely,  
Sofia Gillespie  
Editor in Chief,  
Free-From Magazine



@FOODEQUALITY  
#FOODEQUALITY

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a lifestyle resource from Food Equality Initiative

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## BRAND SPOTLIGHT

### The Future of Food Allergen Detection

#### Allergy Amulet

#### Living with food allergies is all about what ifs:

- What if this cupcake is made with almond flour?
- What if this soup is made with real cream instead of a dairy-free substitute?
- What if this package of chips actually does contain the wheat and soy that it claims it “may contain”?

**H**ave you ever wished that you could just know with greater certainty whether a food contained your allergen or not? What if we told you there will soon be a way?

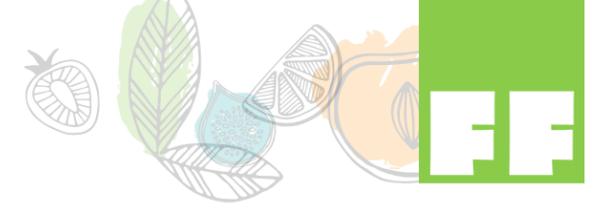
Allergy Amulet is bringing something new to the food allergy community in 2021 to help eliminate the what ifs. The company has developed the world's smallest and

fastest consumer food allergen sensor to test your food for common allergenic ingredients in seconds.

Their **validated sensor technology** uses a first-of-its-kind detection platform that recently published its research in a leading **scientific food journal**.

The Amulet consists of two parts: a thumb-sized reader (the Amulet) and a sampler. The Amulet is small and portable, so you can take it wherever you go. Whether it's on a keychain, a necklace, a wristband, or carried in a backpack, the portable design helps users savor life's important moments, safely and simply.

**“Allergy Amulet is bringing something new to the food allergy community in 2021”**



allergy amulet

Sign up for their [newsletter](#) on their website for pre-order information, product updates and more.

[www.allergyamulet.com](http://www.allergyamulet.com)

Cheers to exciting food allergy progress in the new year!

*\*The Allergy Amulet is intended to capture a representative sample of the food. The test will only identify the presence or absence of a target allergenic ingredient in the collected sample. The Amulet serves as a supplement, not a substitute, to the standard precautionary measures food-allergic individuals would otherwise take when dining out or eating foods prepared by others.*





# LIVING A LIFE FREE-FROM

## Peyton's Allergy Shield of Hope

Kamisha York

**Being a parent of a child who has multiple food allergies can sometimes be a hard thing to navigate.**

I found myself in that boat when my now 13-year-old daughter Peyton was 3 years old in 2010. My beautiful daughter asked if she could have some of the cashews I was eating. I gave her half of a half of a cashew that evening for the first time. Later that night as I watched my daughter sleep, I noticed her scratching her throat as she slept... but not knowing the warning signs of allergic reactions, I did not know she was having her first nut allergy reaction.

### THE BEGINNING

The following day, being the busy mom that I am, I gathered the kids up so that we could head out for a doctor's appointment. Peyton asked me again if she could have another piece of my cashew I was eating. Again, I gave her half of a half of a cashew. We headed to our appointment with their pediatrician. Once we arrived, my son noticed that Peyton looked quite different when he took her out of her car seat. When my son handed her to me, Peyton was having a full-blown anaphylactic reaction to the cashew I had given her before leaving our house. My daughter had blood blisters all over her body, her eyes were huge, her blood pressure had dropped, and she began to have an

asthma attack as her throat started to close. This by far was one of the scariest moments of my life, because at that moment I knew nothing about food allergies and what would cause a reaction like this. My daughter was given two injections of the Epi-Pen and Benadryl and rushed to our local children's hospital where she was admitted. From this day forward my family has never been the same.

