



Gluten-Free

- A **gluten-free diet** is a diet completely free of ingredients derived from gluten-containing cereals: wheat (including kamut and spelt), barley, and rye
- **Oats are at the center of the gluten-free debate**, though inherently gluten-free, **oats are often cross-contaminated** during processing. So it's important to source oats from a gluten-free facility.
- Gluten is also used in foods in some unexpected ways, for example as a **stabilizing agent** or thickener in products like **ice-cream** and **ketchup**
- **Followers of a gluten-free diet**, include those with: Celiac disease, history of migraines, auto-immune disorders (like Autism, ADD, ADHD, Asperger's), certain skin conditions, and wheat allergies
- Recent studies from the **American Cancer Society** prove **cancer patients on a gluten-free diet** have **remarkably better chance of survival**. The thinking is while your body is being attacked by cancer cells, a **gluten-free diet, which requires less energy to digest, leaving your body with more energy to heal itself**.
- It's a **common misconception that Celiac disease and wheat allergies are one in the same**, they're not. Celiacs are allergic to the gluten protein found in wheat, which severely affects digestion, whereas a wheat allergy is similar to a food allergy that incites a histamine response
- Celiac affects **1 out of every 133 people**, yet 97% of people with Celiac go undiagnosed*
- The **Celiac Disease Foundation**, www.celiac.org, and **National Foundation for Celiac Awareness**, celiaccentral.org, are the two largest organizations that support living gluten-free lifestyles

*Stat from the Celiac Disease Foundation

Karen Morgan & Blackbird Bakery

- A self-taught chef, Karen acquired the bulk of her classic cooking knowledge through her now ex-husband Tim Morgan, who was classically trained at La Varenne
- **In 2002, Karen was diagnosed with Celiac disease**, after her mother was diagnosed
- Unsatisfied with the assortment of gluten-free products, and spurred by a cooking expedition in France, **Karen's fate as a gluten-free baker was sealed with the creation of her sweet Texas Pecan-Banana Bread recipe**
- Karen wanted to come up with a method that was extremely easy for readers to utilize, the result-- **reverse baking engineering**, which creates a moist crumb. If you can pinch them together and they stick that's a moist crumb.
- With delectable recipes in hand, in 2007, Karen began **The Art of Gluten-Free Cooking**, a blog for gluten-free foodies
- With **celebrity fans** in tow, like **pro-surfer Kelly Slater, Courteney Cox-Arquette & musician Ben Harper**, Karen opened Blackbird Bakery, her online bakeshop and re-branded gluten-free lifestyle blog in 2009
- **Blackbird Bakery** is named after "**Blackbird**" written by Sir Paul McCartney
- It took Karen **87 times to perfect the legendary Toll House/Nieman Marcus chocolate chip cookies**

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SPECIALIZING IN THE ART OF GLUTEN-FREE COOKING