**"Not knowing the warning signs of allergic reactions, I did not know she was having her first nut allergy reaction."**

### The Food Allergy Journey

After Peyton recovered from her reaction to the cashew, we had her tested for other foods that she could possibly be allergic to; turns out Peyton is allergic to peanuts, tree nuts, shellfish, and egg yolk, with a mild dairy allergy, and an allergy to penicillin. For a young couple with three young kids, this was awfully hard for us to understand because this meant we had to change the way our family would eat forever. Starting out, money was very tight for our family; we had to budget.



Peyton's allergies and adjust to a whole new way of living, thinking, and eating.... basically a whole new life.

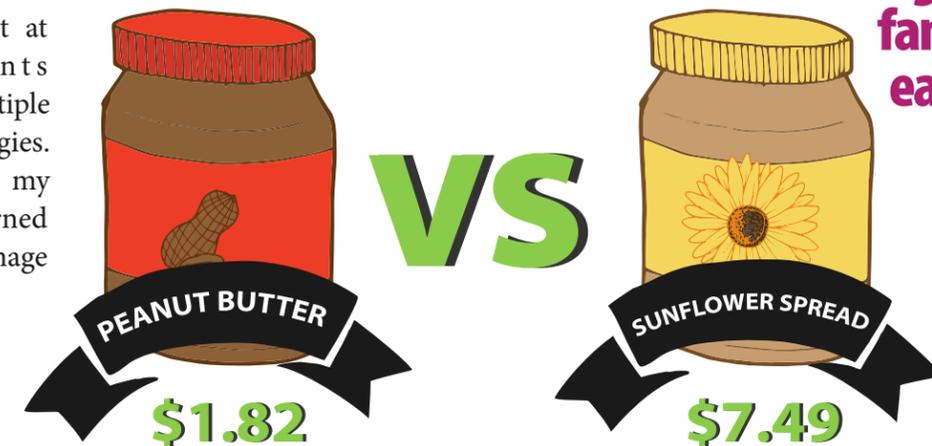
Her time at her elementary school from kindergarten through fifth grade was sometimes trying. Early on, I would say that her food allergies were handled with care by staff and the teachers, but once she reached fifth grade, she started to experience

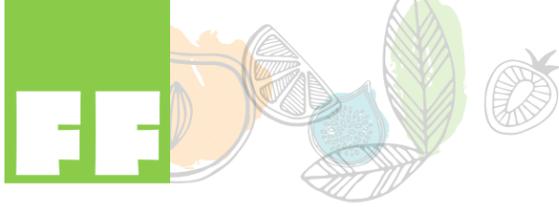
### Navigating School

Grocery shopping for a child with multiple food allergies costs twice as much as it would to grocery shop for a child without food allergies, this was something that we had to get used to. We had to learn how to grocery shop all over again, learn how to read labels, understand what it means to not cross-contaminate, and learn how to dine out at restaurants with multiple food allergies. With time, my family learned how to manage

Once Peyton started school, I felt like I was right back at the starting line. I felt like I had just overcome the first hurdle of finding out that my daughter had all these food allergies, and now we had to tackle all the same things with elementary school.

**"For a young couple with three young kids, this was awfully hard for us to understand because this meant we had to change the way our family would eat forever"**





discrimination on the basis of her food allergies. Peyton has a 504 Plan in place for her food allergies, but accommodations were not going to be made for her to participate in a classroom assignment until I spoke up. Out of this incident, the idea to start a nonprofit was born. I talked with my husband and I said, “I would like to start a nonprofit that is here for people to reach out and ask questions, to advocate for and educate adults and children living with food allergies.” On November 12, 2019 (Peyton’s 12th Birthday) Peyton’s Allergy Shield of Hope (PASH) was born.

research and awareness, and we’re also planning a food allergy friendly food drive. You can always keep up with what’s happening with Peyton’s Allergy Shield Of Hope (PASH) and our family by visiting our website at [www.peytonallergyshieldofhope.org/](http://www.peytonallergyshieldofhope.org/) or our blog ‘How Not To Go Nuts’ at [www.foodallergyjourney.com](http://www.foodallergyjourney.com).

**“Accommodations were not going to be made for her to participate in a classroom assignment until I SPOKE UP”**

**The Future of Peyton's Allergy Shield of Hope**

It has been a full year since our nonprofit was launched and so much has happened! We have accomplished the goal that I set forth from day one, to advocate and educate. Peyton’s Allergy Shield of Hope has so much to give to the food allergy community. We have so many exciting things planned for 2021.

Starting a nonprofit in the midst of a pandemic has shown us that we must be creative on how to make our voices heard. Currently, PASH is in the planning stages of having a virtual walk for food allergy



**ABOUT KAMISHA**

I am Kamisha York (Misha for short). I am the Executive Director of Peyton’s Allergy Shield of Hope, a 501 © (3) that my husband and I started in honor of our 13-year-old daughter Peyton. Peyton’s Allergy Shield of Hope is a non-profit that is here to advocate and educate for those living with food allergies. In my free time I love to relax and listen to a good audible book, bake, and blog about how my husband and I navigate our crazy life with 3 kids and managing Peyton’s food allergies at [www.foodallergyjourney.com](http://www.foodallergyjourney.com)



**“Allergy Amulet is bringing something new to the food allergy community in 2021”**

[www.allergyamulet.com](http://www.allergyamulet.com)

# CARING FOR OTHERS

With food allergies, it is a journey of discovery.

Alex Hoskovec

Atlas Seasonings

**I remember the first time I encountered someone who did not understand, nor care to understand, my food allergies.**

I was in a small town in South Dakota and went to a restaurant to grab a bite to eat with some people. I asked the waitress if they had any gluten-free options and her response was “Oh no, we don’t do that here.” Her bluntness caught me off guard and made me feel embarrassed. The people I was with didn’t have a great understanding of allergies so I was alone in navigating this awkward interaction.

Up until then, the bulk of my experiences with my food allergies had been in larger cities and places where people were more knowledgeable about food-specific allergies and how to handle them. I knew people can sometimes not be very accommodating to food allergies but this was new. That was when I realized not everyone will be accepting of your food allergy needs.

**“not everyone will be accepting of your food allergy needs”**

However, that does not invalidate your needs or make your allergies less real. This experience made me realize the importance of surrounding yourself with people that want to understand and help you. This is vital for taking care of yourself mentally and physically. In this article, I want to ask the questions:

**How do you talk to your friends and family about your allergies and experiences? How do you help them understand the ins and outs of allergies and become more supportive of your journey?**

**For some context on me**

I have Irritable Bowel Syndrome (IBS). For those that don’t know much about IBS, this essentially means that I can eat an apple today and be perfectly fine. Although if I eat an apple tomorrow, I could end up curled up on the couch in pain because my body dislikes apples now. I have to avoid certain foods and I can only eat a small portion of others over a short period of time. I could go on for hours about the specifics of my diet with IBS, but for the vast majority of people that is way too much information. I often default to “I’m allergic to gluten, dairy, tree nuts and I can’t eat garlic or onion.” That’s easier to say and easier to be understood.



When I explain my diet to my friends and family, I don’t want to overwhelm them with the absurd amount of information I have to maintain to eat with IBS. I make it easy for them to understand. I break it down into a quick, simple explanation and let them know that if they have any questions just to ask. More often than not, my friends do ask more questions and I am happy to answer them. I would much rather someone ask questions about my allergies than assume something and I have a reaction to food they have spent time, effort, and money preparing for me. When we create an open dialogue with our friends about our allergies, we can help set everyone at ease, including yourself most of all.

**Taking Care of Your Mental Health**

A hidden by-product of having allergies is the mental toll that it can take on someone. Though it is often not discussed, this is an important reality of living with allergies to recognize. For most people with significant allergies, they have spent their whole lives dealing with these limitations but do not realize the full extent of the stress that is added to daily life. Being able to talk with friends, family, or a therapist can be an important way to exercise self care and incorporate it into our lives.



## For Food Allergy Allies

It may be difficult for those without allergies to understand the anxiety and stress caused by food allergies. So, to the food allergy allies out there, when a food-allergic individual opens up about their allergies, be ready to listen. Ask questions to understand the situation. Ask how you can best support the individual. Ask if they get tired of always asking for the food allergen menu at restaurants and if you can take over that role when you are together. Most of all, do not assume, just ask!

**“I would much rather someone ask questions about my allergies”**



### ABOUT ALEX

Alex Hoskovec is a Kansas City native who runs a small allergy-friendly spice company, Atlas Seasonings. He has had food allergies and IBS since college and is passionate about helping others adapt to life with food allergies.

**“when a food-allergic individual opens up about their allergies, be ready to listen”**

## For Allergic Individuals

And to the food allergic individuals reading this, do not be afraid of these questions. Do not be embarrassed or feel like a burden to others. This is your life, your self-care is important. Embrace the questions and create a safe learning space for others to find out about your allergy. Come up with a support plan for each other. The food allergy journey may be lonely, but you do not have to go it alone. The sooner we begin the conversation to explain our allergies, reactions, and struggles with food, we can help people better understand and support us.

## Take Care of Yourself and Those Around You

As we head into 2021, I believe it is important for everyone with allergies to prioritize self-care, and address the stress associated with food allergies. Whether we all realize it or not, our dietary restrictions, allergies, and sensitivities can take a toll on our body both mentally and physically. Surrounding ourselves with people that want to understand what we go through with our allergies can begin to help with that burden and relieve that stigma and stress around allergies. Let’s all go into 2021 with a better understanding of each other and take care of ourselves by starting a conversation with others and helping them understand food allergies a bit better.

**“Surrounding ourselves with people that want to understand what we go through with our allergies can begin to help with that burden and relieve that stigma and stress around allergies”**

# THE TASTEMAKERS

This is a recurring section of Free-From Magazine that is led by teenagers who are active change-makers in the food allergy community.



# BAKING, ADVOCACY, AND BLOGS

What growing up with food allergies has taught me.

Claire Zegger

The Allergy Avocat

**Hello! My name is Claire, and I'm a food allergy teen from Washington DC.**

**T**his past summer, I joined Food Equality Initiative's Teen Advisory Board because I wanted to be a part of the mission to raise food allergy awareness.

On my first birthday, I remember taking a bite of my delicious lemon birthday cake when suddenly I felt a funny, itchy feeling in my mouth. My parents called my doctor and she told them what medicine to give me. It was scary, but everything turned out alright. After that experience, I was diagnosed with food allergies. My first birthday cake contained eggs, which I am allergic to.

Now I am seventeen and I have severe food allergies to peanuts, tree nuts, and eggs, and moderate allergies to shellfish and soy. Normally, when I tell people my long list of food

**"To me, my food allergies are much more than just a disease, they are a major part of my identity"**

allergies, most reply with, "Are there any foods that you can eat?" Well, actually, yes. I can eat a lot of different foods!

## What Food Allergies Can Teach You

Having food allergies has inspired me to learn how to cook and bake for myself. I didn't want to let my allergies limit the types of foods I could eat, so I experimented and created my own allergy-friendly recipes. Baking and cooking have since become major elements of my self-care routine.

**"There was no ingredient label on the cake. I had no way of knowing whether the cake had egg or nuts, and I couldn't take the risk"**

Baking is my way of winding down, relaxing, and taking my mind off of work for a while. To put it simply, I love baking because I get to create something that is beautiful. When I bake, I enjoy trying to make something that not only tastes good, but also appeals to the other senses. To me, baking is an art form that is meant to be as visually pleasing as it is delicious. Whatever I make, I enjoy assembling its presentation, and I love to fill my kitchen and my house with warm, sweet aromas. Baking is also my way of connecting with others. Especially now, when social

interaction is limited, I can share my love with friends and family by dropping off a baked good, with the happiness of knowing that such a gift truly comes from my heart. Whether I am baking for my friends, family, or even just for myself, baking is my form of self-love.

## Standing Up For Others Is Self-Love

To me, my food allergies are much more than just a disease, they are a major part of my identity and have shaped my life in many ways. From an early age, I learned how to advocate for my needs and to stand up for others around me who are going through the same experience.

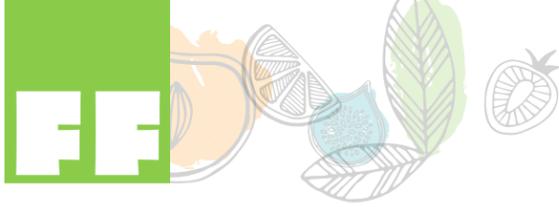
When I think back to what first got me excited about baking, I remember my elementary school's annual cake raffle, which was a fundraiser for the sixth grade class. Each year, I would sit in the great hall with the rest of



my school, listening as a teacher pulled names out of a hat, my heart thumping with excitement. In fourth grade, my name was drawn and I nearly jumped for joy. I had won a cake! It was beautiful and decorated with pink fondant and colorful sprinkles. As I thought about how good it would taste, a sinking feeling flooded over me. There was no ingredient label on the cake. I had no way of knowing whether the cake had egg or nuts, and I couldn't take the risk. I was sad but I didn't want to waste it, so I gave the cake to a classmate who didn't have food allergies. After that event, I did not want others to go through that same disappointing experience I did.

Flash forward a few years to when I am in sixth grade. That year, my classmates and I were in charge of providing all of the cakes for the cake raffle. I was so excited to bake, but I wanted to make sure that all of the food allergy kids would be able to eat their cake. That weekend, my mom and I baked and decorated fourteen allergy-friendly cakes. All of them were free-from eggs, tree nuts, and peanuts. We also made some gluten-free and dairy-free in order to address all of the allergy needs at my school.

I remember walking into school the day of the raffle, triumphantly carrying my cakes, each clearly labeled with allergens, to the cake table. My friends oohed and aahed at the decorations, and I was thrilled



knowing that another food allergy kid would feel that same awe. During the raffle, I was filled with pride each time one of my cakes was handed to an allergy kid and I got to see their face light up with joy, knowing that they would be able to eat their cake without worry.

**“having food allergies doesn’t mean that you can’t take part in the joy of delicious food”**

**Sharing With Others Is Self-Care**

Cooking and baking brings so much joy to me, especially when sharing with others. I learned that having food allergies doesn’t mean that you can’t take part in the joy of delicious food. I wanted to share my recipes to prove that allergy-friendly cooking can be delicious, so I created a food allergy blog called “The Allergy Avocat.” I started by posting pictures and directions of my recipes, making sure to label the allergens they contain, and suggesting substitutions. Soon, I realized that I had a lot more to share about my allergies than just recipes. I wanted to use my blog to share my personal experiences navigating life with food allergies, to raise awareness, and to connect with other food allergy teens.

Now, I am also a member of FEI’s Teen Advisory Board. It has been a wonderful experience to connect with other teens who understand what it is like to have food allergies. I appreciate our group’s shared dedication to raising allergy awareness and mission of providing support to food allergy teens across the United States. As a senior in high school, hearing from the older students on the board about their experiences navigating food allergies has been a great insight for me as I prepare to go off to college next fall.



I added an “About me” page to my blog that talks about my story, and started a discussion board with the hopes that other food allergy teens would feel welcome to share their own stories (and share their own recipes!).

I encourage anyone to visit my page (address in bio) for my recipes; sign up to comment, or create a post of your own! I’d love to hear from you!



**ABOUT CLAIRE**

I’m a member of FEI’s Teen Advisory Board. I’m 17 and I have severe food allergies to peanuts, tree nuts, and eggs, and moderate allergies to shellfish and soy. I am the creator of a blog where I share my favorite allergy-friendly recipes and stories about navigating life with food allergies. I hope that my blog can become a place for other food allergy teens to build a community of shared experiences. Visit my website at <https://theallergyavocat.wixsite.com/clairzegger> or find me on instagram @theallergyavocat.



**CRAFTS**

**Hey, Valentine**

Zoë Slaughter

**Invisibly Allergic**





## Have a Happy Valentine's Day!

**W**ith the one-year mark of the global pandemic approaching, reading about being your own Valentine this February may not sound the most thrilling of plans, but hear me out. I've designed a short list of allergy-free ways to be your own valentine this year with self-love and relaxation at the heart of each one. We can all use a little extra self-love and allergy-friendly things to look forward to these days, am I right?

Taking a moment to celebrate and love yourself, no matter how little, is something we all deserve. Below are a few recipes for activities to help you refresh your body and mind. Take a deep breath and take care of yourself.

I hope however you decide to celebrate Valentine's Day this year that it's relaxing and brings you joy.



## Allergy-Free Hot Chocolate

Adapted from [www.allergycookie.com](http://www.allergycookie.com)



### INGREDIENTS

\*feel free to sub out any that don't suit your diet or pantry

- 3/4 cup Enjoy Life Dark Chocolate Morsels (or your favorite allergy-free chocolate)
- 1 cup water
- 1/3 cup sugar or sweetener of choice (agave, maple syrup, etc.)
- 3 cups unsweetened milk of choice (dairy, coconut, hemp, almond, soy, etc.)
- Tiny pinch of salt (optional)

### DIRECTIONS

1. In a saucepan, combine chocolate and water over medium-high heat, stirring occasionally until chocolate is melted
2. Add sugar and 1/2 cup of allergen-free milk of choice
3. Continue stirring until sugar has dissolved (about 2 minutes)
4. Reduce heat to medium while stirring in the rest of the milk, and adding your optional tiny pinch of salt now
5. Pour into cups and enjoy slowly, focusing on the flavor and warmth!
6. If you want to get creative or make it extra tailored to your taste buds, you can spruce up your hot chocolate by adding an additional element, such as: garden mint, allergy-friendly candy cane, coffee, spices, extracts, or spirits.

## Establish a Food Allergy Affirmation

When thinking about affirmations, positive statements or judgements, begin thinking about the positive self-talk you already say to yourself when food allergies become stressful for one reason or another. Take a seat someplace comfortable, grab a pen and paper, and close your eyes and take 3 deep breaths.

Next, let your mind begin to ponder words of wisdom that you believe could be beneficial to say to yourself in these heightened moments when stress is getting the better of you. These aren't meant to take the place of responding if a food reaction is occurring, but are to help aid in mental reframing and grounding in situations where things may be frustrating but everyone is safe and healthy. Such as, if you forgot your allergy-free snack at home, or if someone lets you know in advance they can't accommodate your allergy.

Begin journaling positive affirmations you feel would benefit you when you're in a heightened state of emotion. Let them flow out of the pen onto the page without judgement, you can finalize them later. Now, you can decide from these affirmations which would be the most helpful to turn to, or keep them all! I suggest if one really resonates, writing it down someplace where you can easily reference it as-needed, such as typed in your phone 'Notes' or written on a small piece of paper that can be taped to your phone or wallet.



## Gluten-Free & Corn-Free Play Dough

Adapted from [www.neocate.com](http://www.neocate.com)



This dough can be for adults just as much as teens or children! It can be infused with essential oils, if you use those, or left unscented. Roll it between your fingers, massage it into the palm of your hand, and just have fun playing with no expectations! I often do this while watching TV or listening to music.

### INGREDIENTS

1 firmly packed cup brown rice flour  
1 cup water  
1/2 cup salt  
1 Tablespoons allergy-free oil  
1 Tablespoons cream of tartar

### DIRECTIONS

1. Place all ingredients into a medium sized saucepan.
2. Stir continuously over a medium heat until the mixture congeals and forms a ball, approximately 3-5 minutes. Continue to turn the ball over on the heat for another 1-2 minutes.
3. Remove from the heat and turn dough out onto a board or bench top.
4. Allow to cool completely and then knead until the dough is smooth. Sprinkle with a little rice flour as you knead if the dough feels at all sticky but be sure to only add a little at a time to prevent your dough drying out.



## BLUEBERRY MUFFINS

Claire Zegger



### INGREDIENTS

2 cups all-purpose flour or 1:1 substitution gluten-free flour  
 ½ cup + 2 tablespoons granulated sugar  
 1/2 teaspoon salt  
 3 teaspoons baking powder  
 ¼ teaspoon baking soda  
 1 tsp cinnamon  
 1 cup blueberries (fresh or frozen)  
 1 ½ cups your choice of dairy-free milk  
 1 tablespoon lemon juice  
 1 teaspoon vinegar (I recommend apple cider vinegar)  
 4 tablespoons melted unsalted dairy-free butter or vegetable oil

1 teaspoon vanilla extract  
 2 tablespoons coarse sugar to sprinkle on top (optional)



### DIRECTIONS

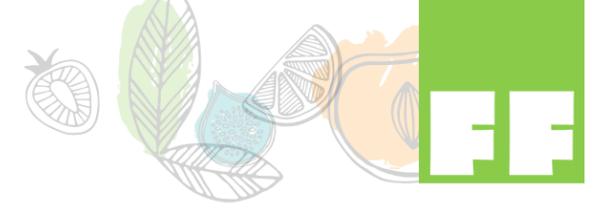
Preheat oven to 425° F. Line a 12-count muffin pan.

Whisk the flour, sugar, salt, cinnamon, baking powder and baking soda together in a large bowl until combined. Add blueberries and mix to coat with flour mixture.

In a mixing bowl whisk dairy-free milk and lemon juice vinegar, then add dairy-free butter/oil and vanilla.

Fold wet ingredients into dry ingredients and mix everything together by hand. Do not overmix. The batter will be thick and a little lumpy.

Fill muffin cups almost to the top, and sprinkle with additional sugar, if desired. (You can also top with a few extra blueberries).





## Double Fudge Mint Brownies

Claire Zegger



### INGREDIENTS

#### VEGAN BROWNIE BASE

1 cup all-purpose flour or 1:1 substitution  
gluten-free flour  
1 cup white sugar  
6 TBSP of GF cocoa powder  
1/2 tsp salt  
1/2 tsp baking powder  
1 tsp vanilla extract  
1/2 cup water  
1/2 cup oil (coconut, vegetable, or canola)

#### MINT LAYER

2 cups powdered sugar  
1/2 cup dairy-free butter or coconut oil  
1 TBSP of dairy-free milk  
1/2 tsp mint extract  
3 drops green food coloring



#### CHOCOLATE LAYER

1 cup chocolate chips  
3 TBSP coconut oil  
3 TBSP of dairy-free butter (optional)

#### DIRECTIONS

Preheat oven to 350F. Grease an 8x8 inch brownie pan with butter.

Whisk together dry ingredients: GF flour, sugar, cocoa powder, salt and baking powder.

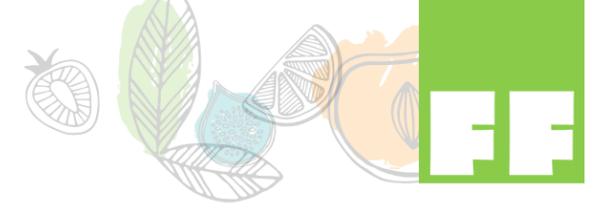
In a separate bowl, whisk together wet ingredients: water, vegetable oil, vanilla extract.

Add dry ingredients to wet ingredients and stir until combined. (fold in chocolate chips if desired)

Spread batter into pan and bake for approximately 15-20 minutes or until desired doneness.

Allow brownies to cool in the pan to room temperature, then chill in the refrigerator for at least 20 minutes.

While the brownies are chilling, make the mint filling. In a bowl, beat together powdered sugar, dairy-free butter or oil,



dairy-free milk, mint extract, and green coloring with an electric mixer.

Spread mint layer over cooled brownies and refrigerate for another 30 minutes.

Add chocolate, dairy-free butter (optional), and coconut oil in a small saucepan over medium heat. Stir continuously until completely melted.

Remove brownies from fridge. Pour melted chocolate over brownies and spread over mint layer.

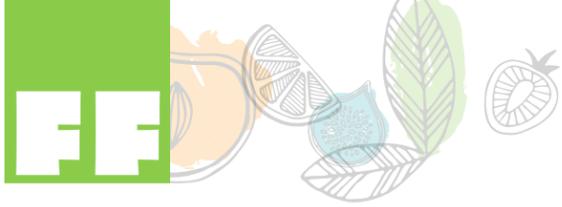
Chill until chocolate is hardened. Enjoy!

#### OPTIONAL DECORATING IDEAS

Before the chocolate layer hardens, top with crushed candy canes for a peppermint bark topping!

Instead of spreading the chocolate over the mint layer, take a knife or toothpick and gently swirl the melted chocolate topping over the mint for a swirly, marbled appearance! (make sure to do this BEFORE refrigerating the mint layer, so that it is still soft)

If you don't feel like melting the chocolate, just sprinkle chocolate chips over the mint layer! Before refrigerating, gently press the chocolate chips into the mint layer to make sure they stick.



# 7% SEVEN PERCENT FUND™

A Food Equality Initiative Coalition

**“BLACK CHILDREN [ARE] 7% MORE LIKELY TO HAVE FOOD ALLERGIES COMPARED TO WHITE CHILDREN.”**

- Academic Pediatrics March 2020

The 7 Percent Fund and Coalition was created by Food Equality Initiative (FEI) to address economic and racial disparities in food allergies. The fund will bring key stakeholders together to close the

gap through strategic partnerships with industry and community partners. Activities will center on the organization’s three pillars of access, education, and advocacy.

## THE FOUNDERS



# CONTRIBUTIONS

## From you!

### Feedback Opportunity

We hope you like what you read here and that it reflects your experience as an individual with food allergies. If it does not, then we would like to change that. This magazine is for you so we want to make sure we live up to our promise that it is tailored for you. We welcome your ideas and feedback, so send your questions and comments to:

[MARKETING@FOODEQUALITYINITIATIVE.ORG](mailto:MARKETING@FOODEQUALITYINITIATIVE.ORG)

### Call for Writers

Got a great idea for an article? Have some food allergy news? Want to share a wild experience from your own food allergy story? We want to hear it! The best way to make your voice heard and your experience known is to write about it! We are looking for writers from all backgrounds to contribute to this publication. If you are feeling particularly inspired to write about a topic or theme within the broad field of food allergies, contact Sofia Gillespie, editor in chief of the Living Free-From magazine at

[SOFIA@FOODEQUALITYINITIATIVE.ORG](mailto:SOFIA@FOODEQUALITYINITIATIVE.ORG)

### Business Deal

If you own a small (or large) business and are looking for places to market, we have space for advertisements in the following sectors: health food, allergen-friendly food, cost-efficient lifestyle, homemade goods and services, and/or sustainability. Contact us at:

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to learn how you can purchase ad space in our future publications. Feel free to pass this information along to any business owners that you know who might be interested.





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